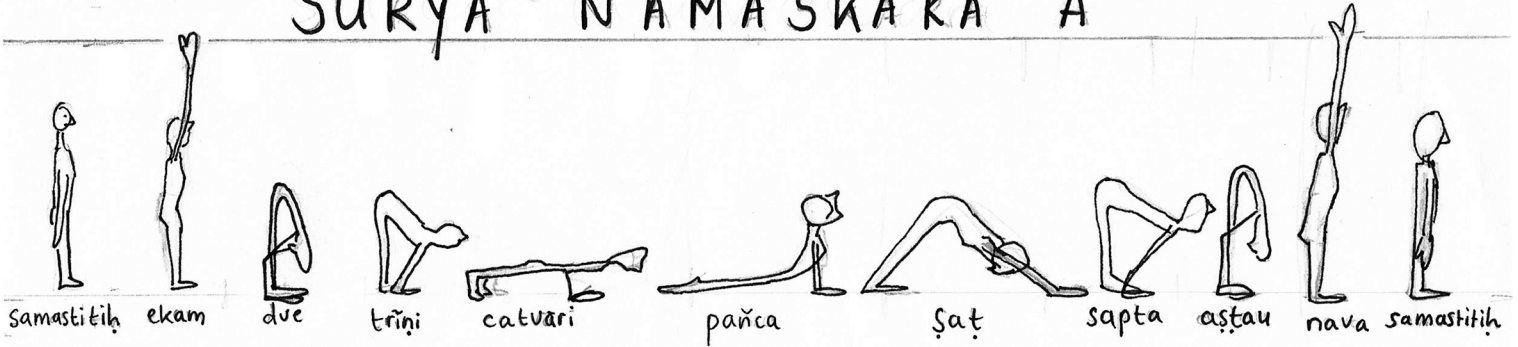


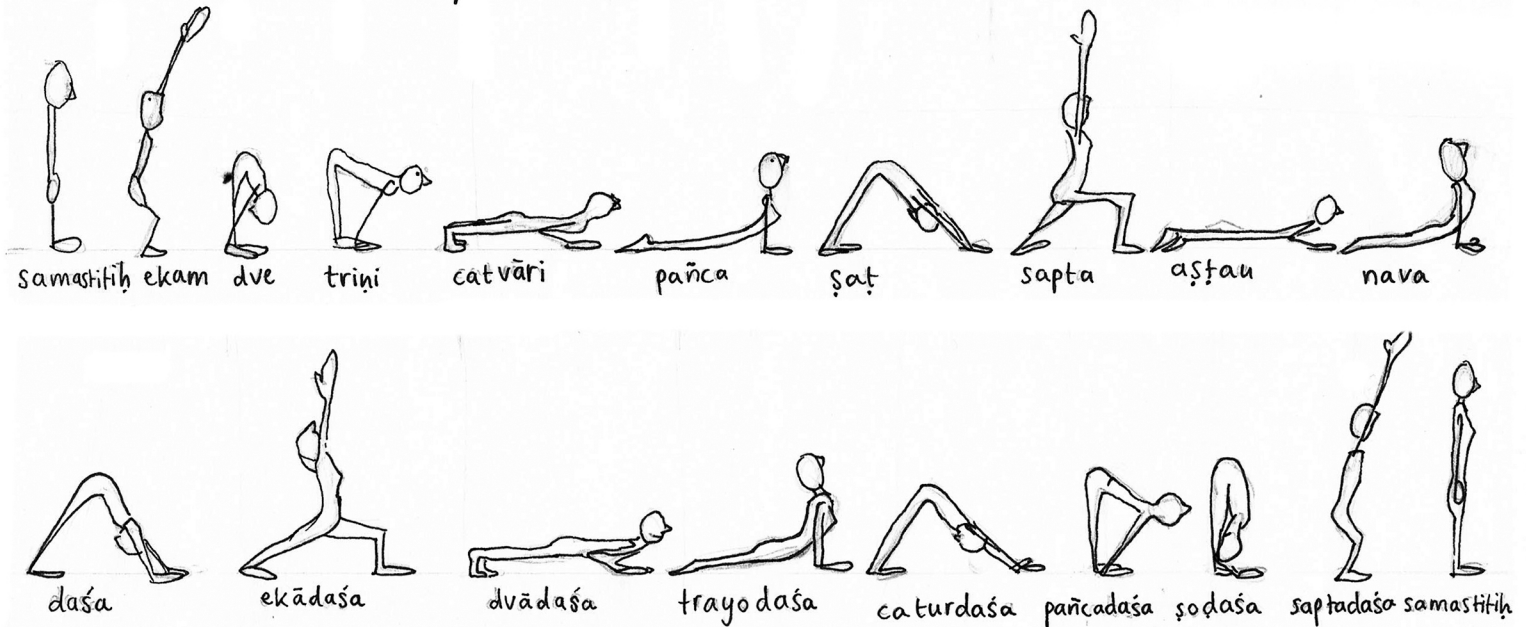
WOLFS YOGA

ASTANGA YOGA PRIMARY SERIES as taught by Sri K. Pattabhi Jois

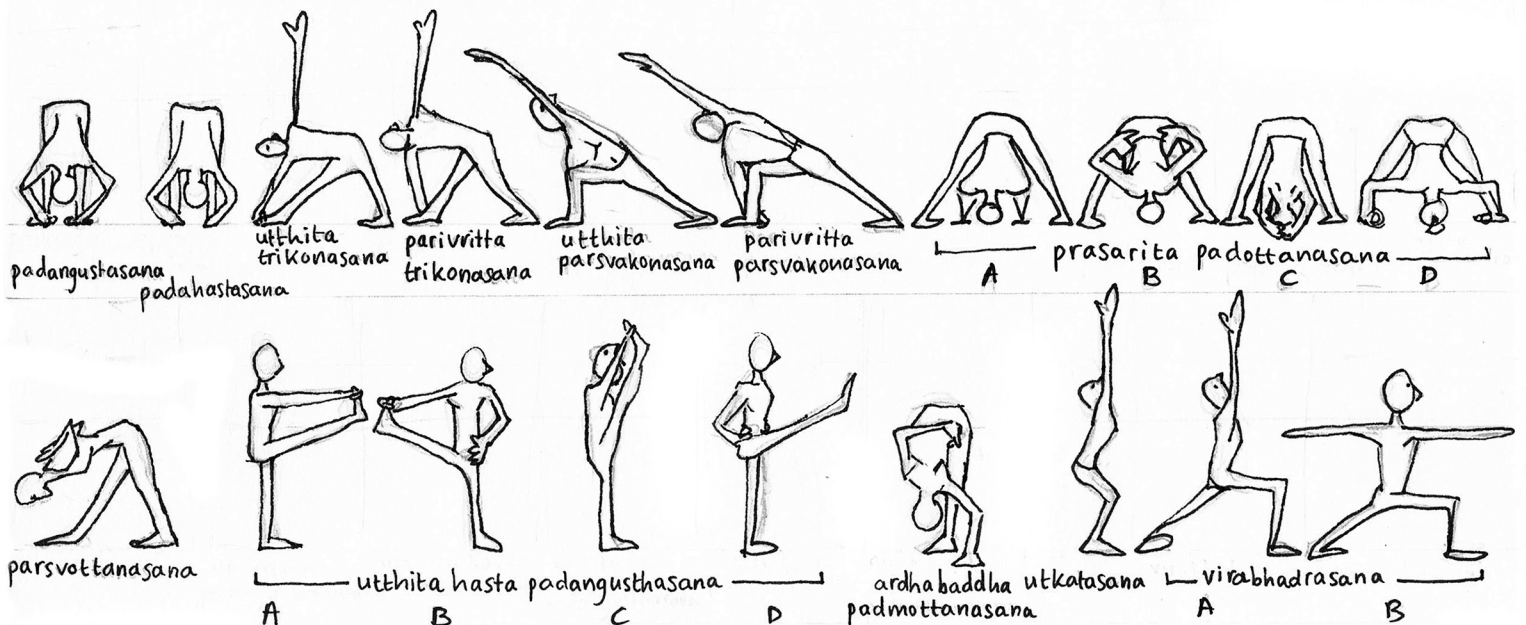
SURYA NAMASKARA A



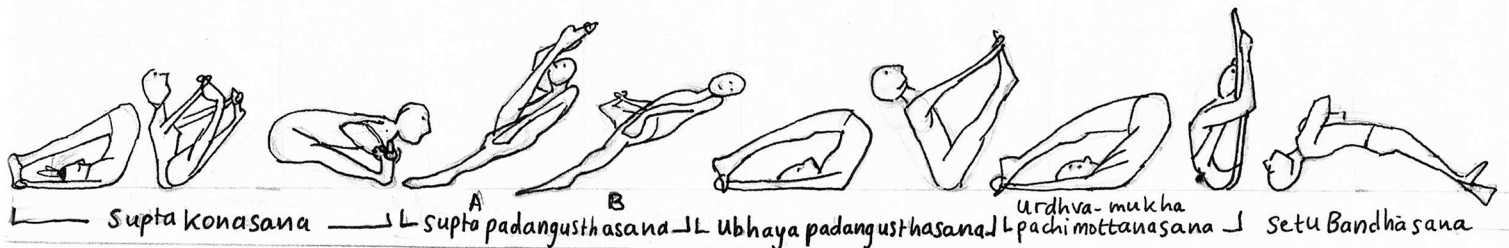
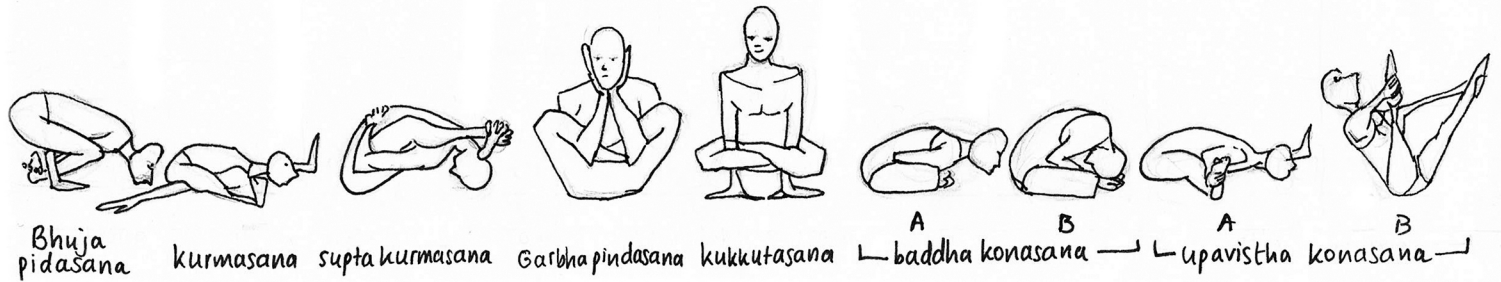
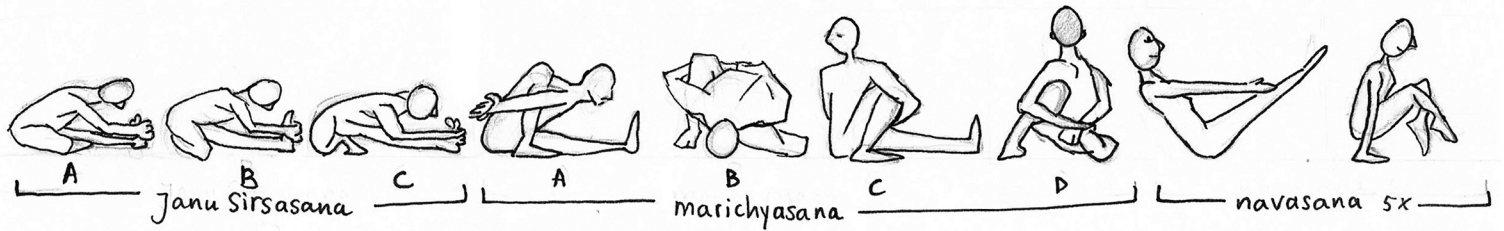
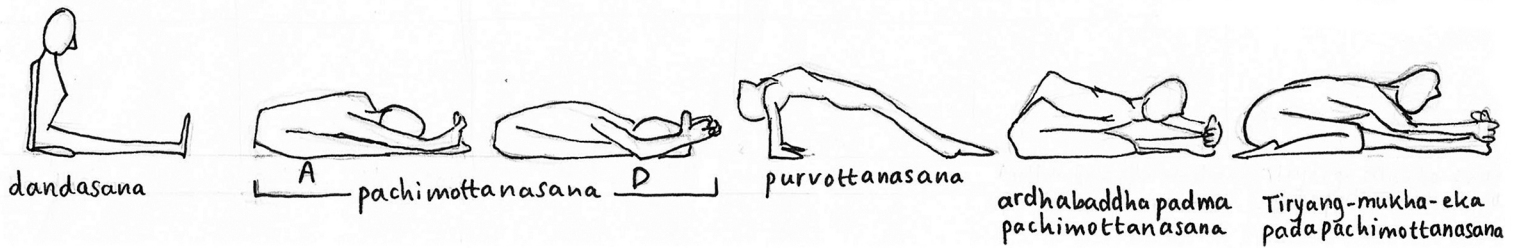
SURYA NAMASKARA B



THE STANDING SEQUENCE



THE PRIMARY SERIES



THE FINISHING SEQUENCE

