



www.yohm.co.uk
info@yohm.co.uk
tel: 0845 456 6398

THE SUN SALUTATION



1. exhale



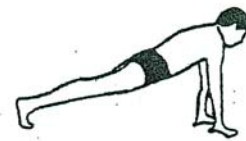
2. inhale



3. exhale



4. inhale



5. retain



6. exhale



7. inhale



8. exhale



9. inhale



10. exhale



11. inhale



12. exhale, inhale and begin again at 1.