

Opening Chant ॐ असतो मा सद्गमय | तमसो मा ज्योतिर्गमय | मृत्योर्ममृतं गमय || OM asato mā sadgamaya | tamaso mā jyotirgamaya | mṛtyormā amṛitaṁ gamaya ||

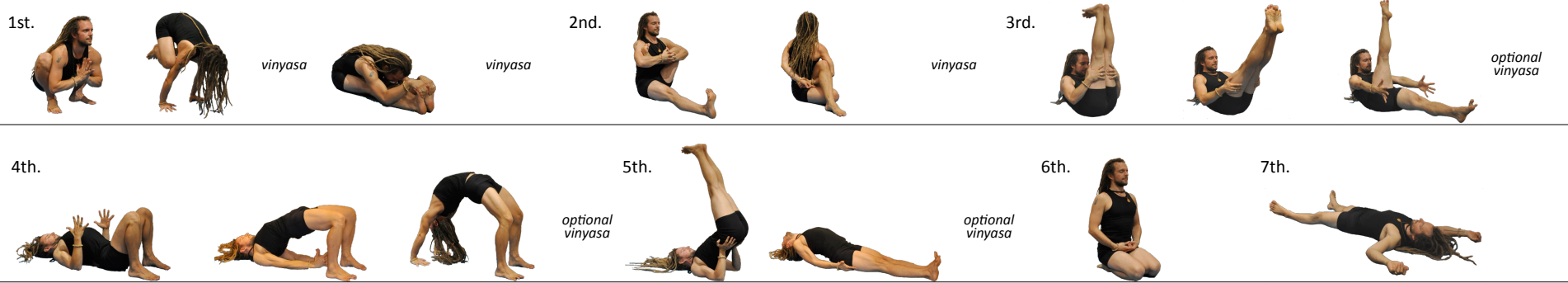
Sun Salutations



Standing Asana



Chakra Krama



Closing Chant ॐ लोकाः समस्ताः सुखिनो भवन्तु ॐ शान्तिः शान्तिः शान्तिः OM lokāḥ samastāḥ sukhino bhavantu OM śantiḥ śantiḥ śantiḥ