Ashtanga Led

with Sarcha Thurston

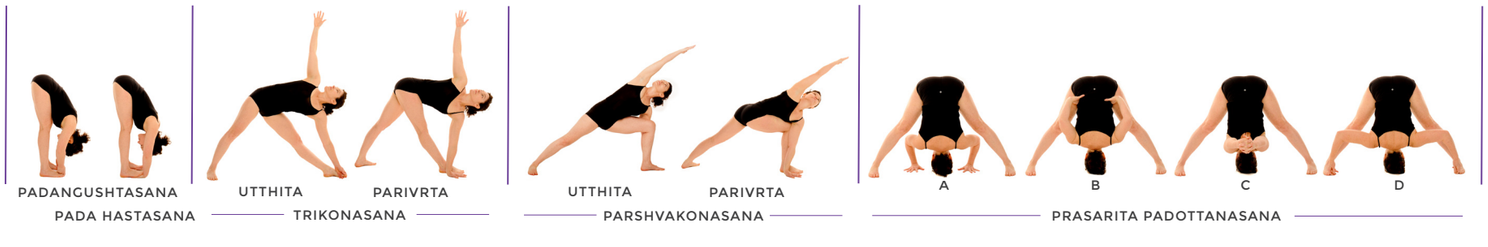


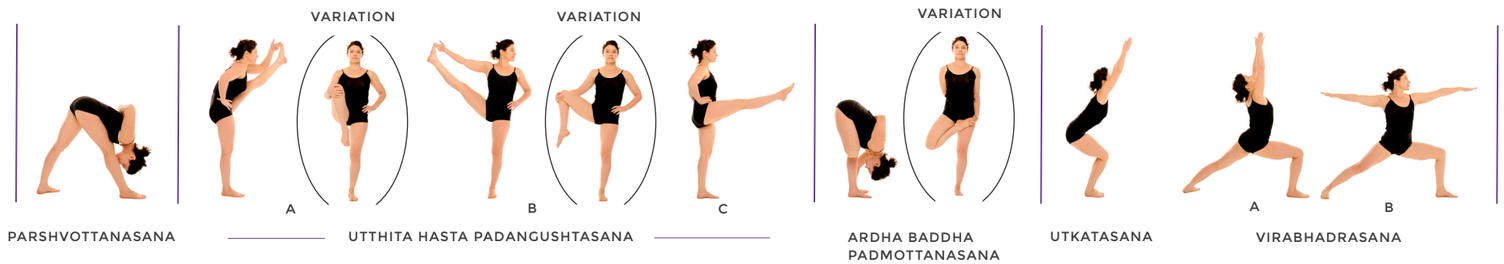
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Standing Sequence

Surya Namaskara A — 5x

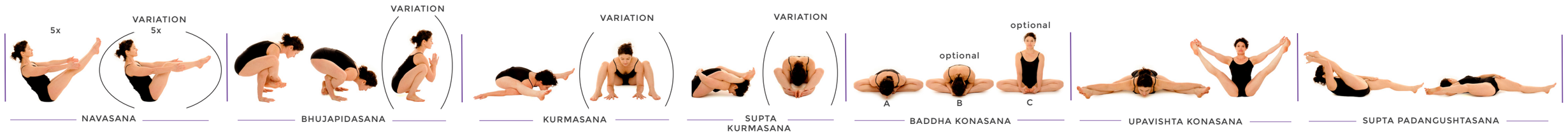
Surya Namaskara B — 5x





Seating Sequence





Finishing Sequence

Beckbending

