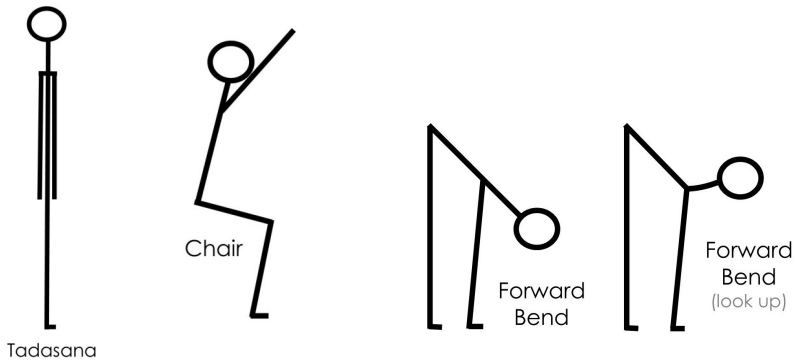


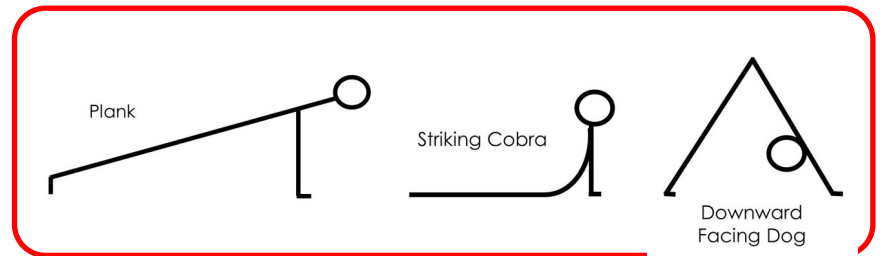
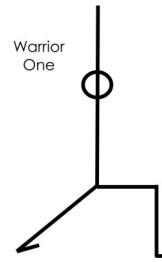
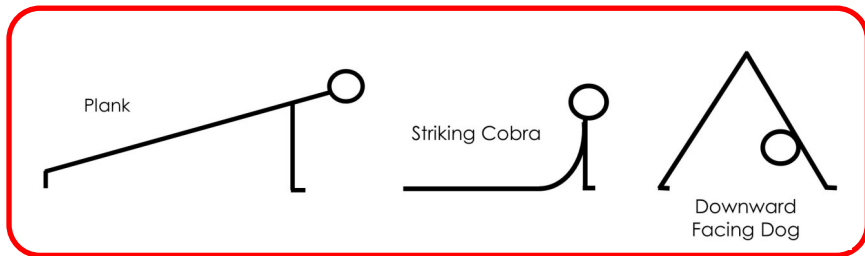
# Sun Salutation B

## (Surya Namaskar)

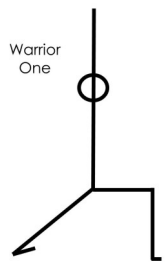
This is the most basic version of Sun Salutation B



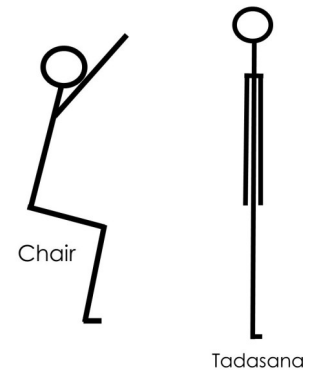
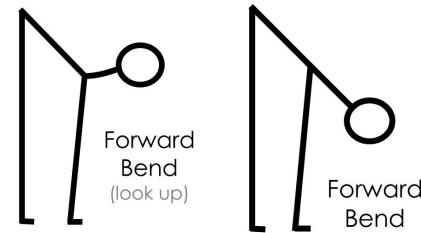
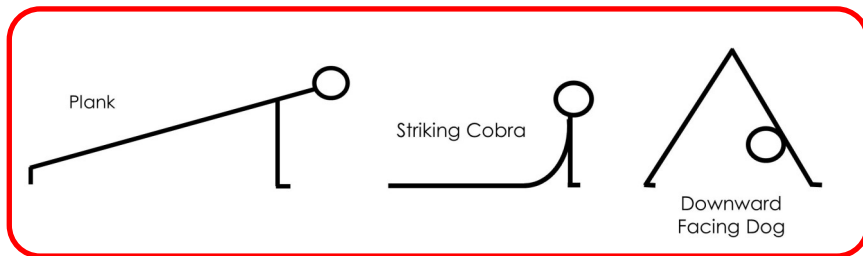
### Starting Sequence



One Side ONLY



Other Side ONLY



### Reversed Starting Sequence

NOTE: in this sequence the plank/cobra/down dog set repeats 3 times