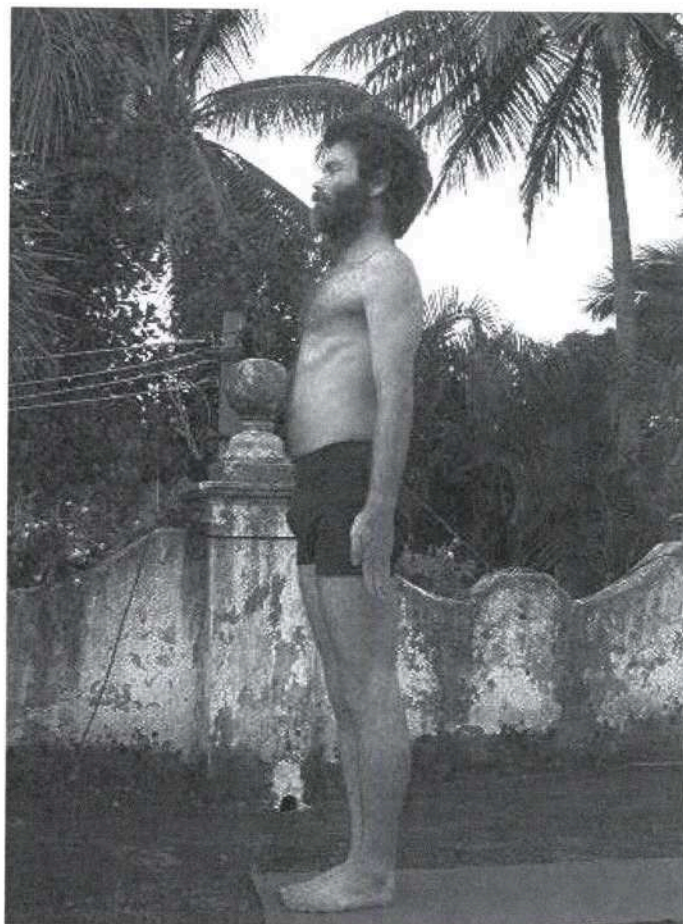
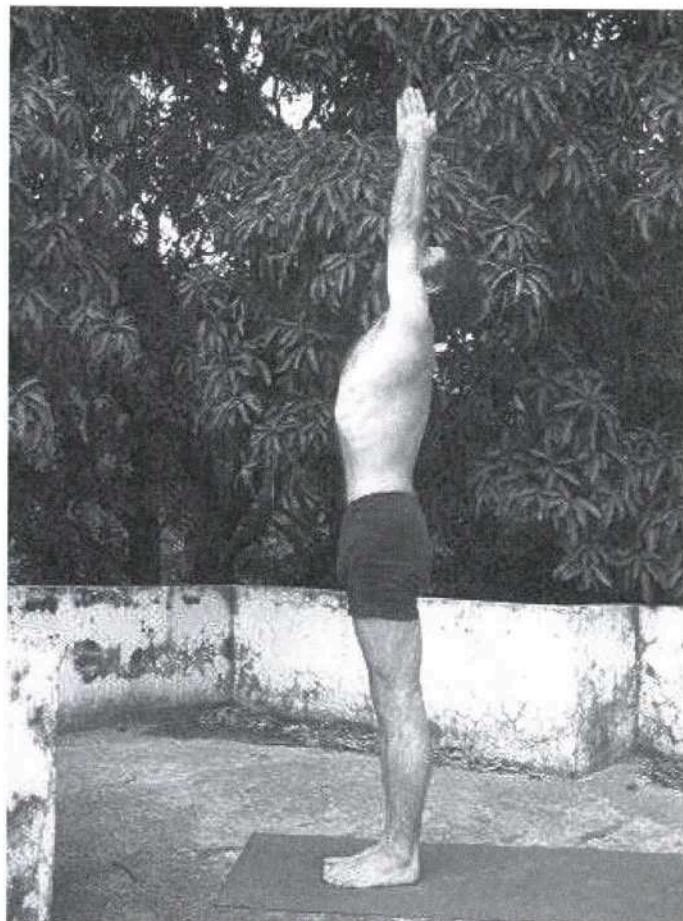
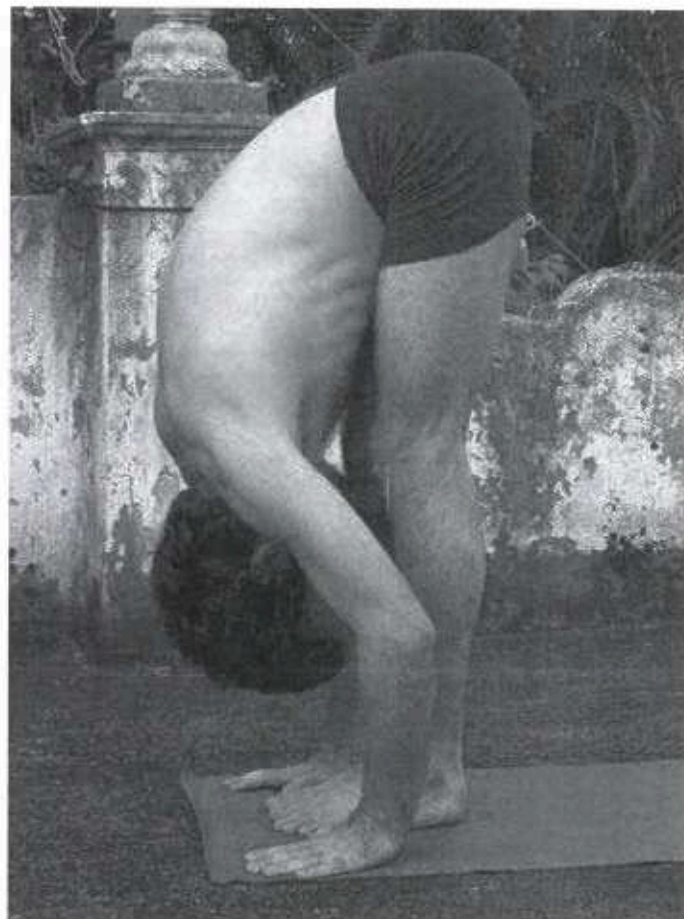
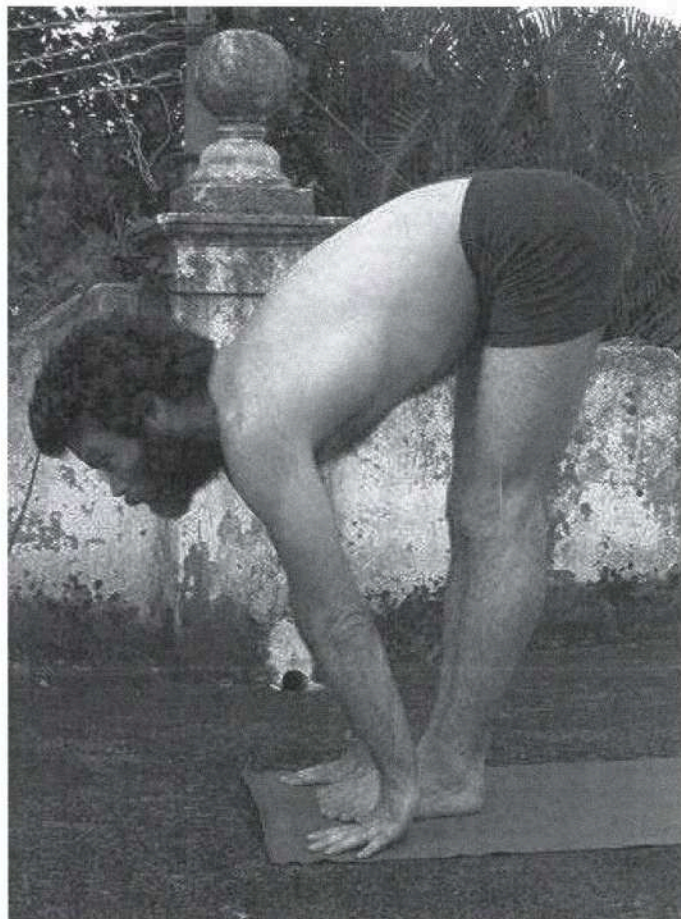


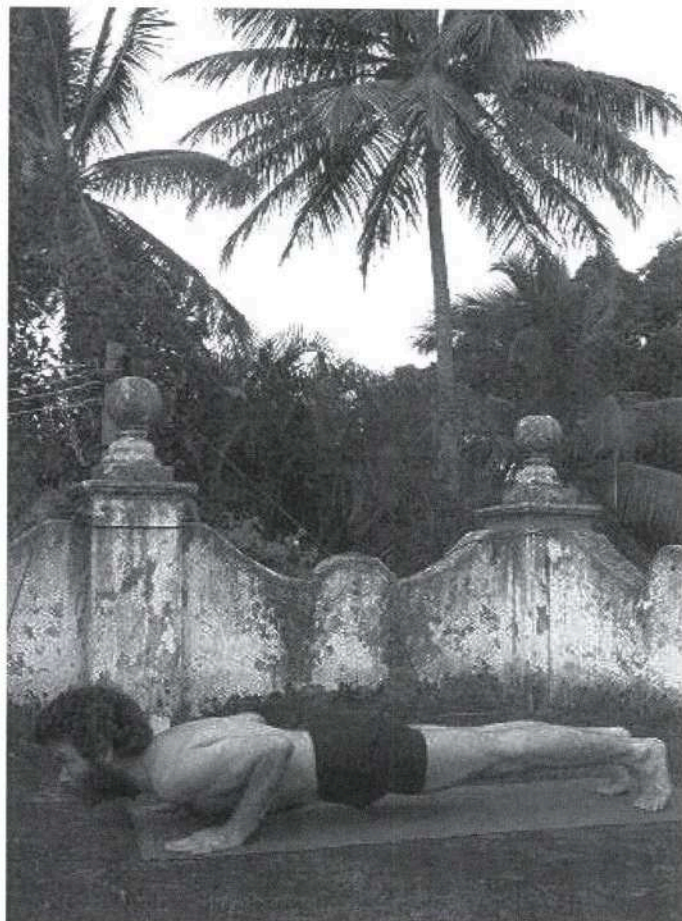


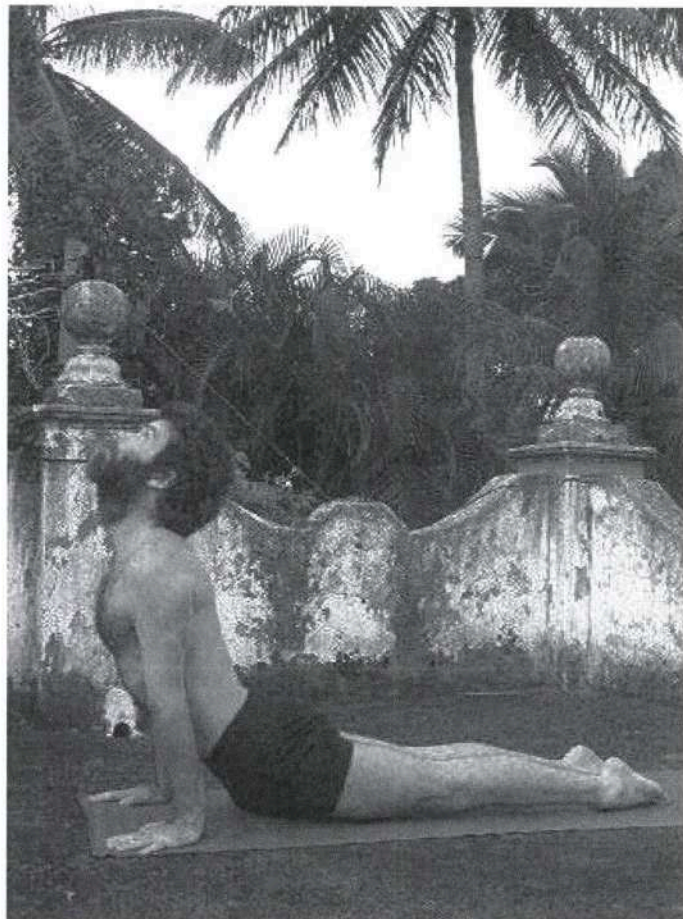


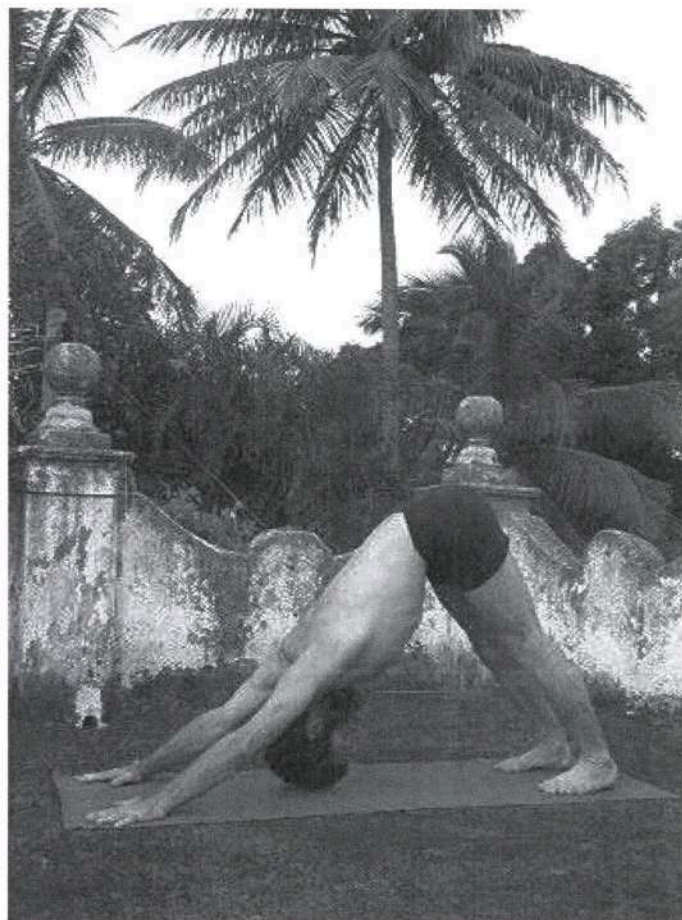




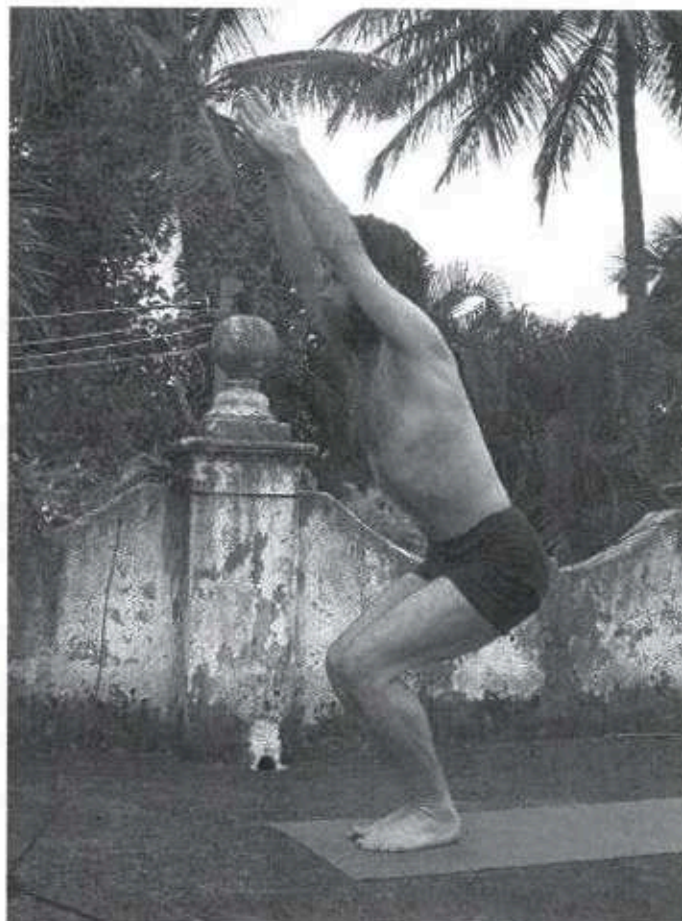














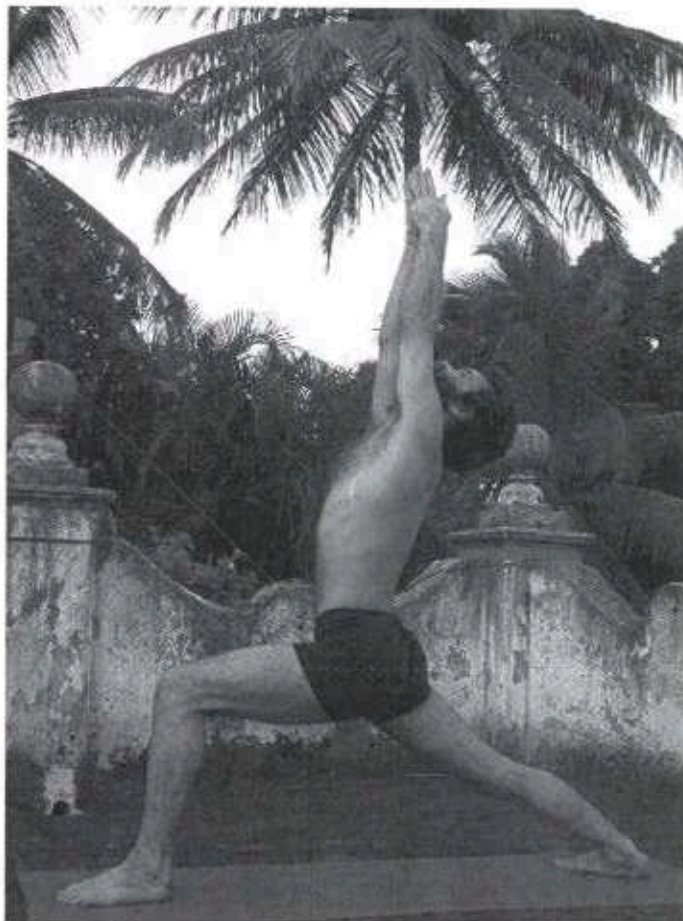
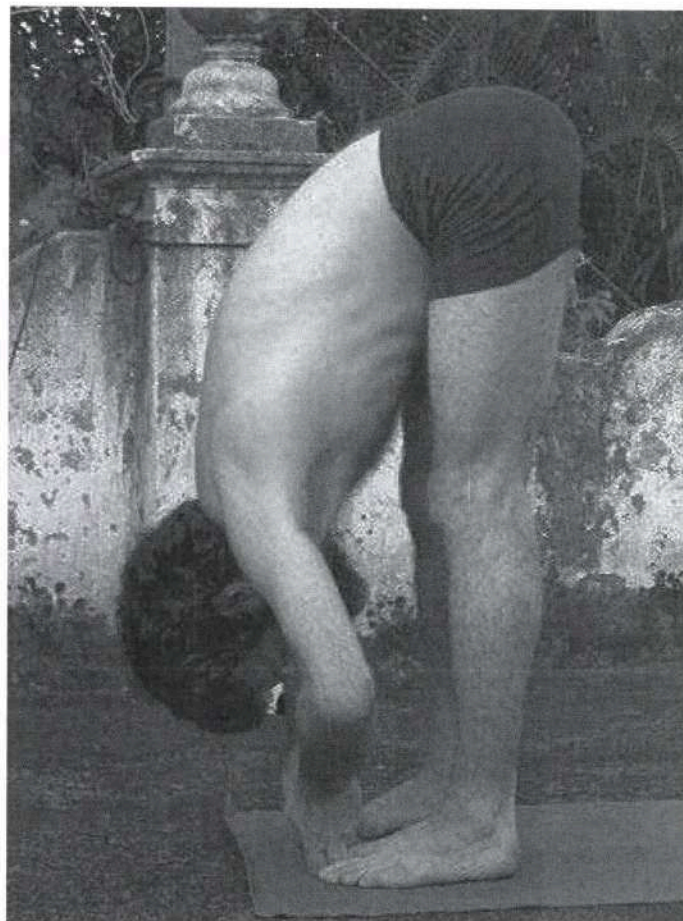
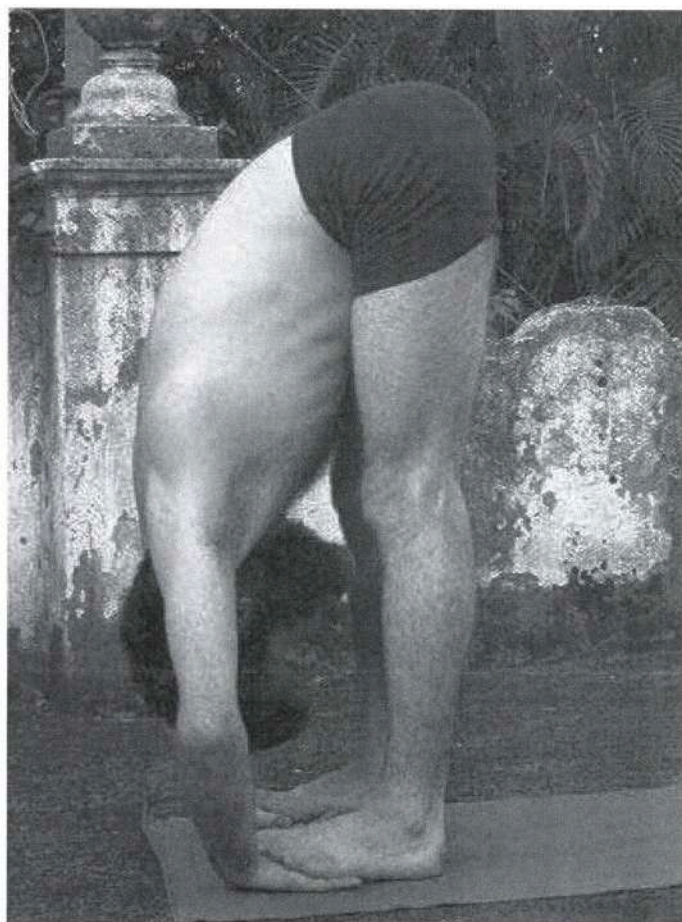
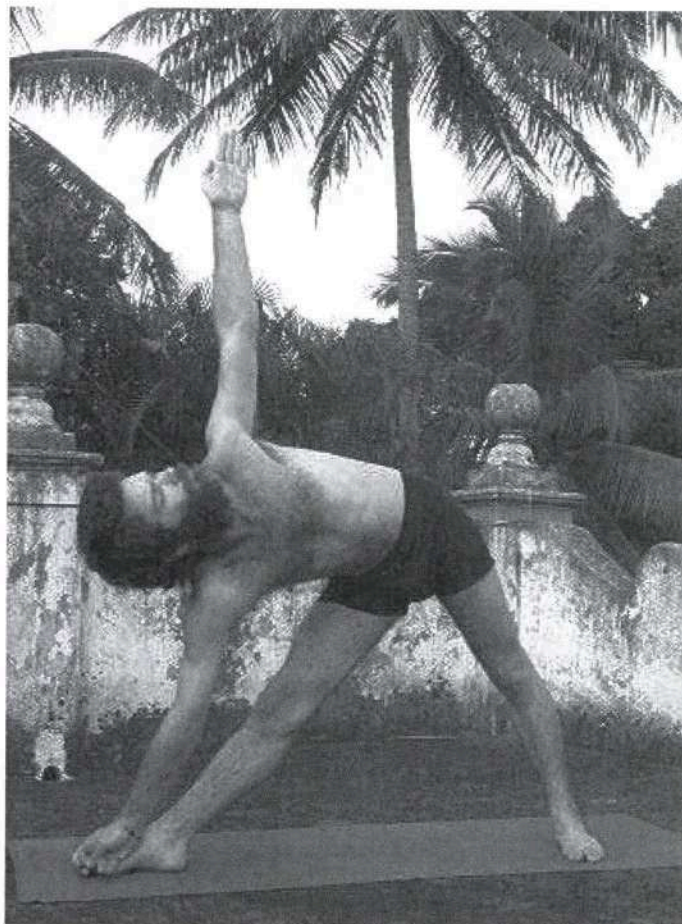


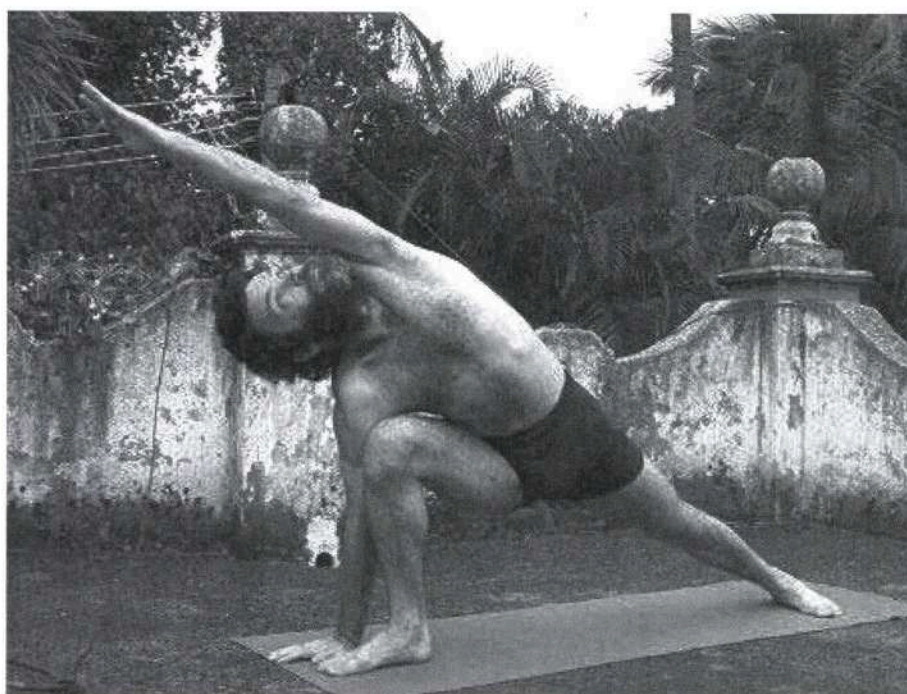
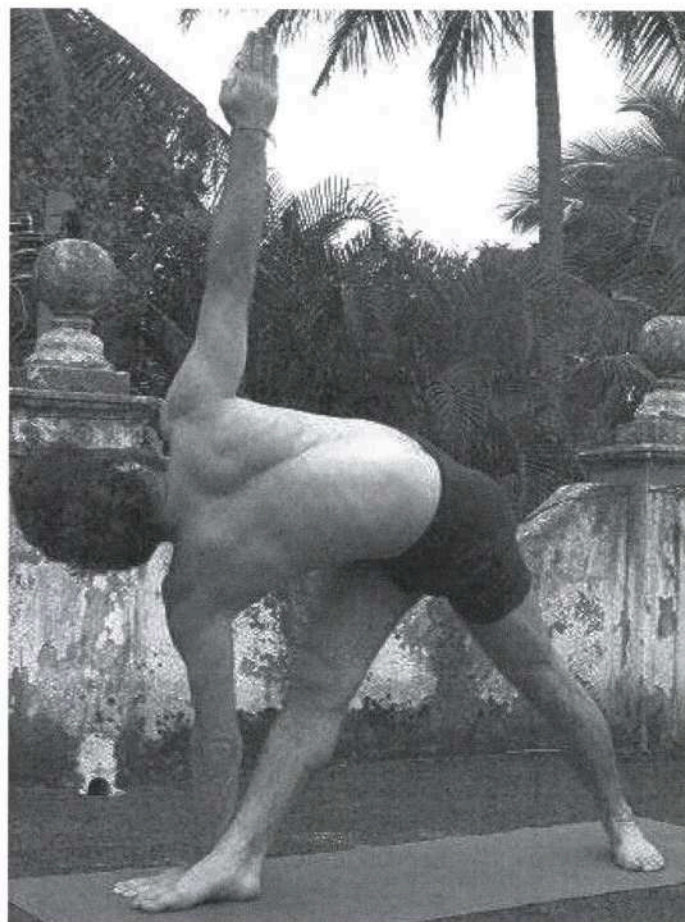
Фото 1–9 – Элементы Сурья Намаскаров А и Б, без повтора асан.

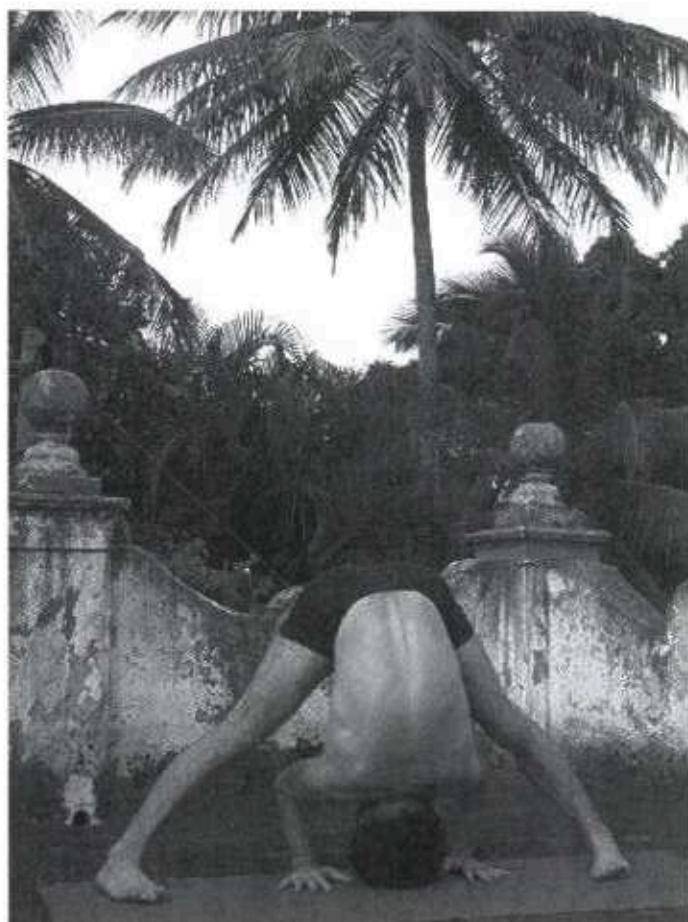
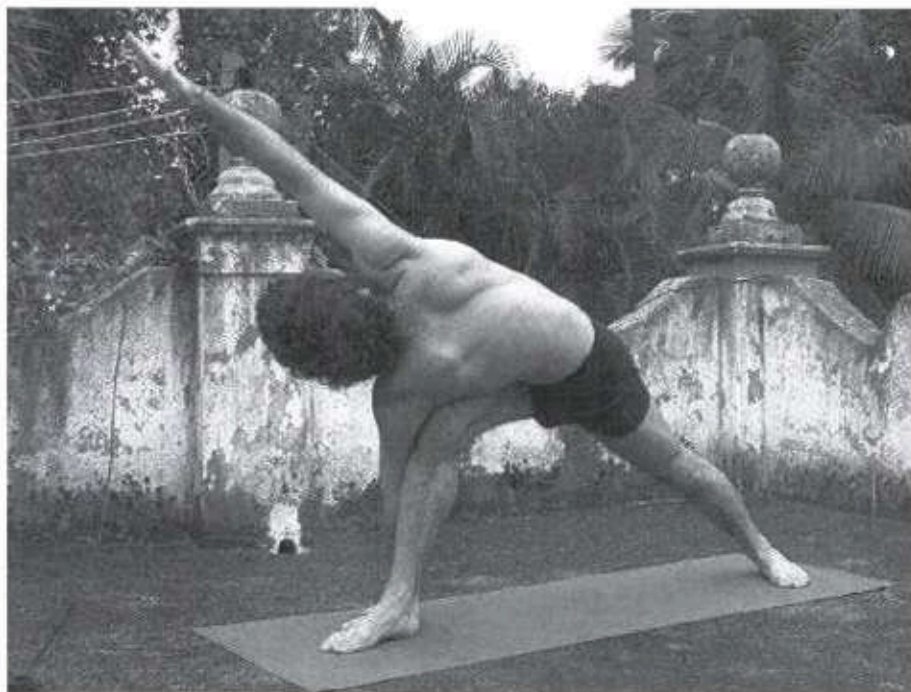




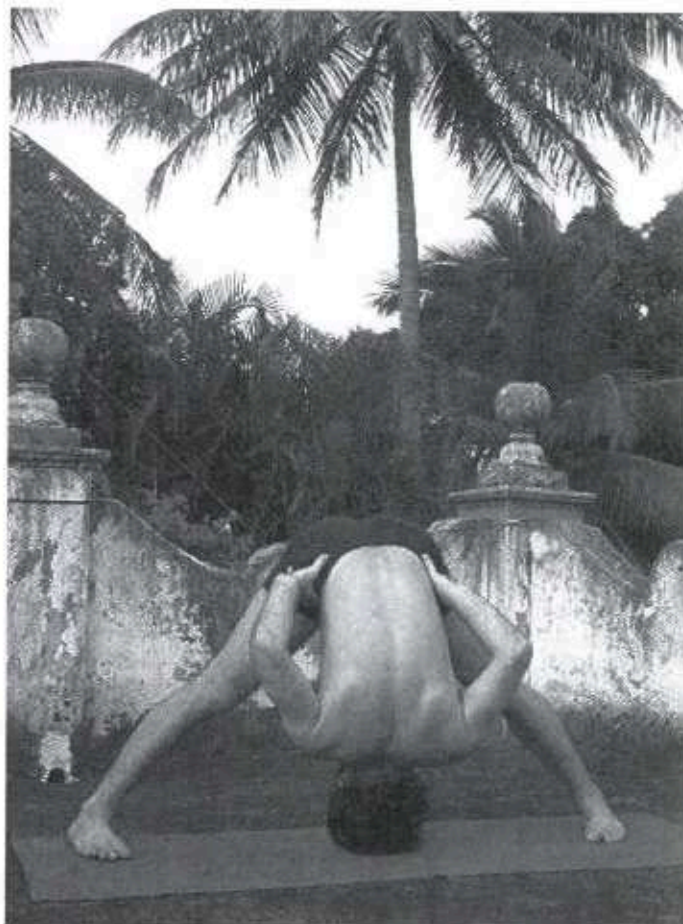


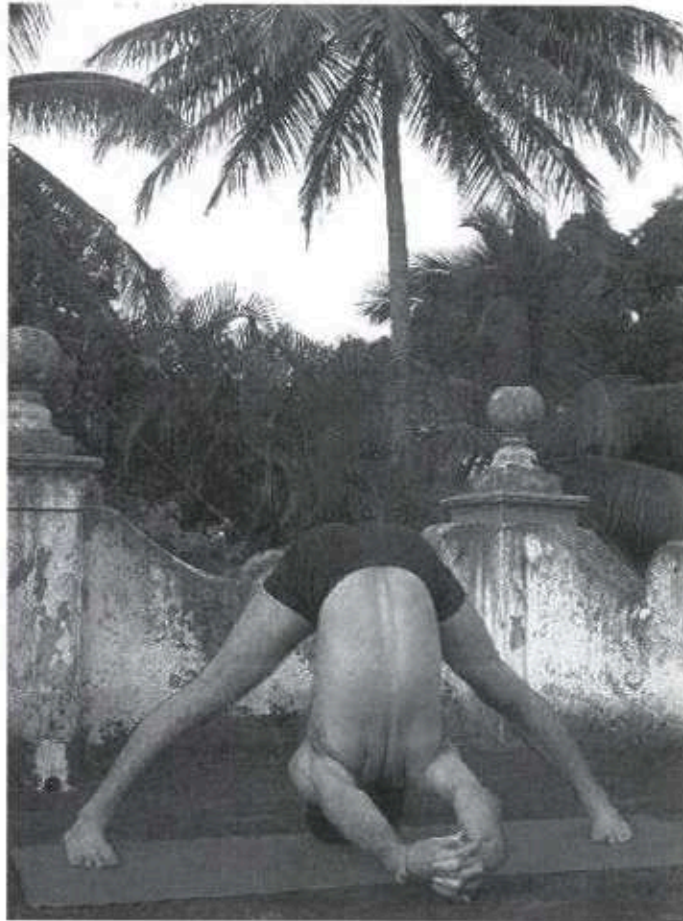




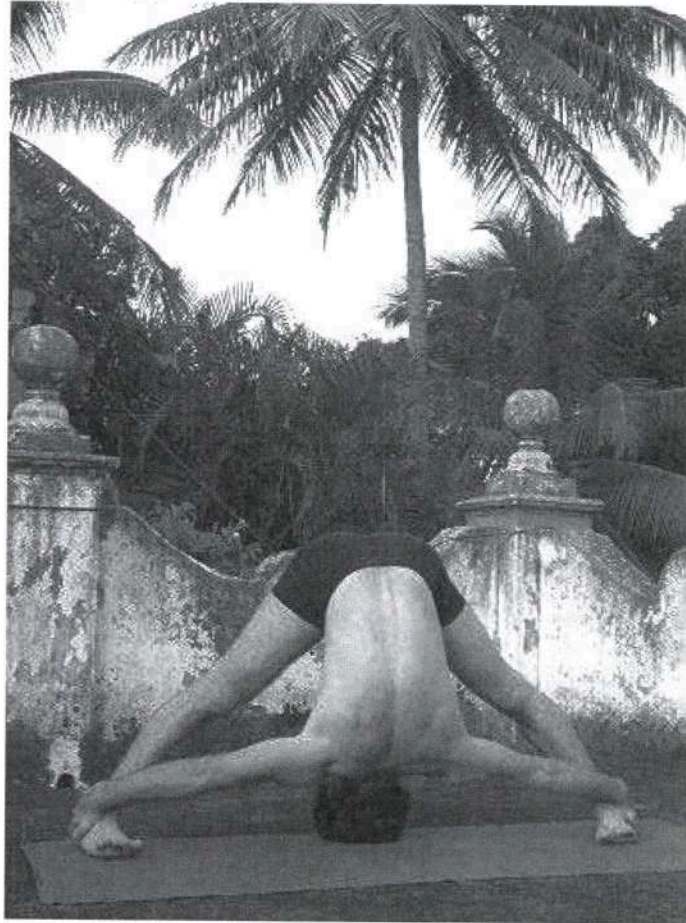


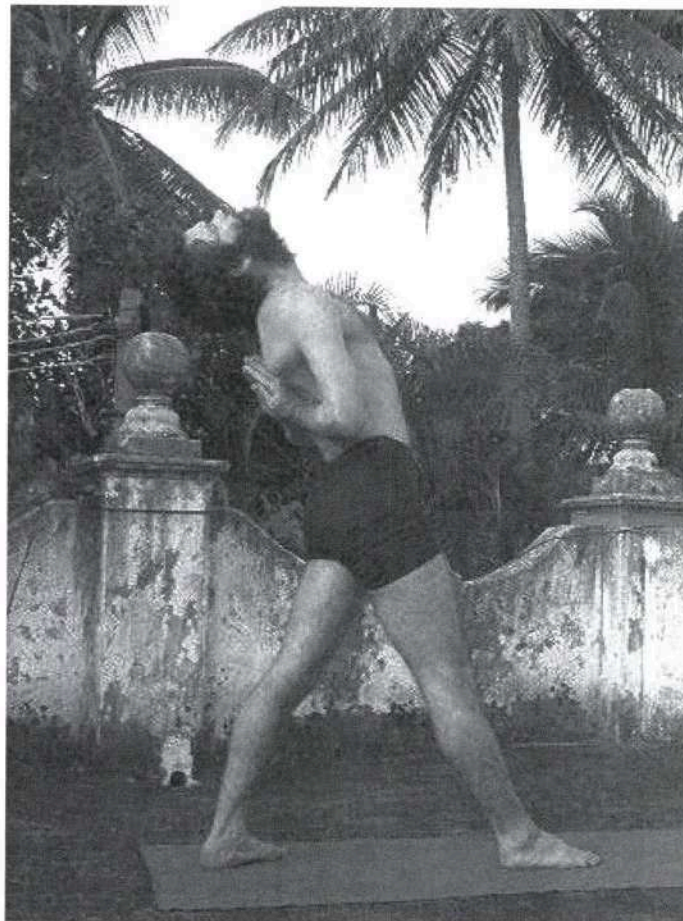






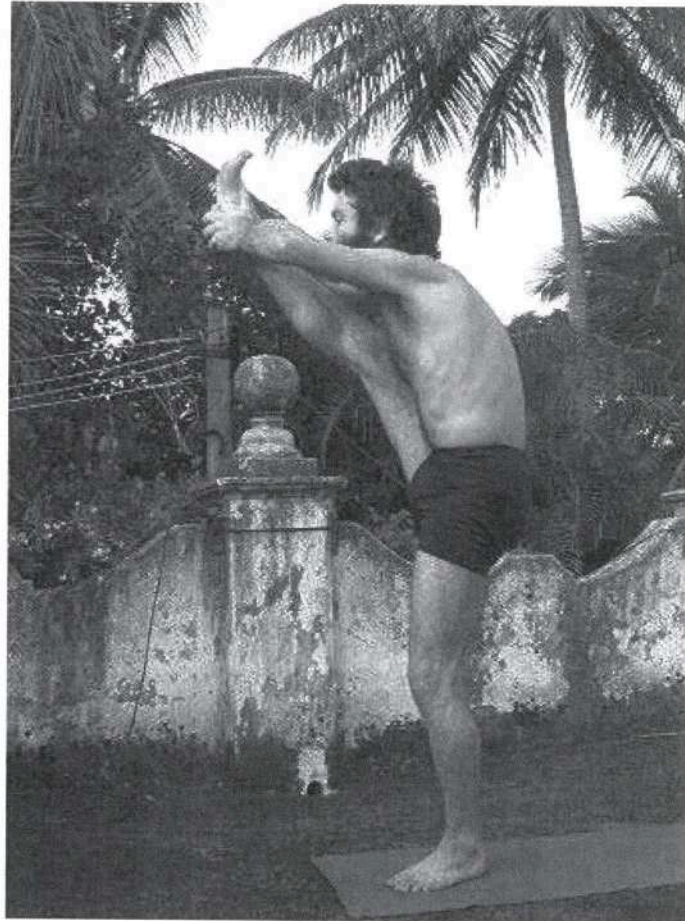


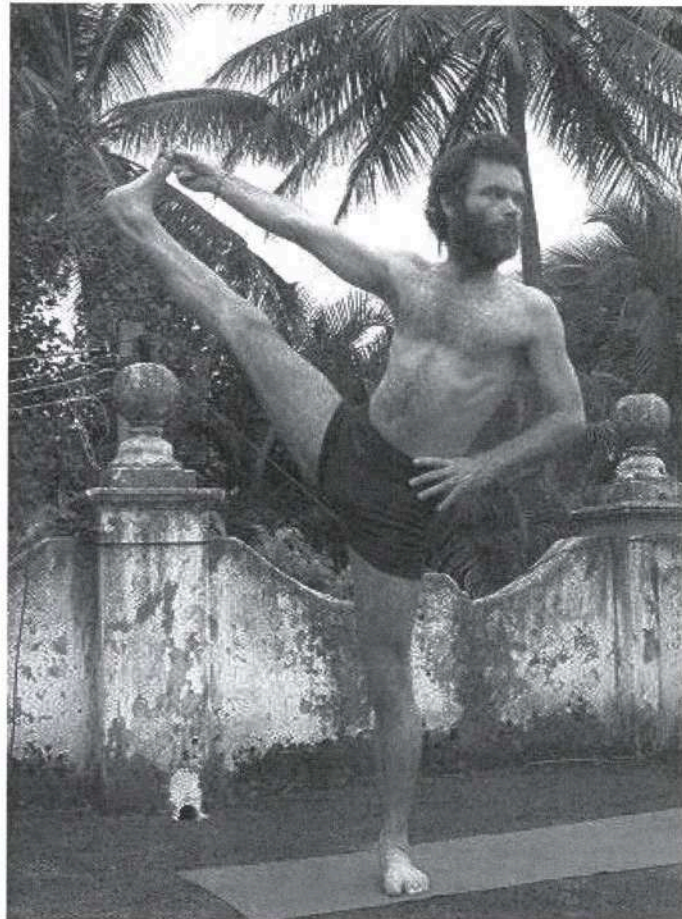


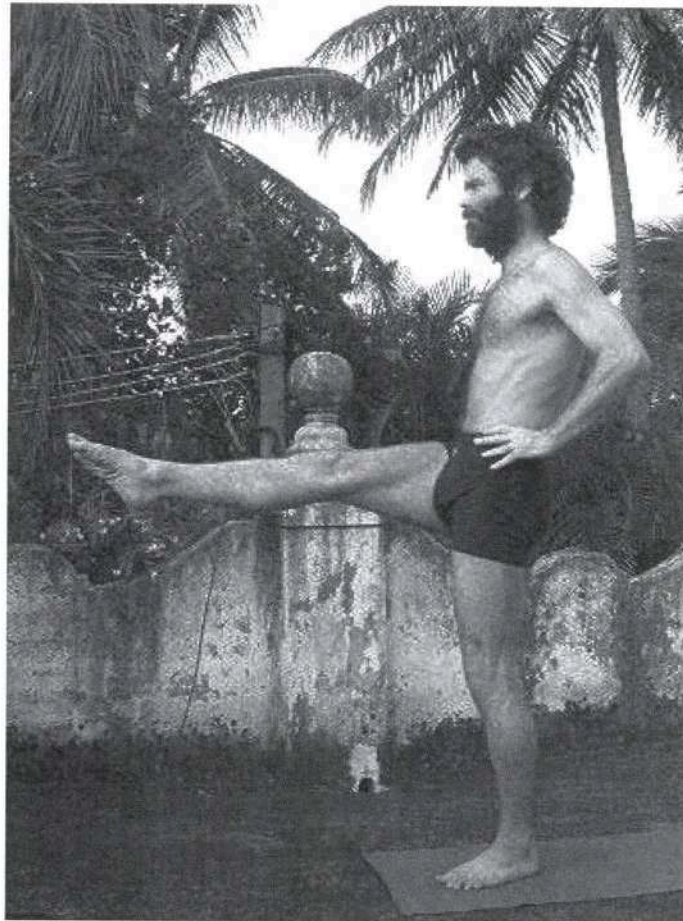














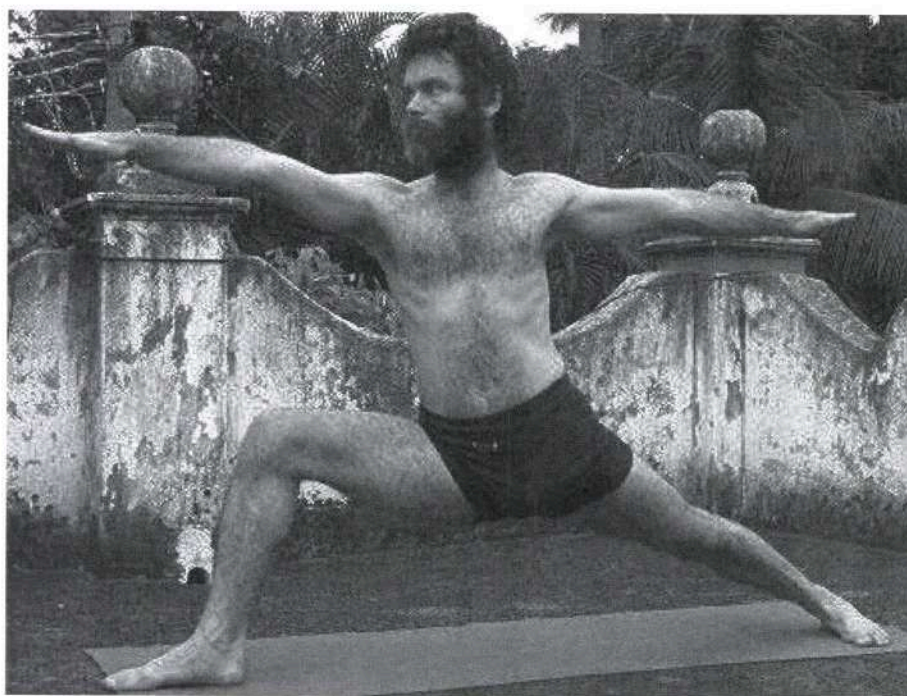
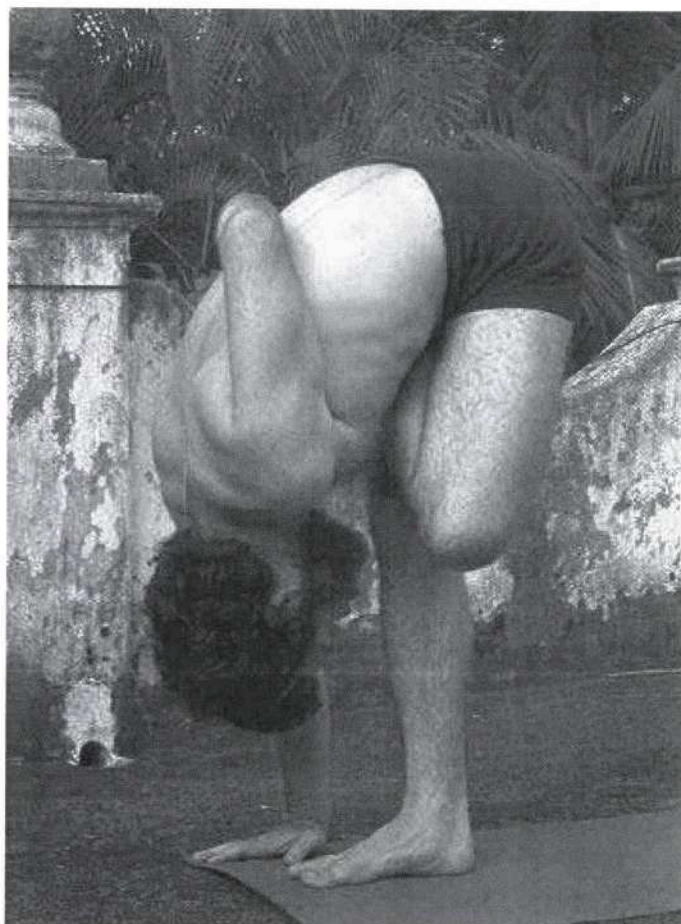
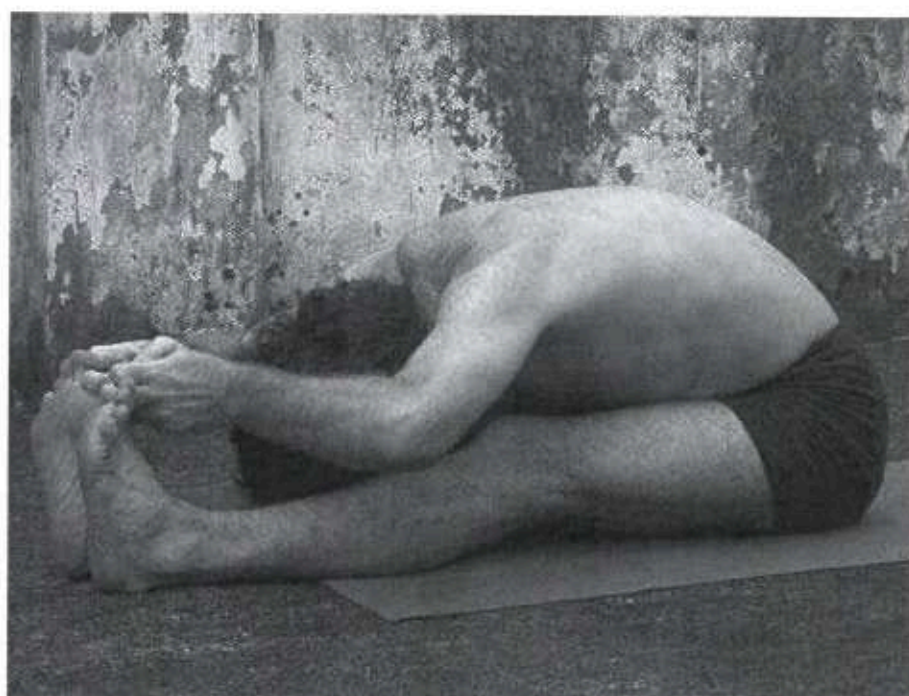
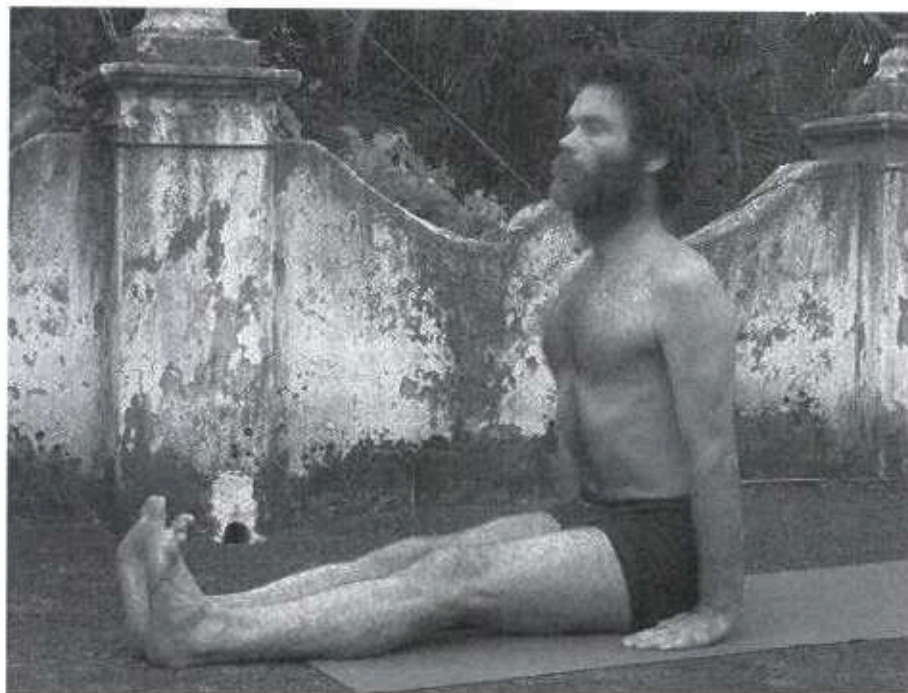
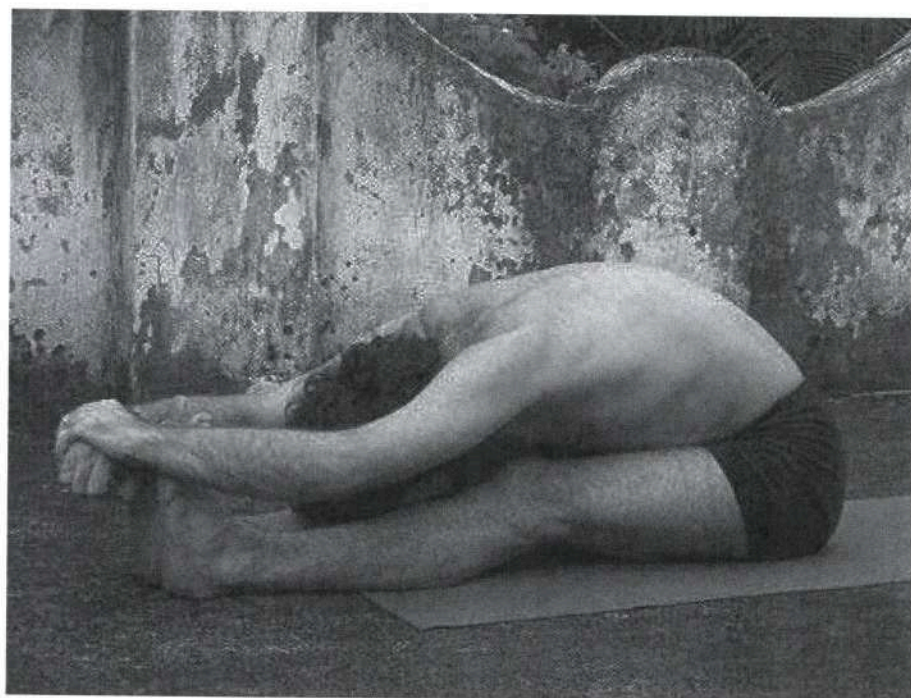
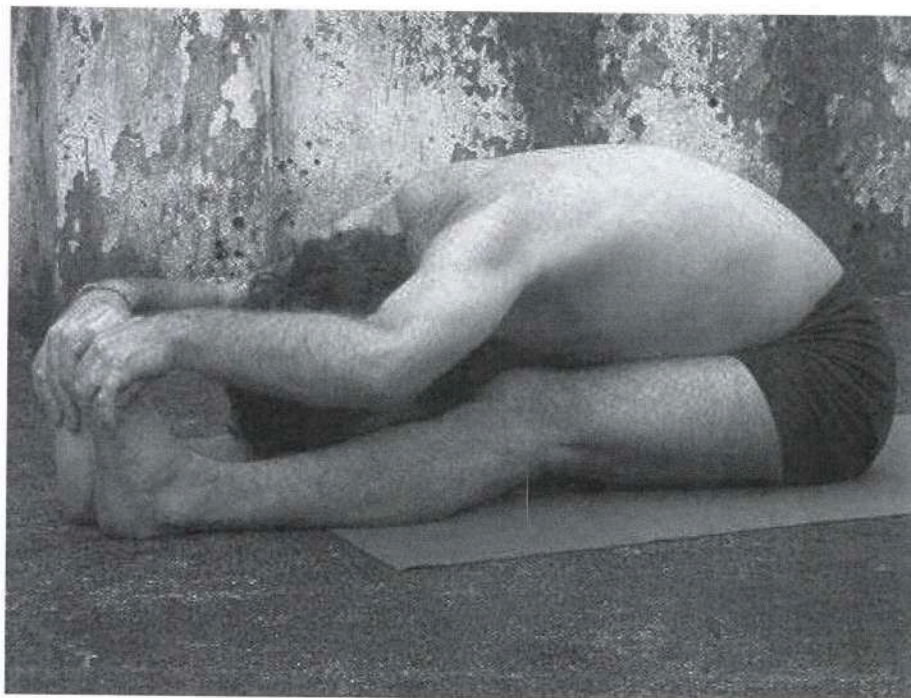


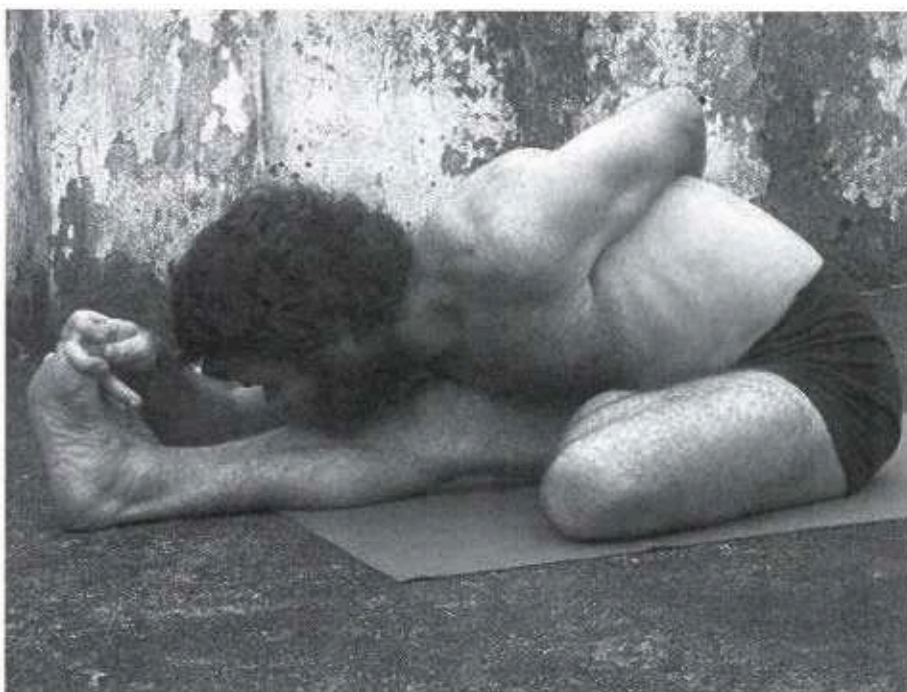
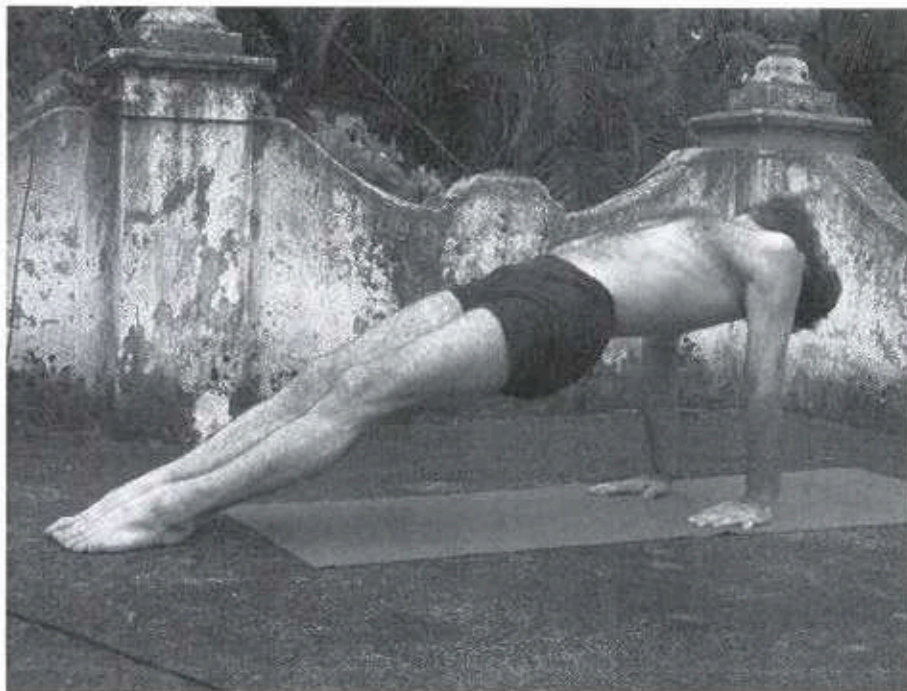
Фото 10–26 – Стоячие асаны.

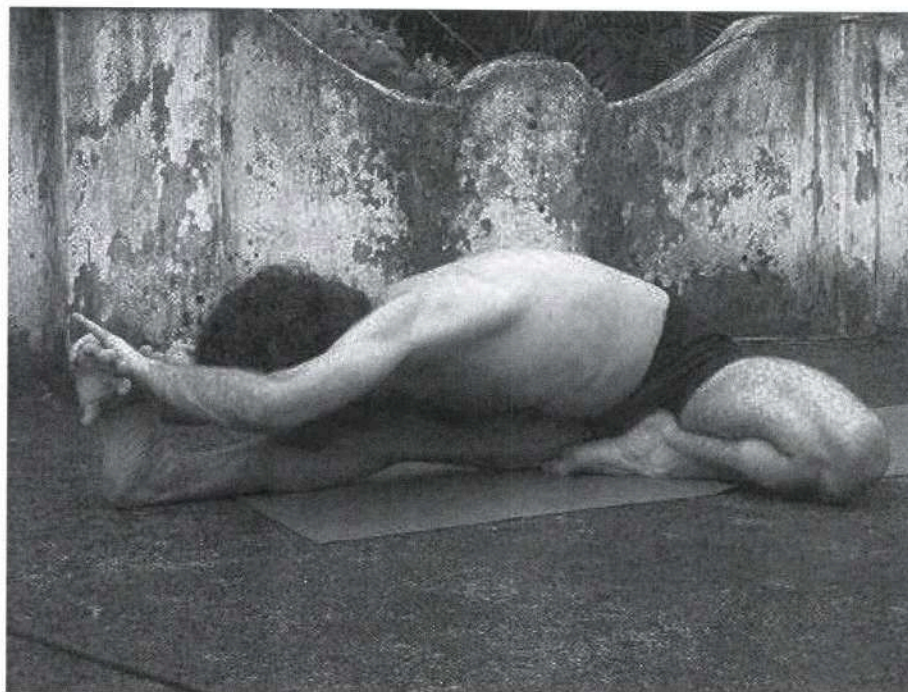
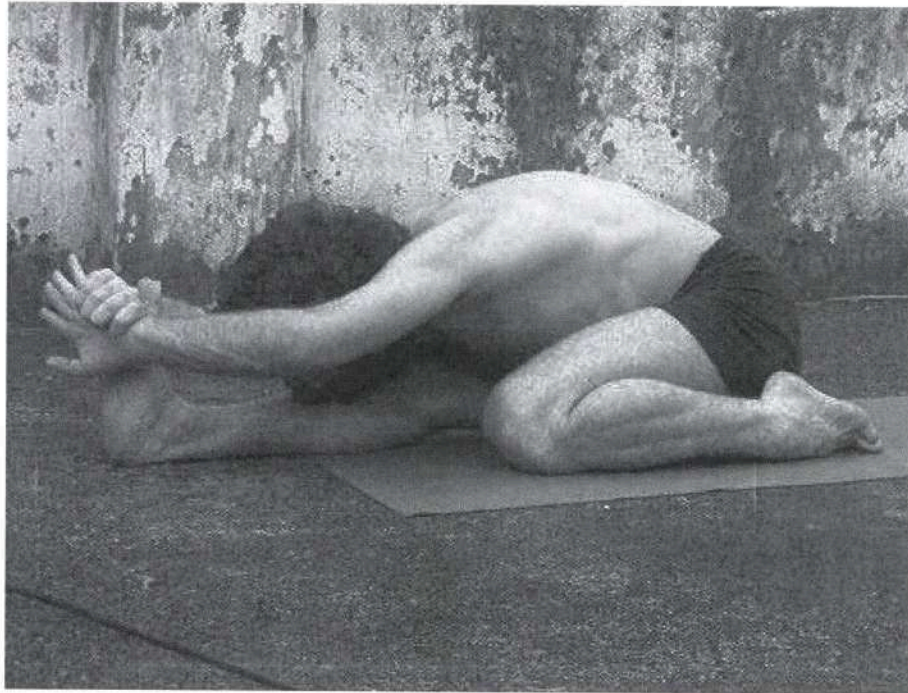




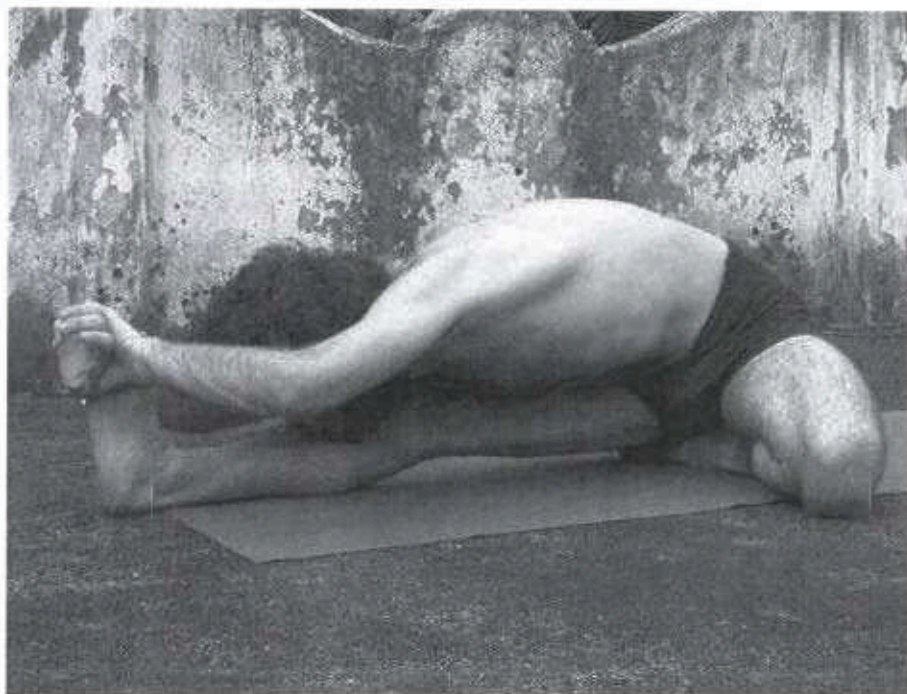




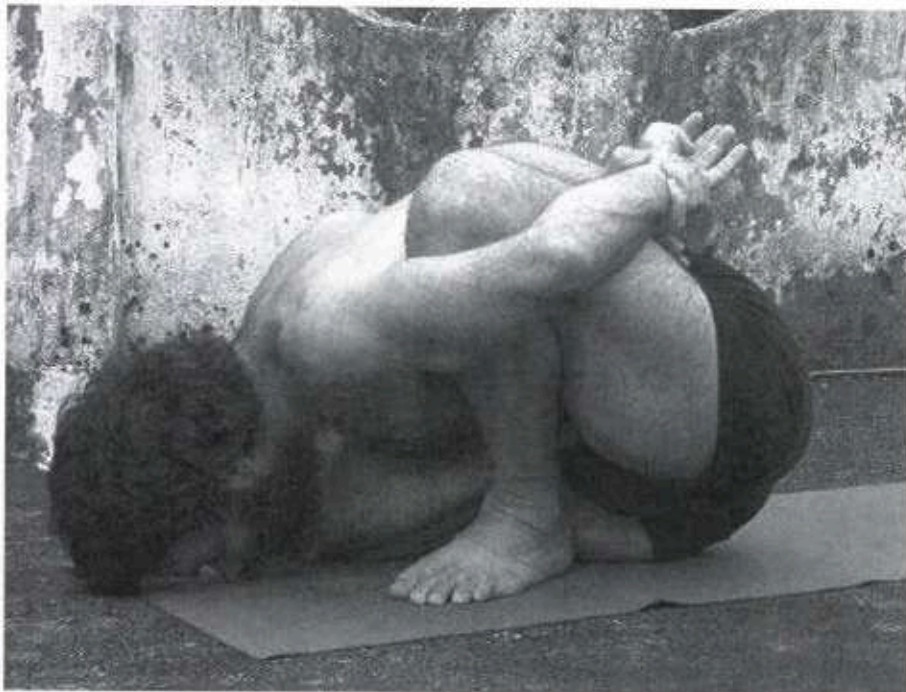
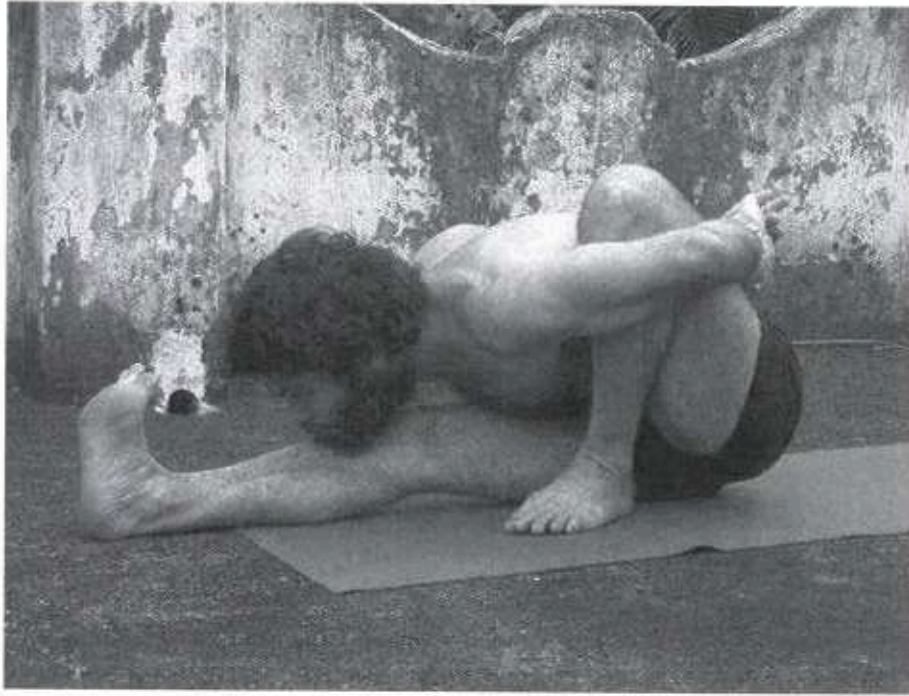


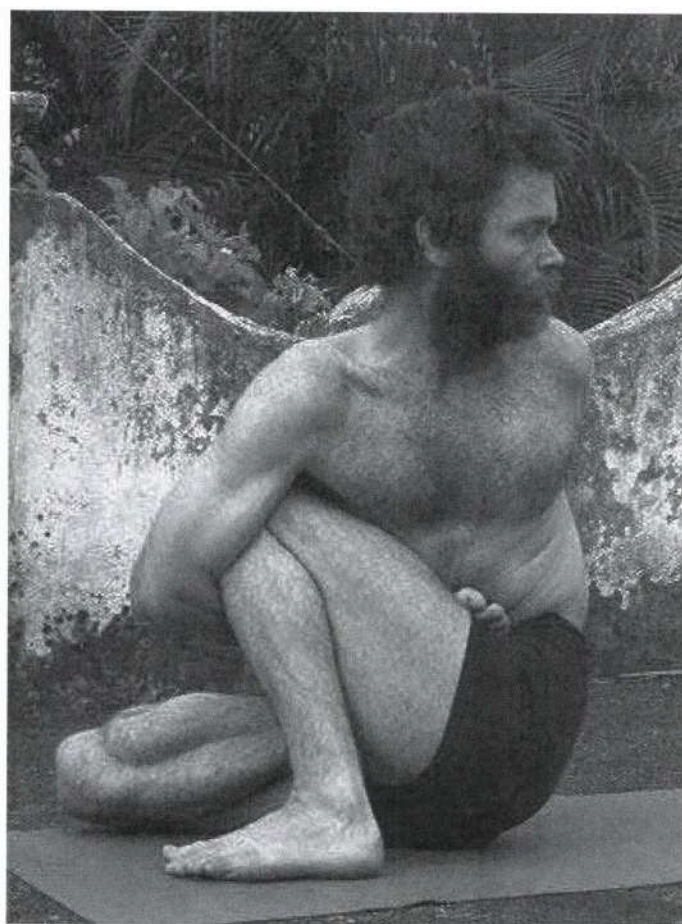
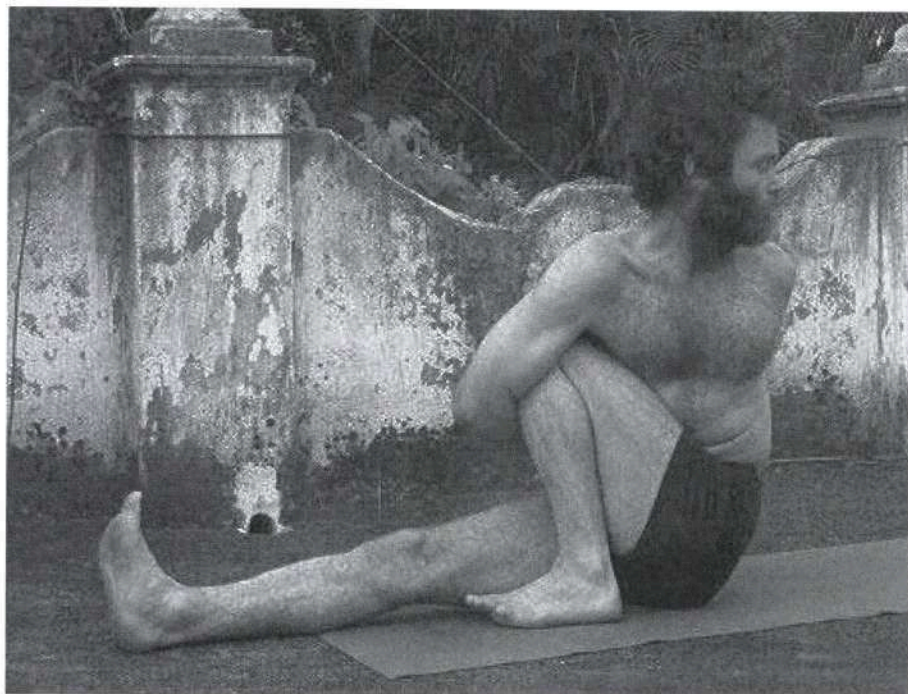




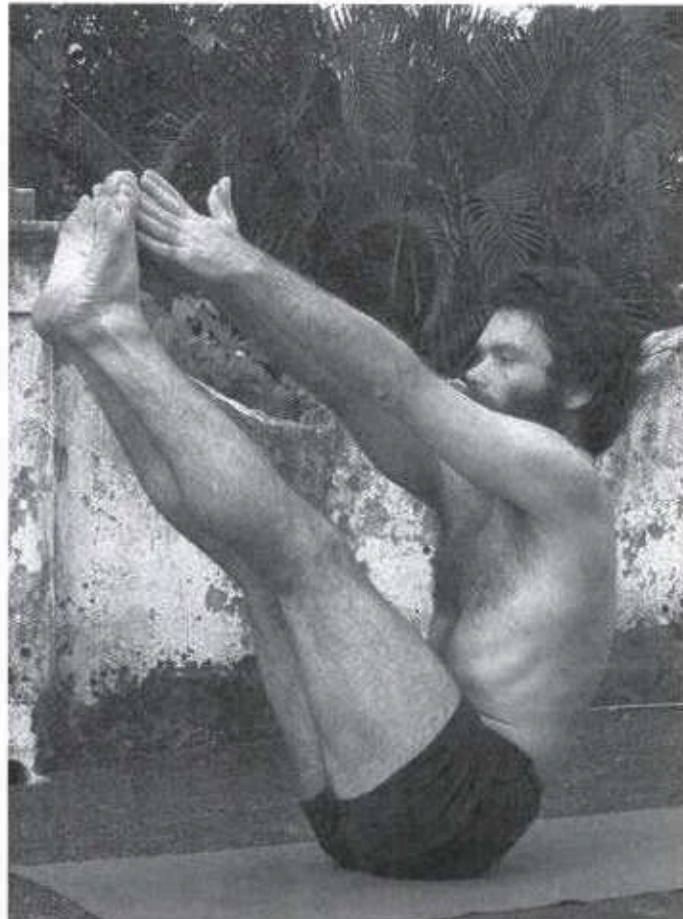




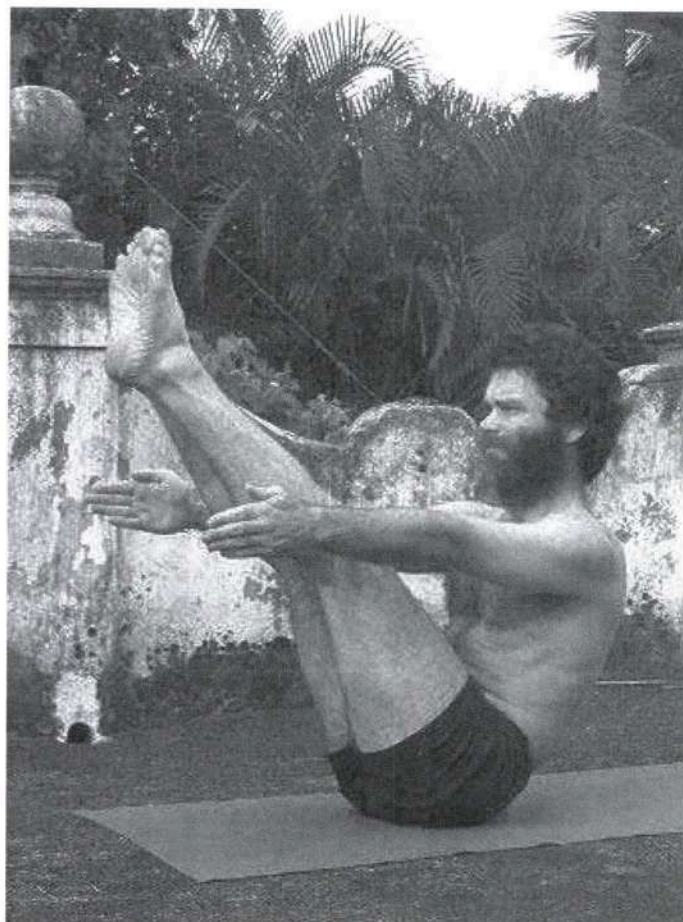


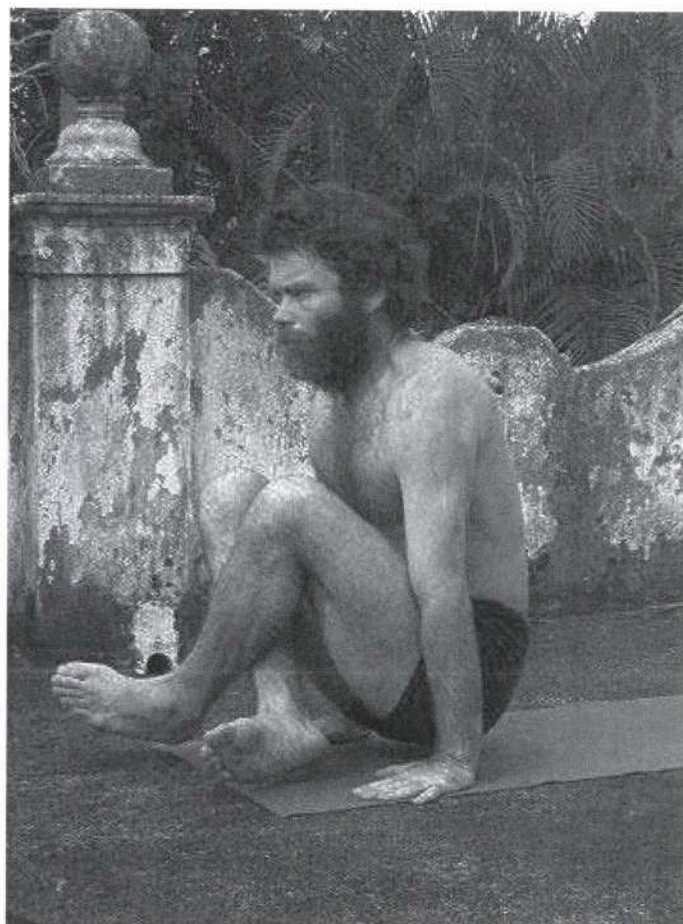


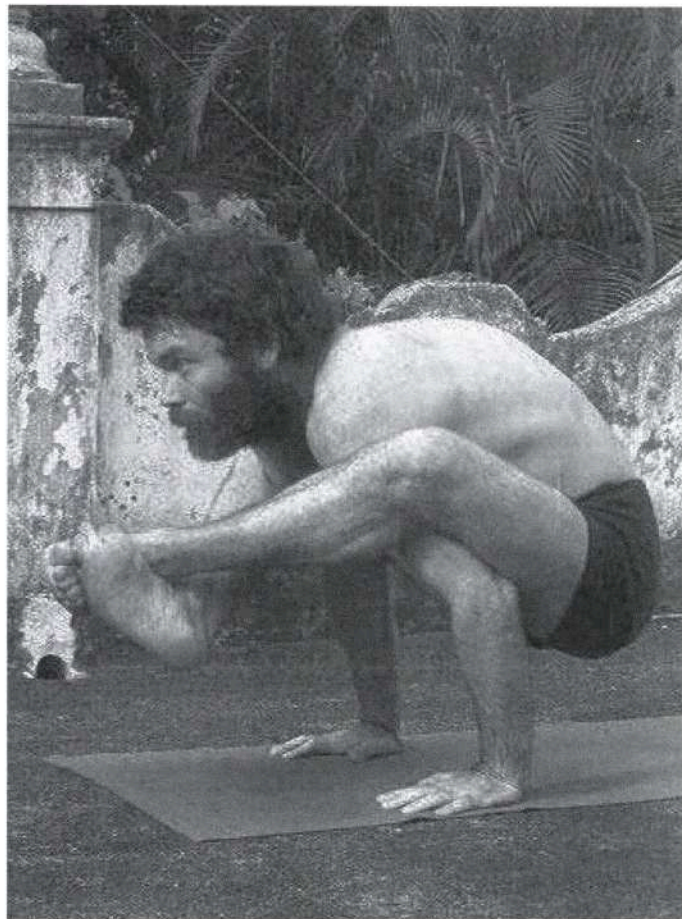




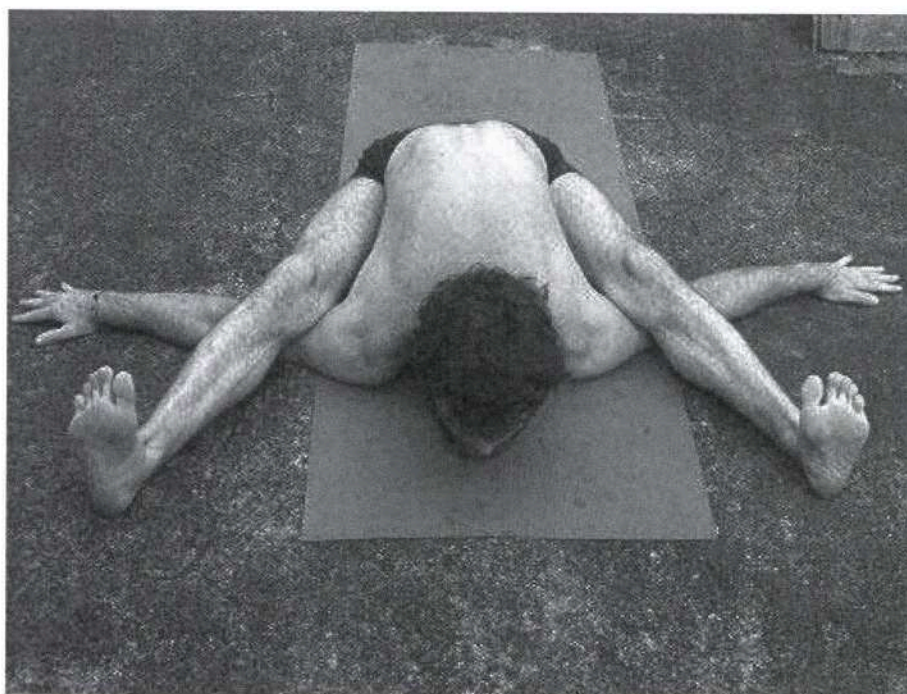
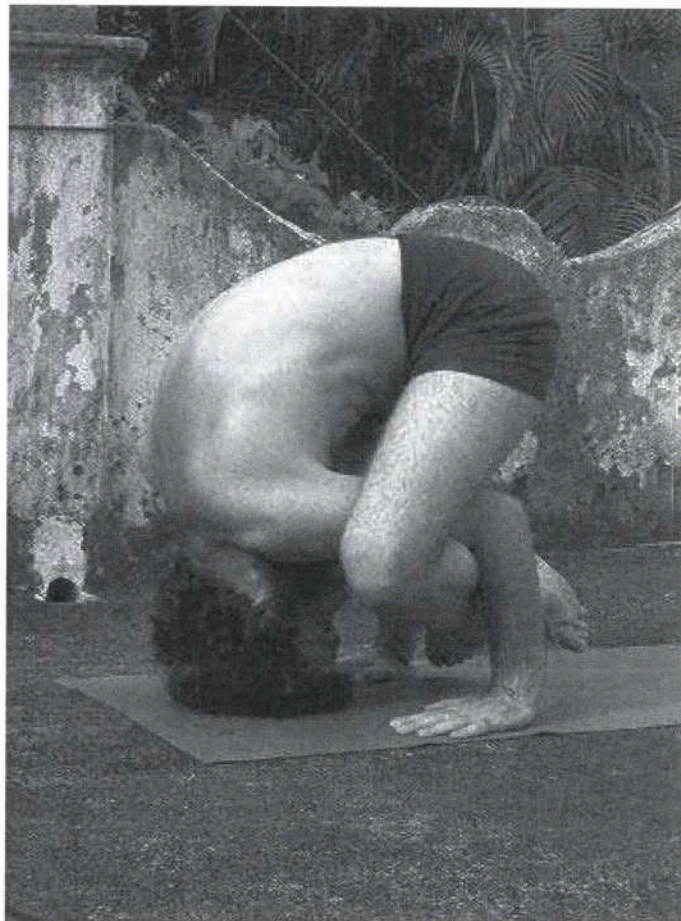


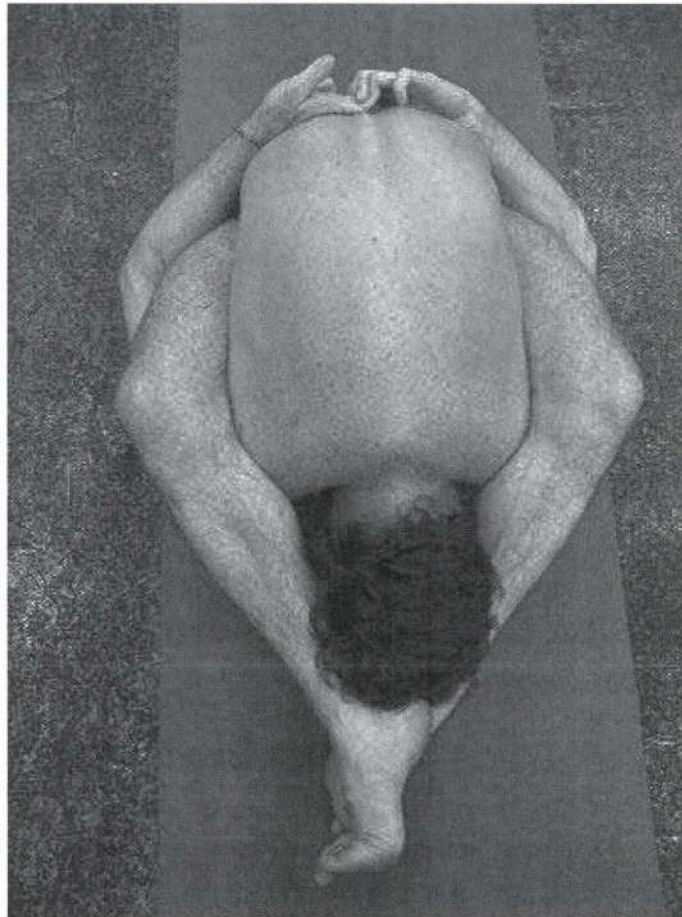






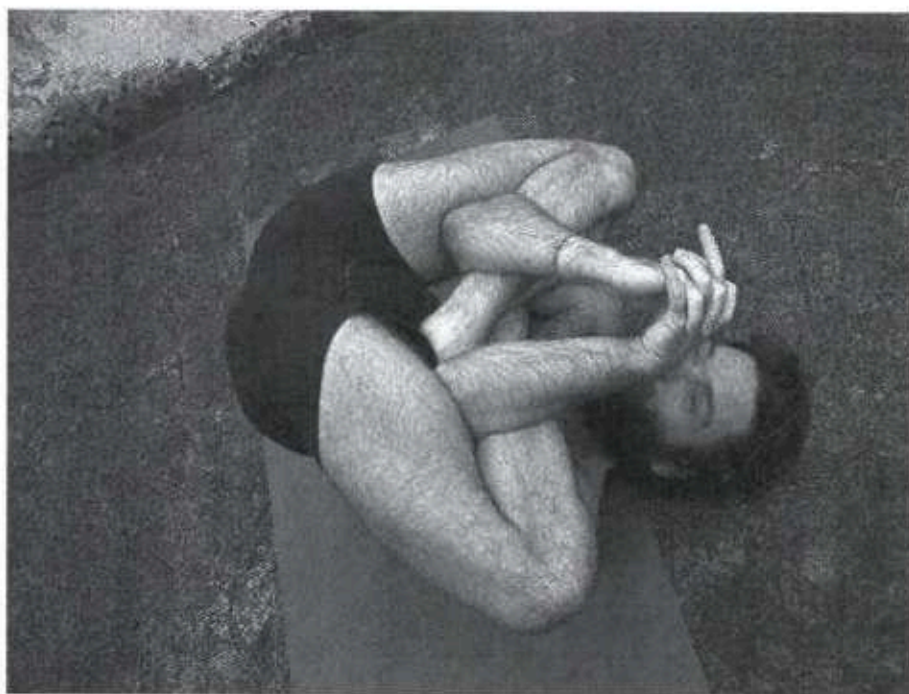
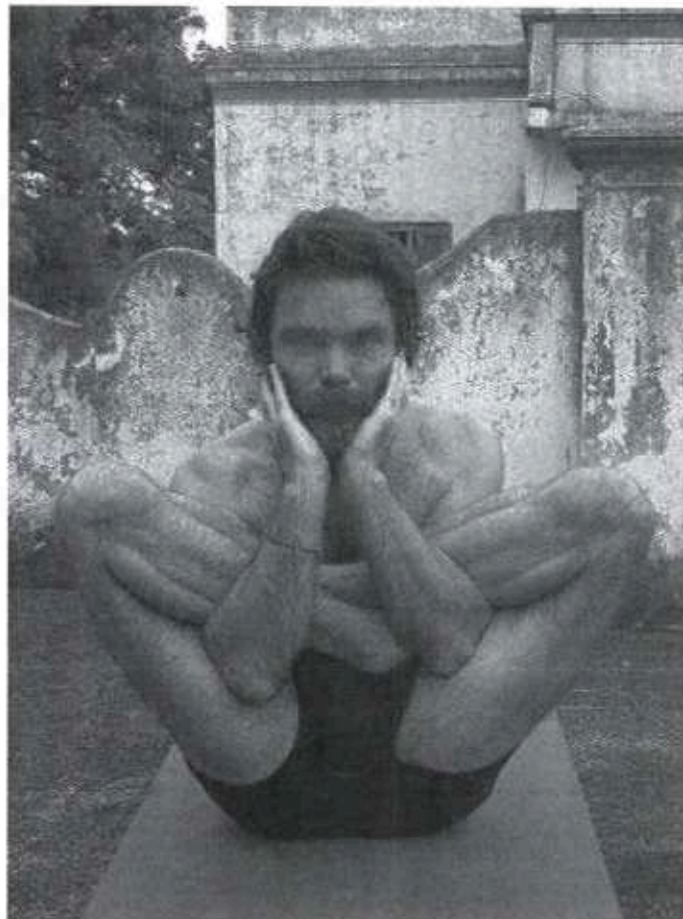


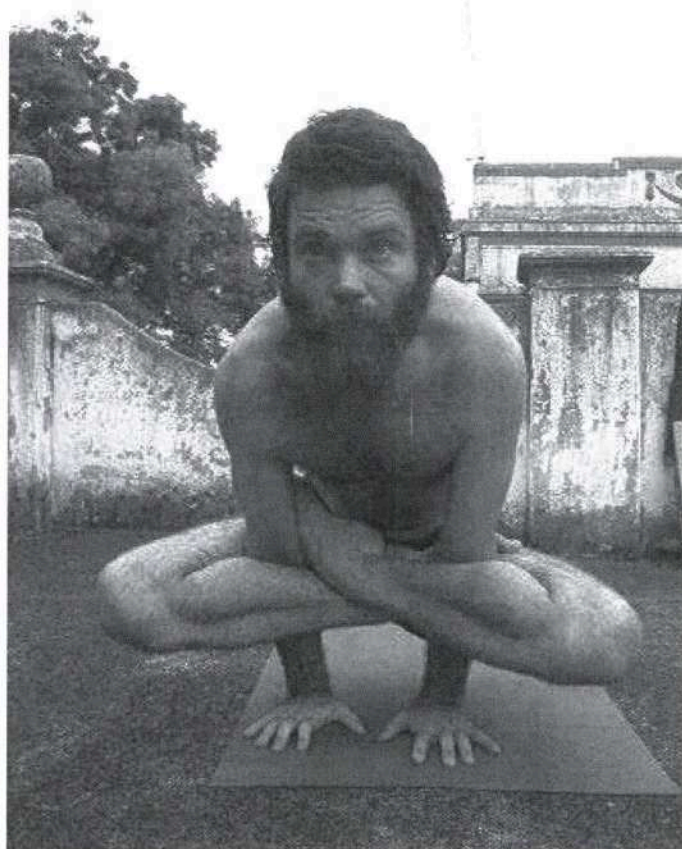




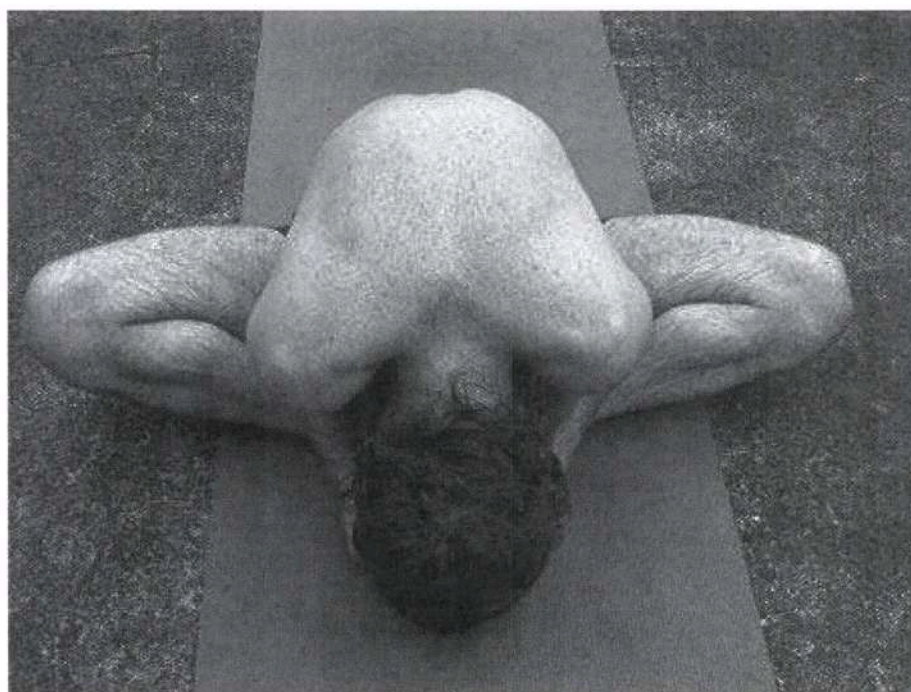
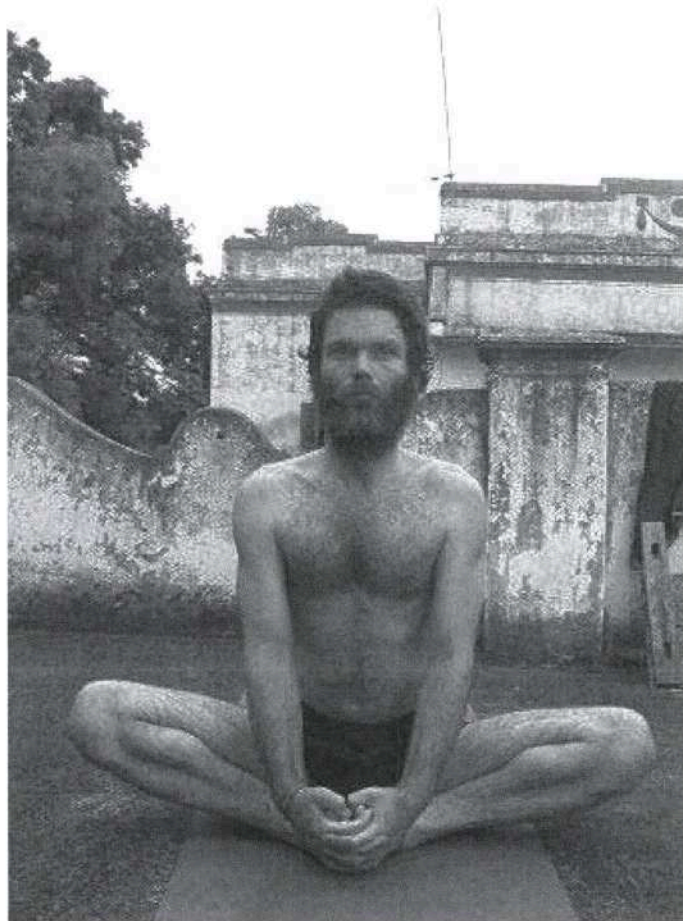




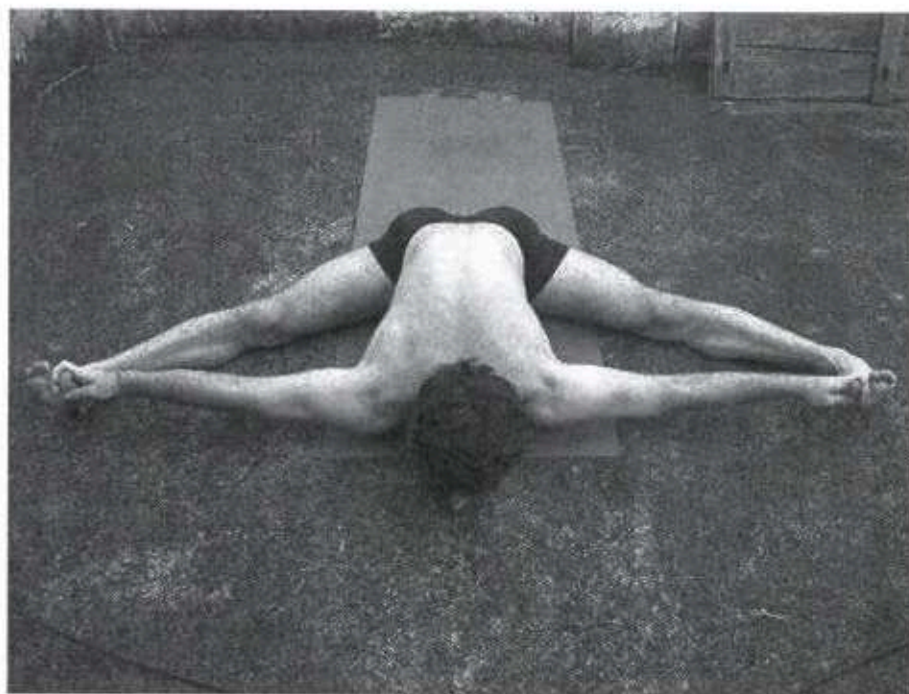
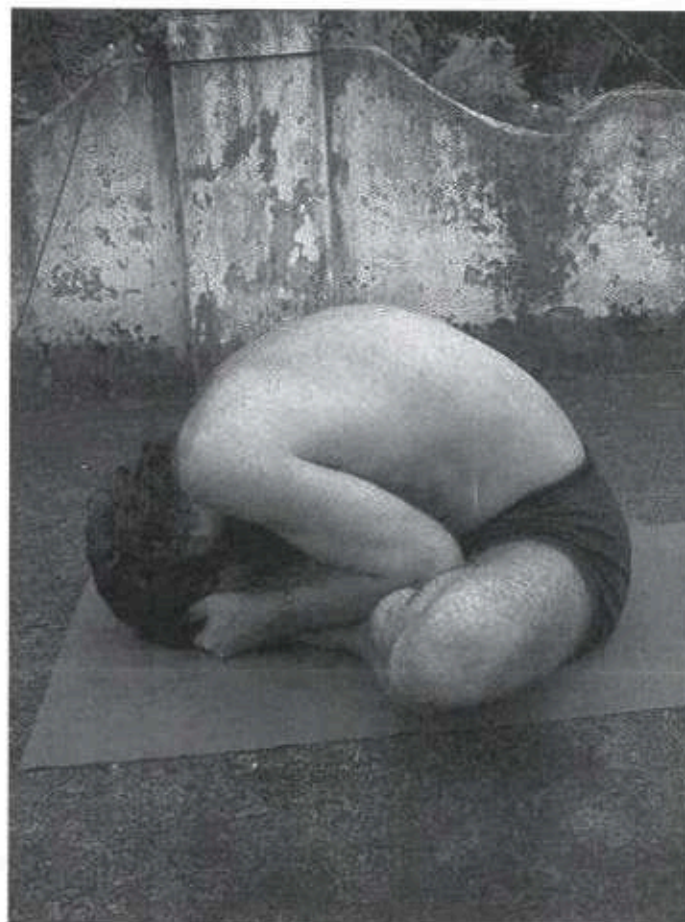


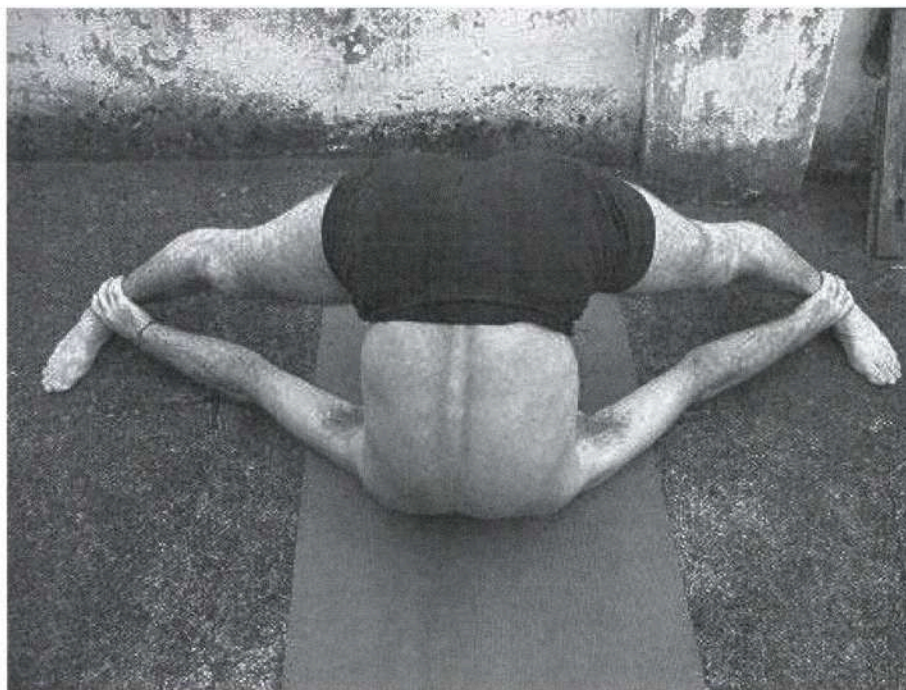
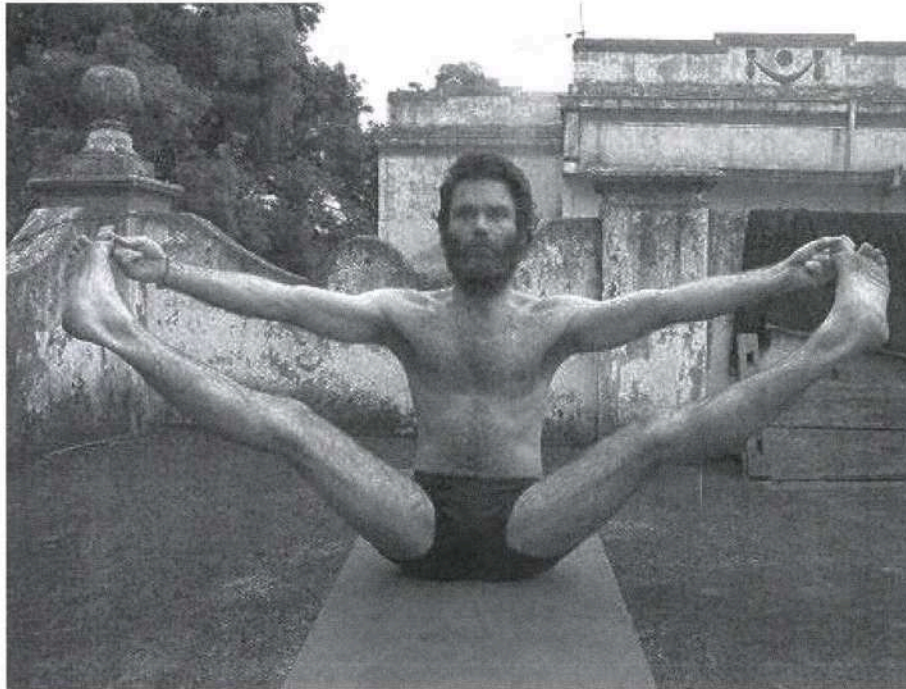




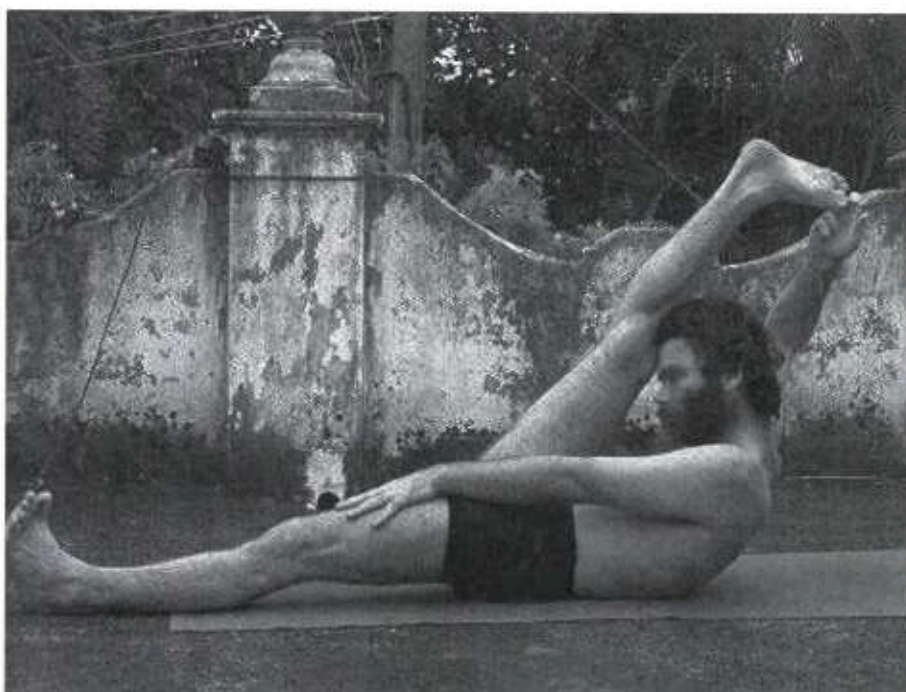
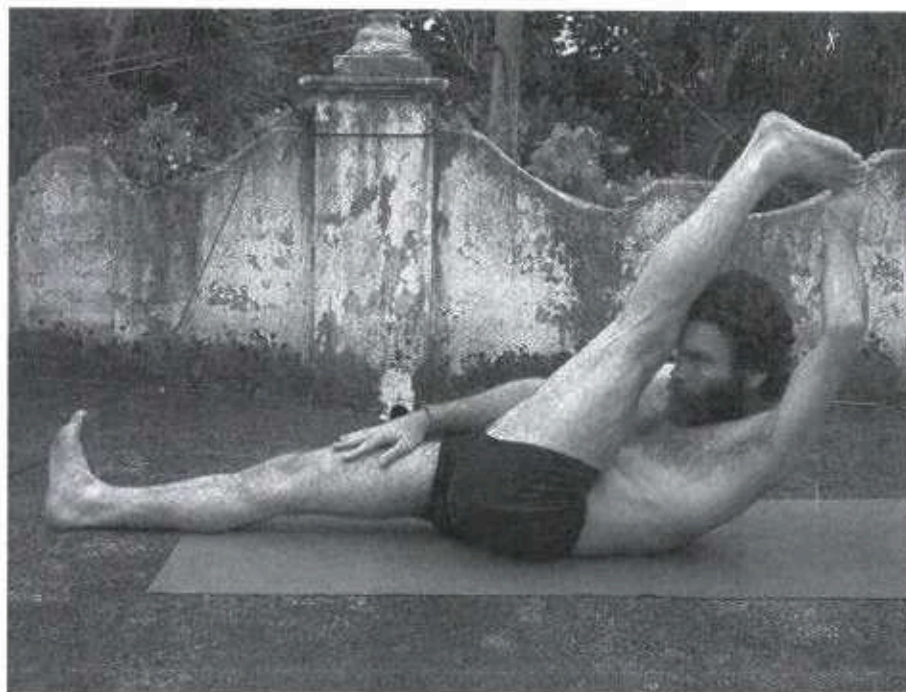




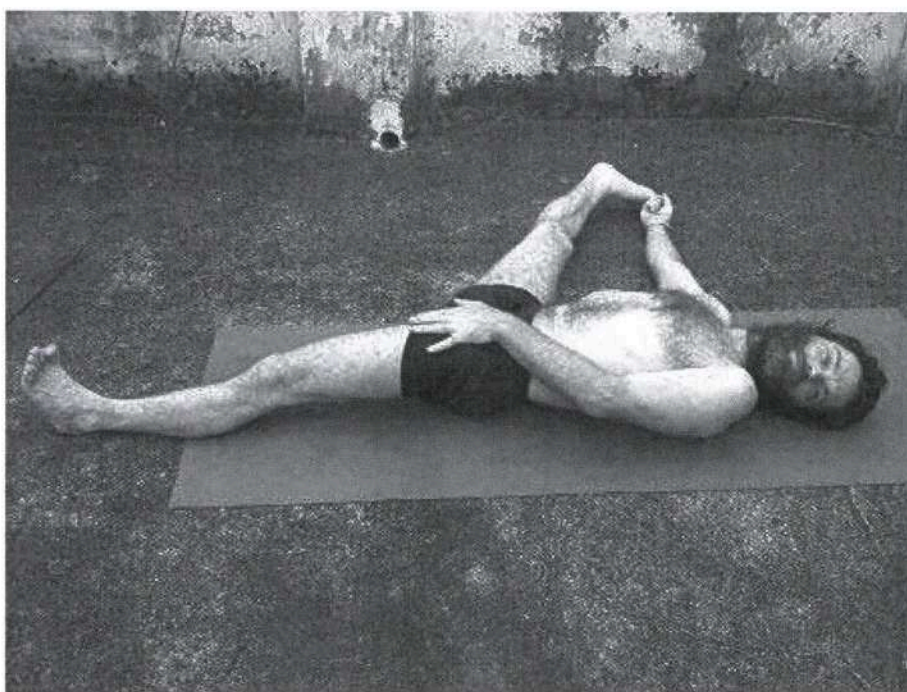
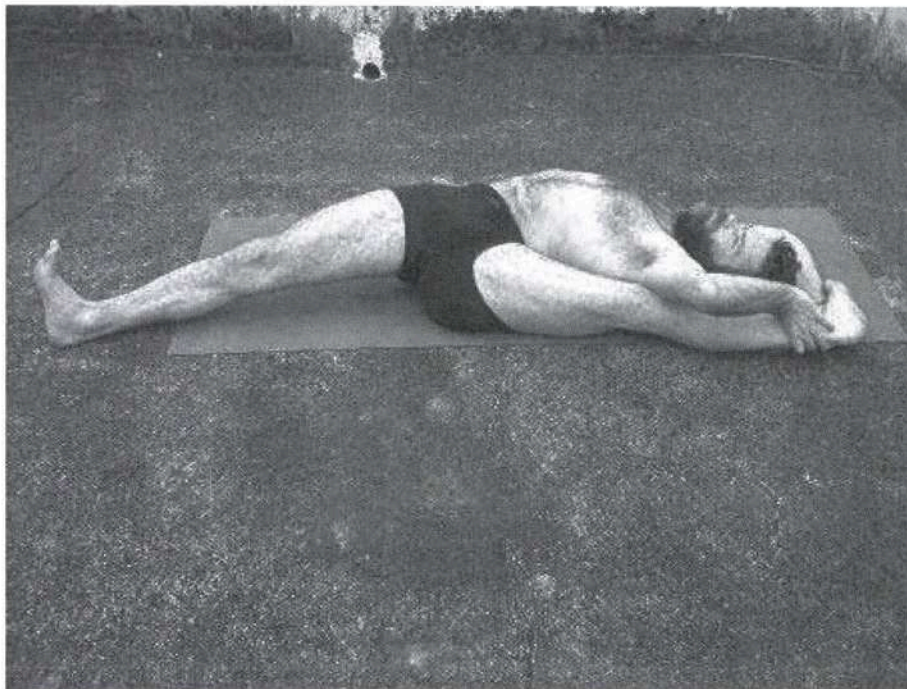


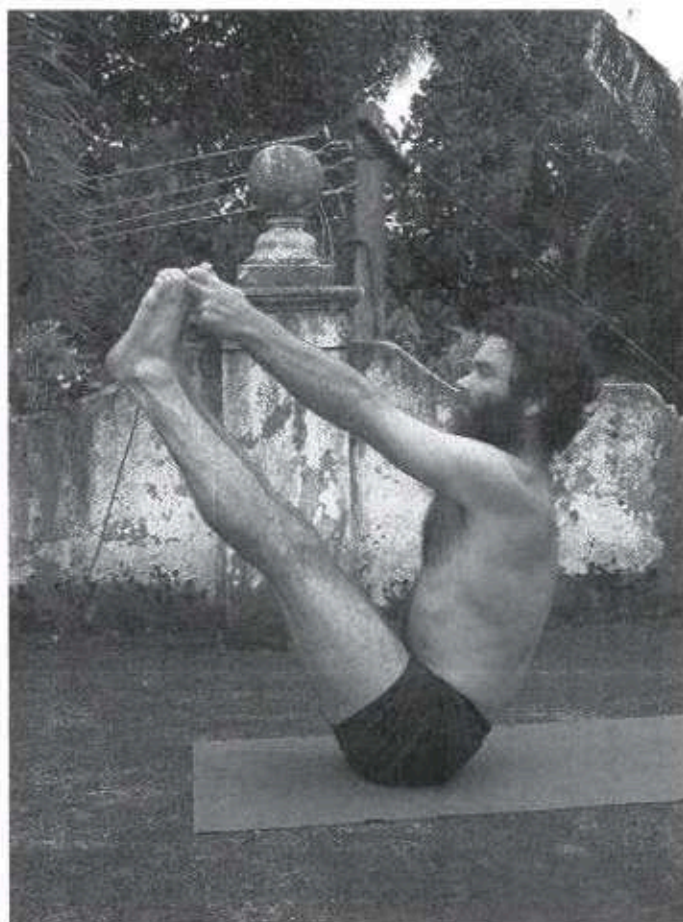














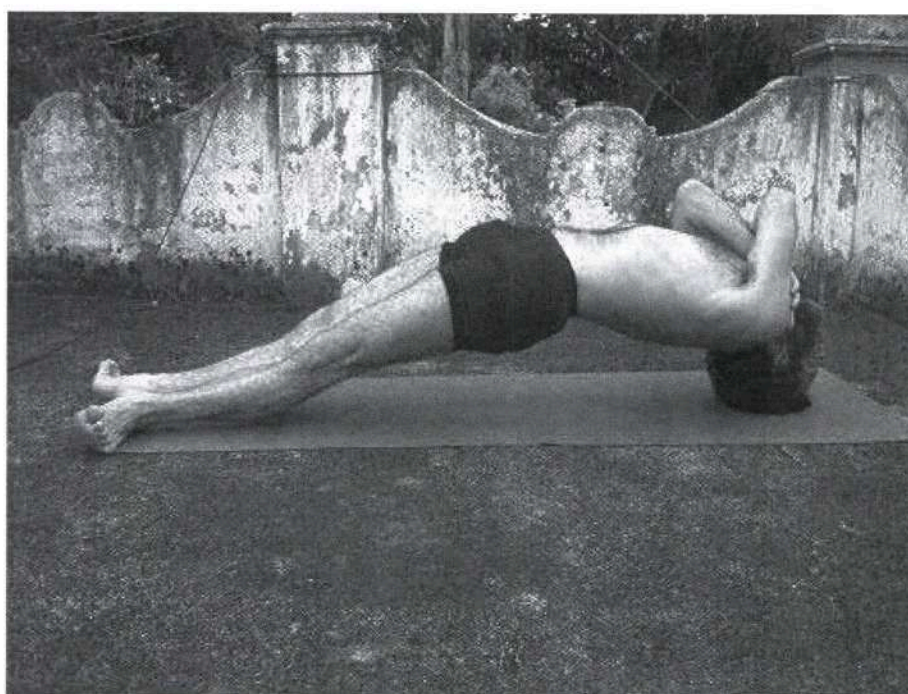
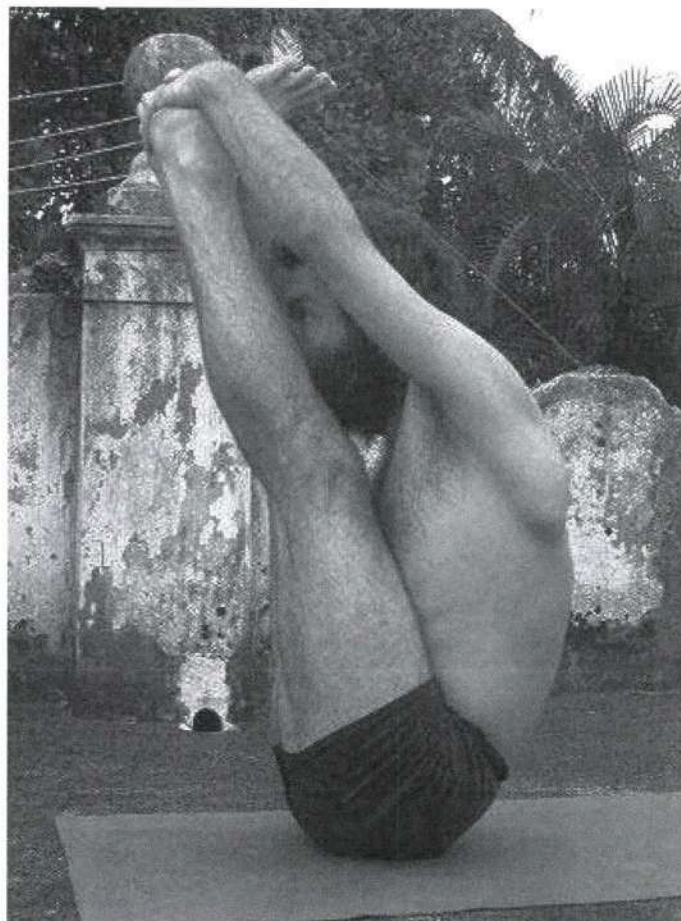
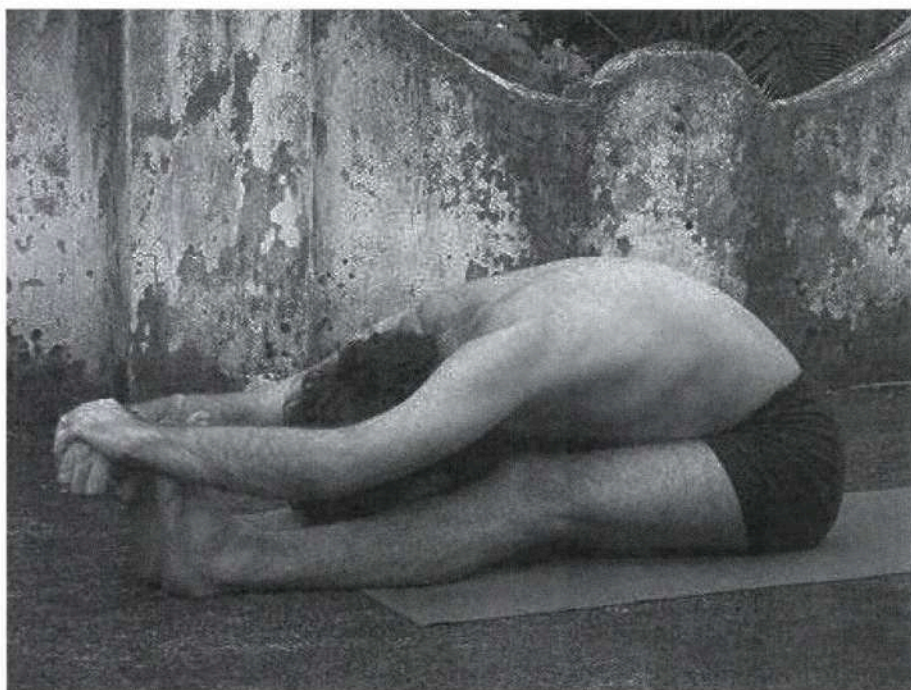
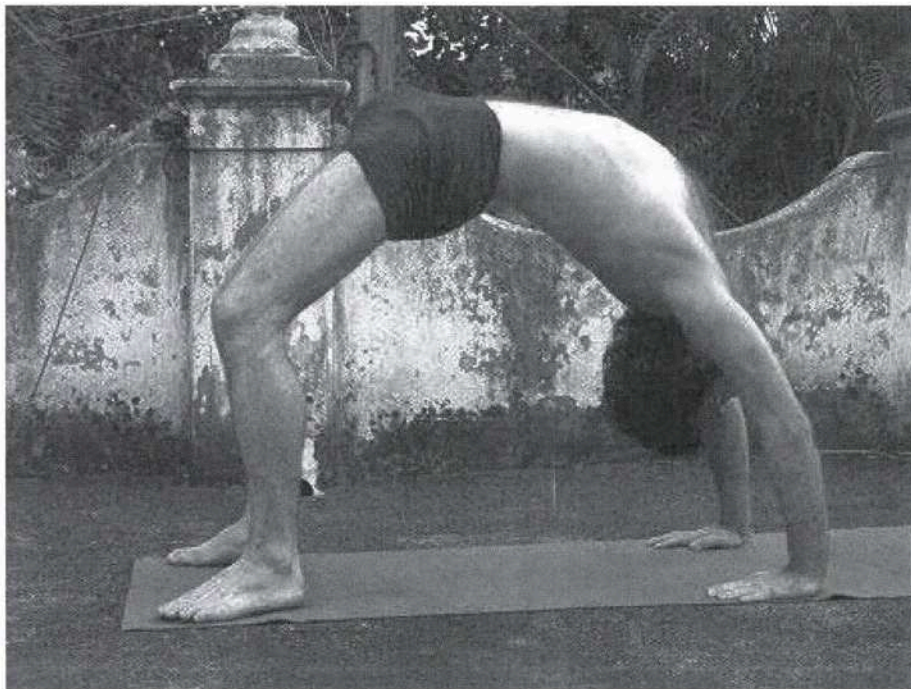
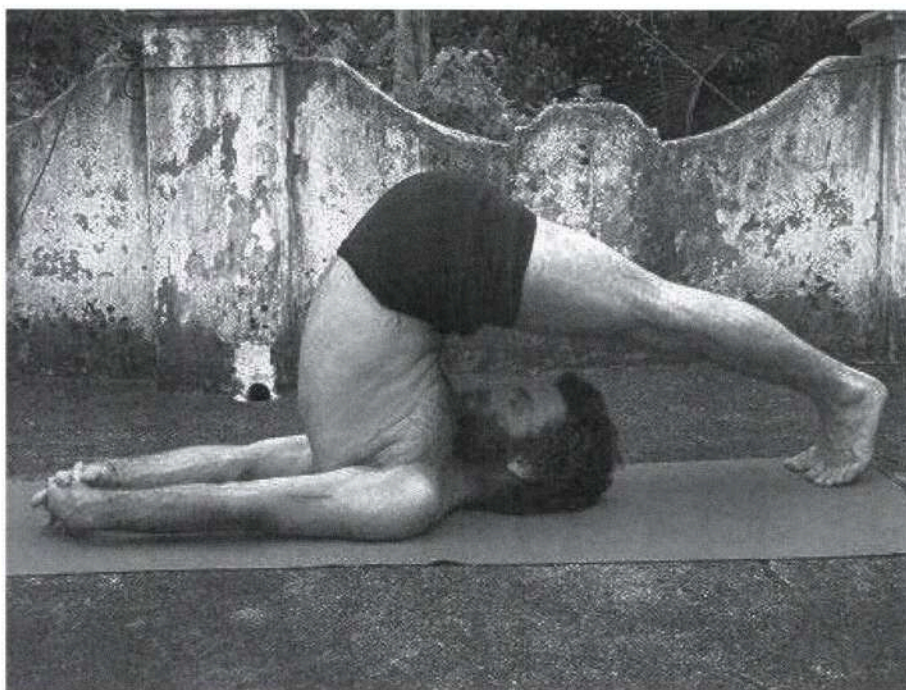
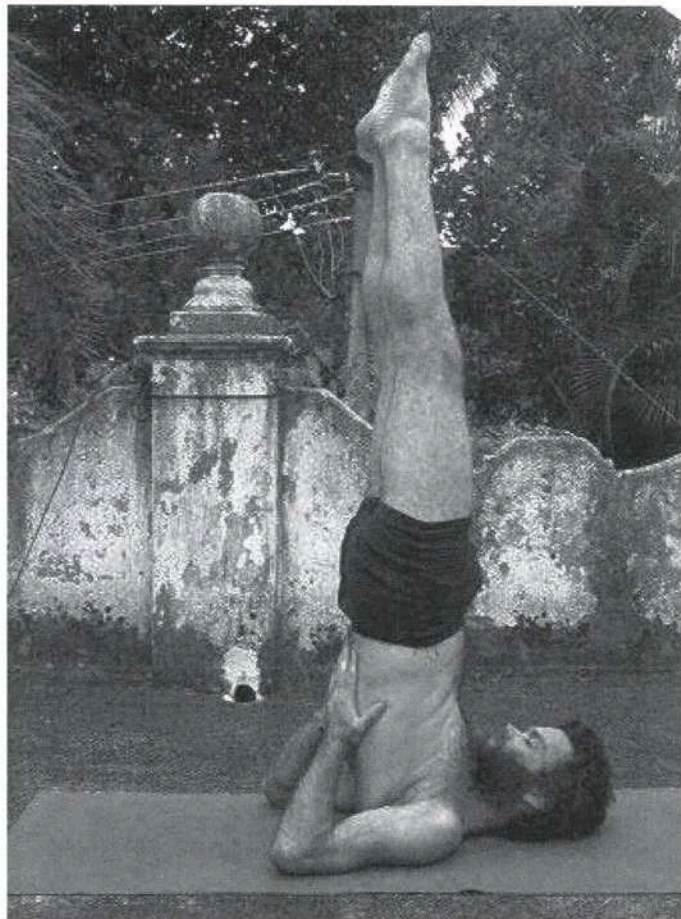


Фото 27–61 – Основные асаны.

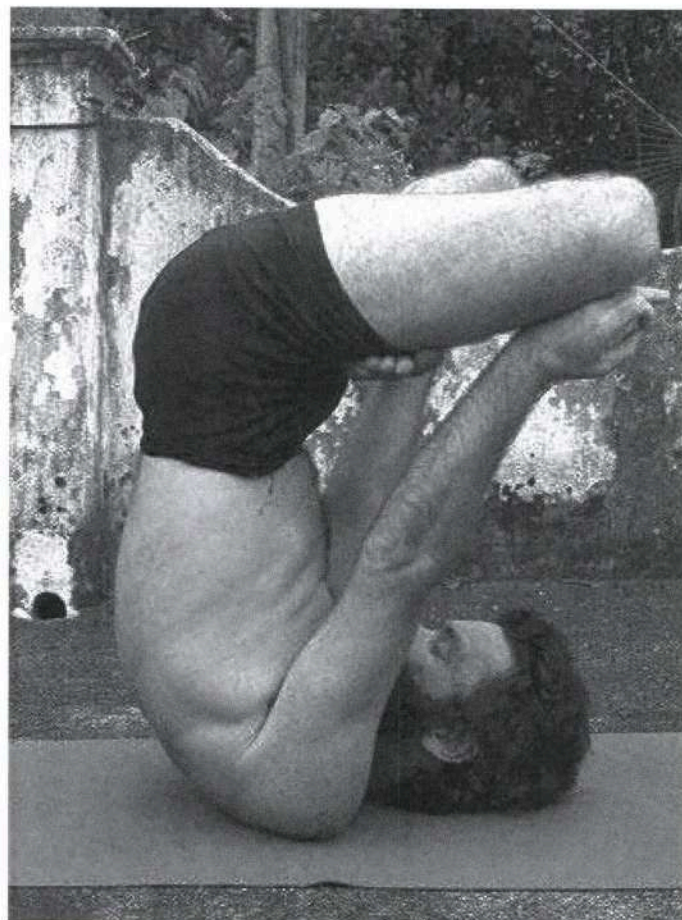
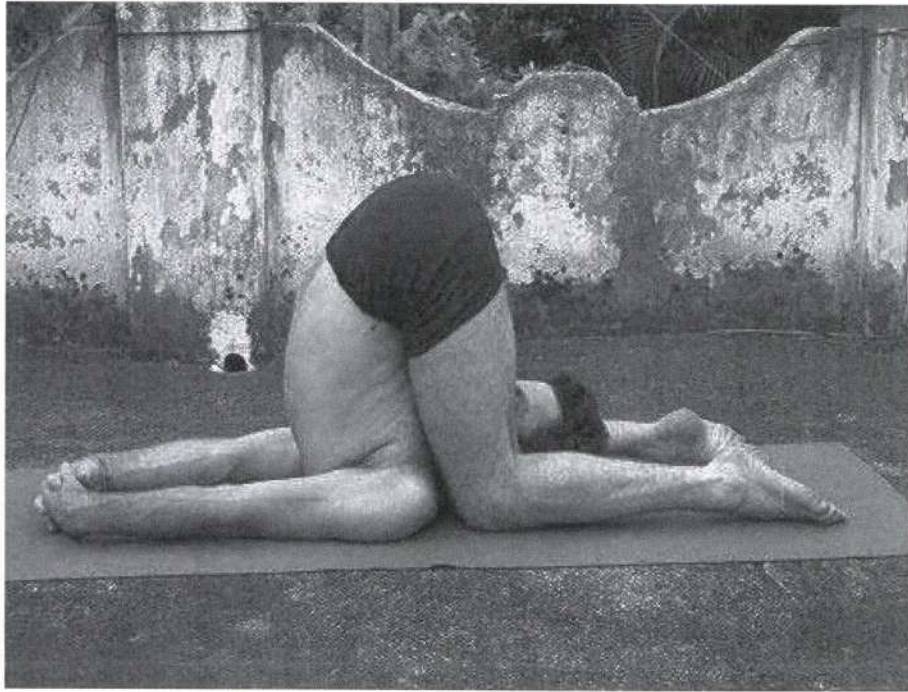




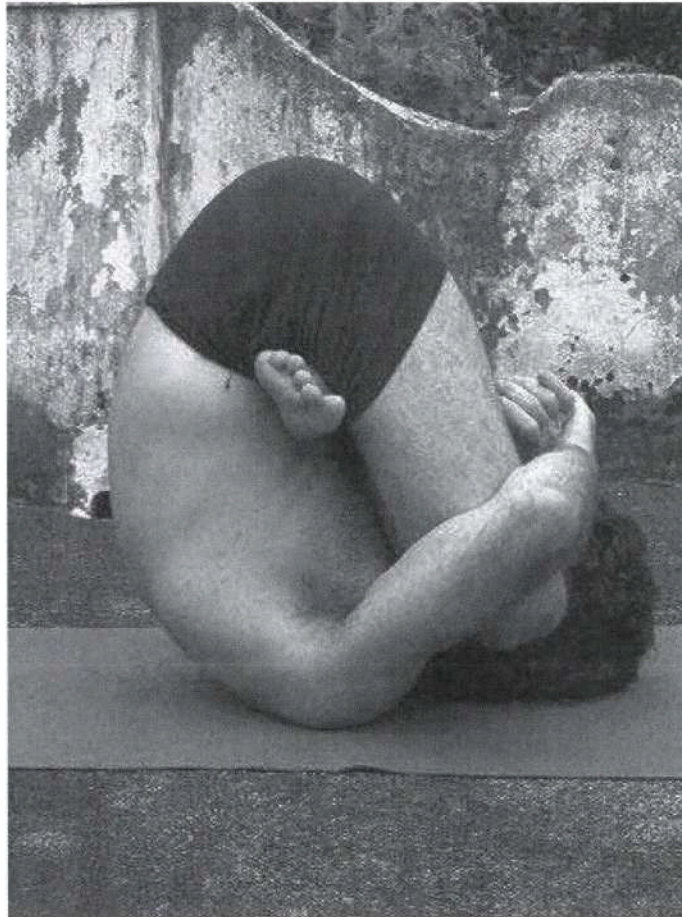




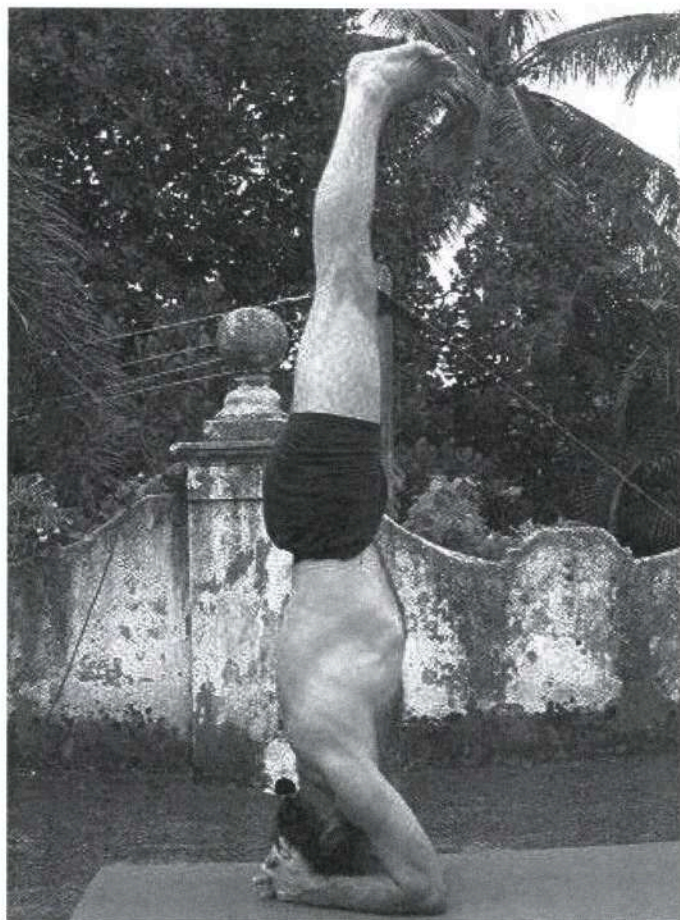
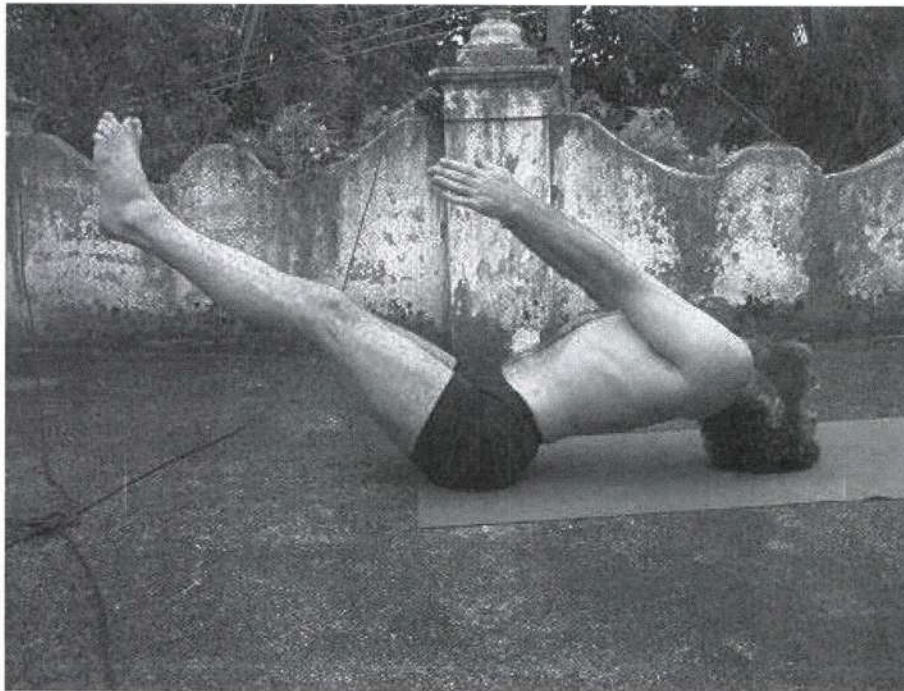




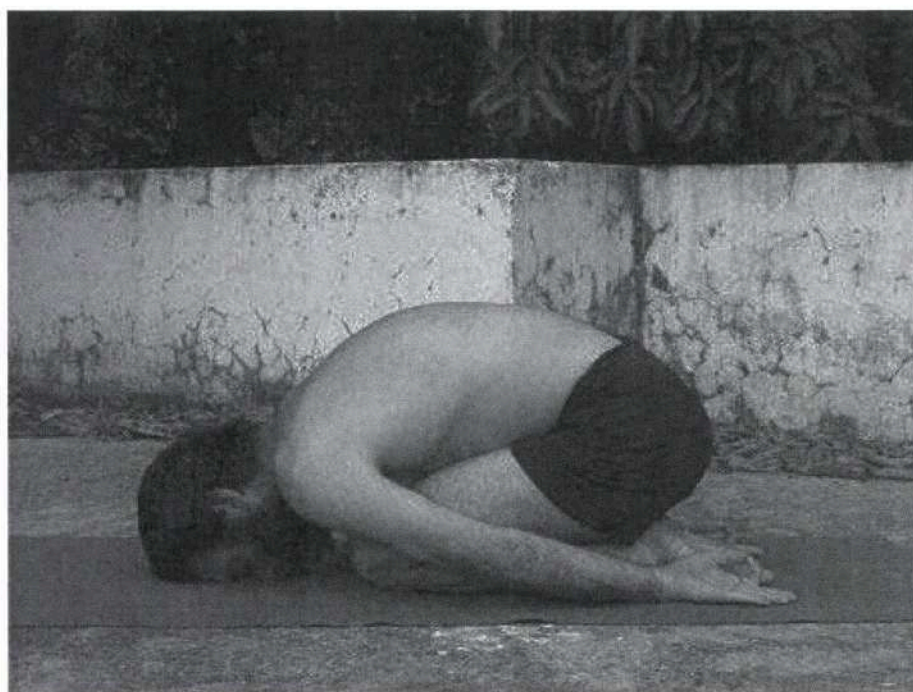
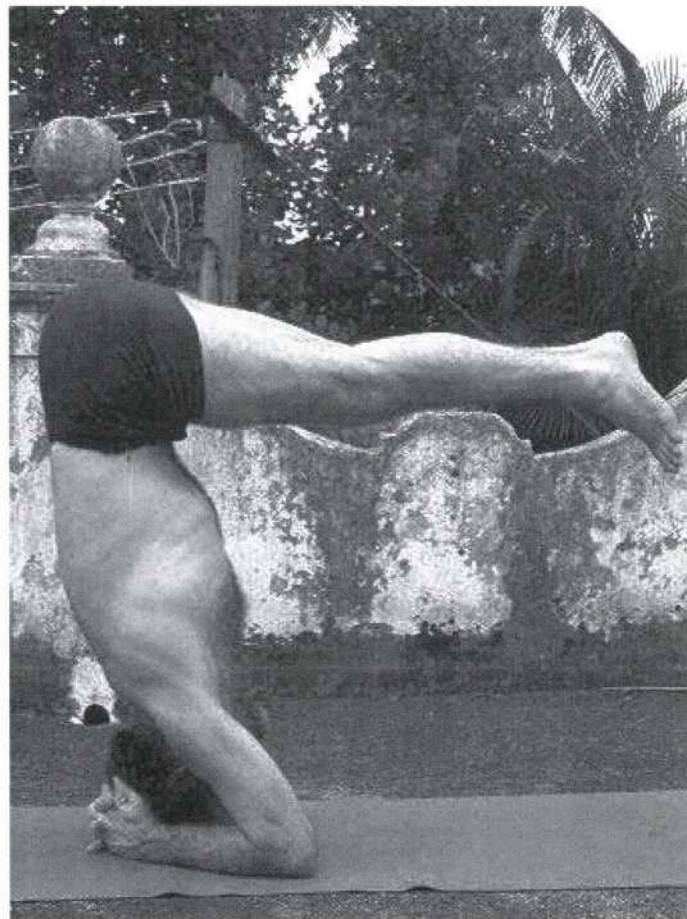


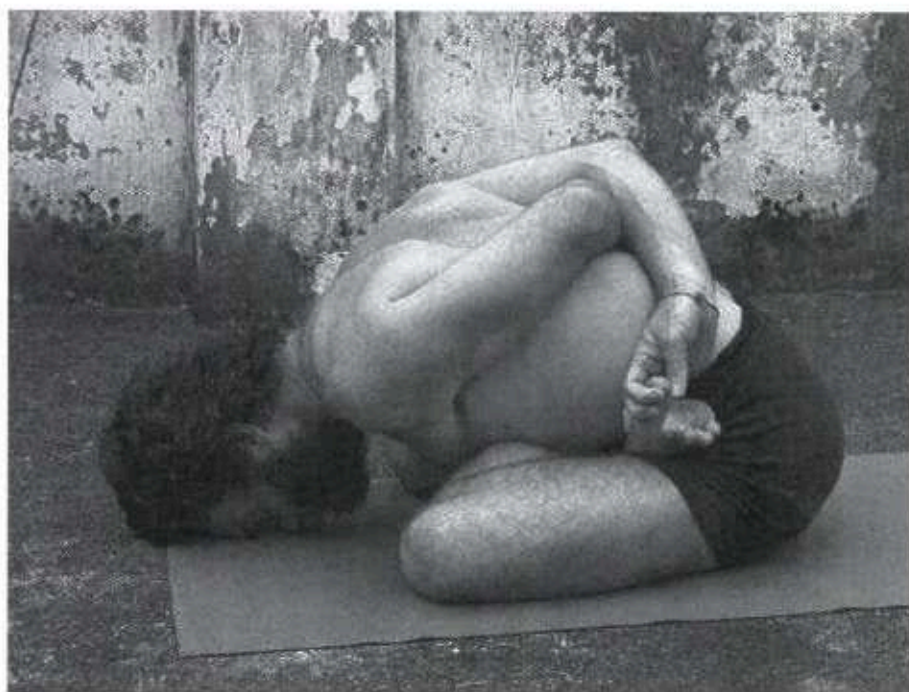
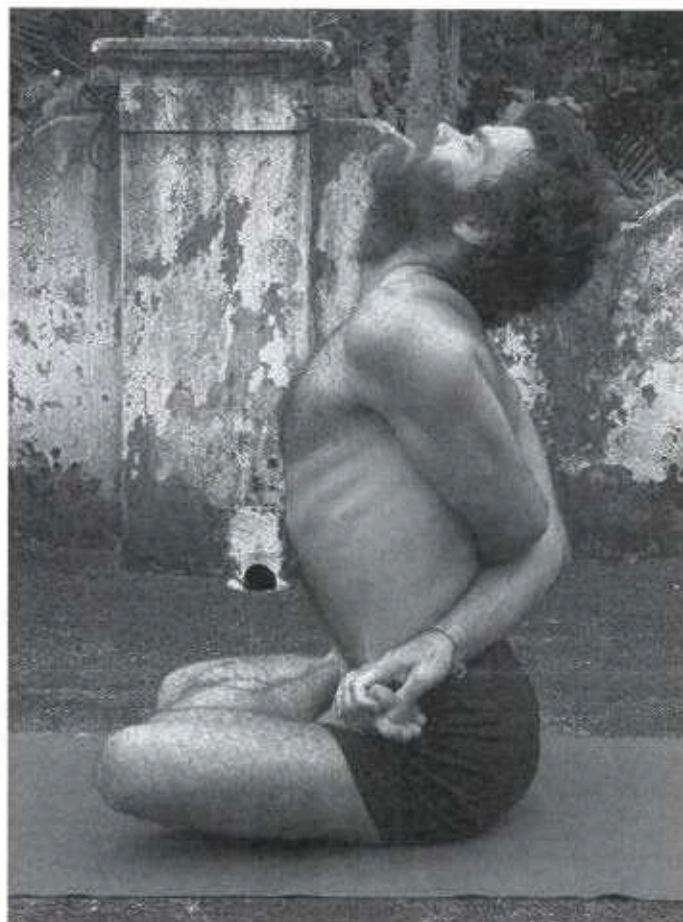




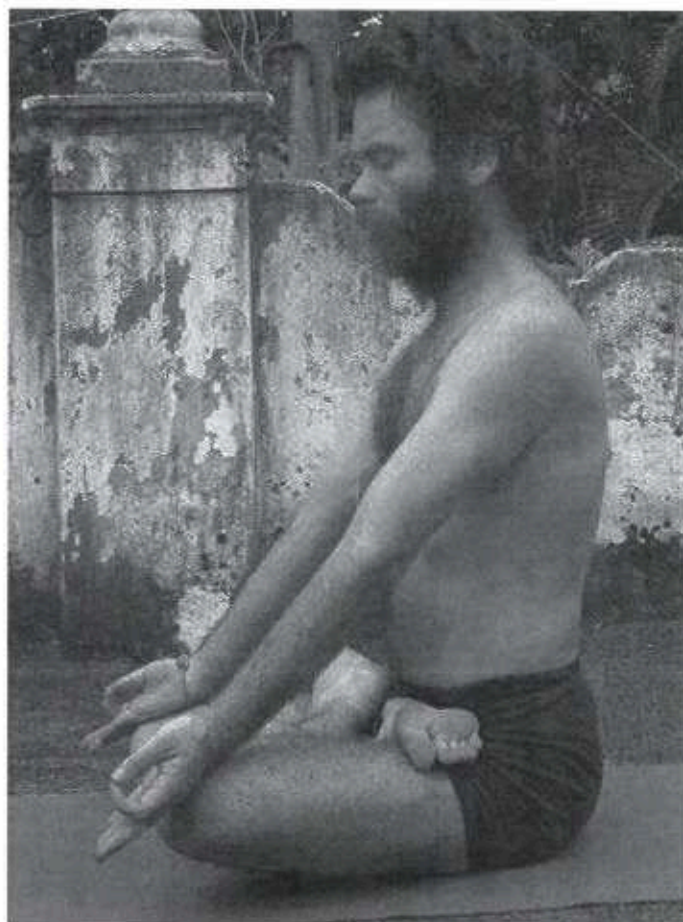












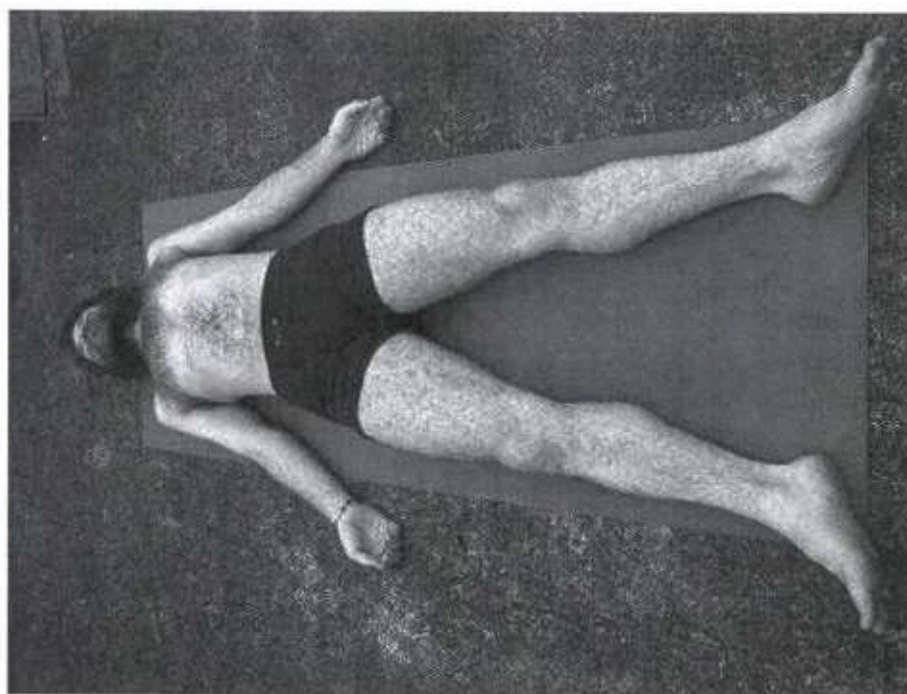
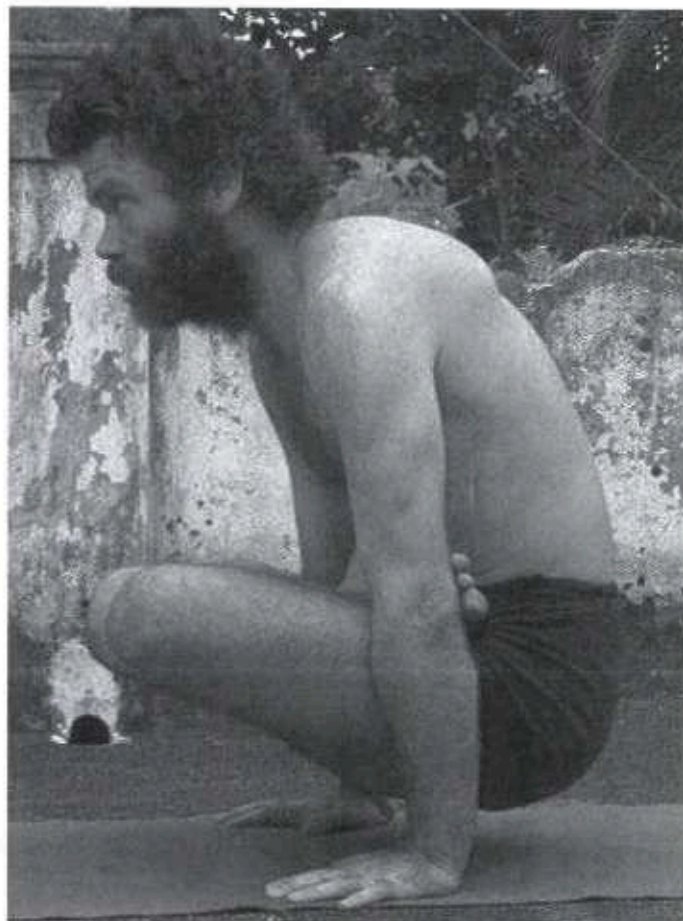


Фото 62–78 – Завершающие асаны.