

YOGA BELA

Primary Series Sequence

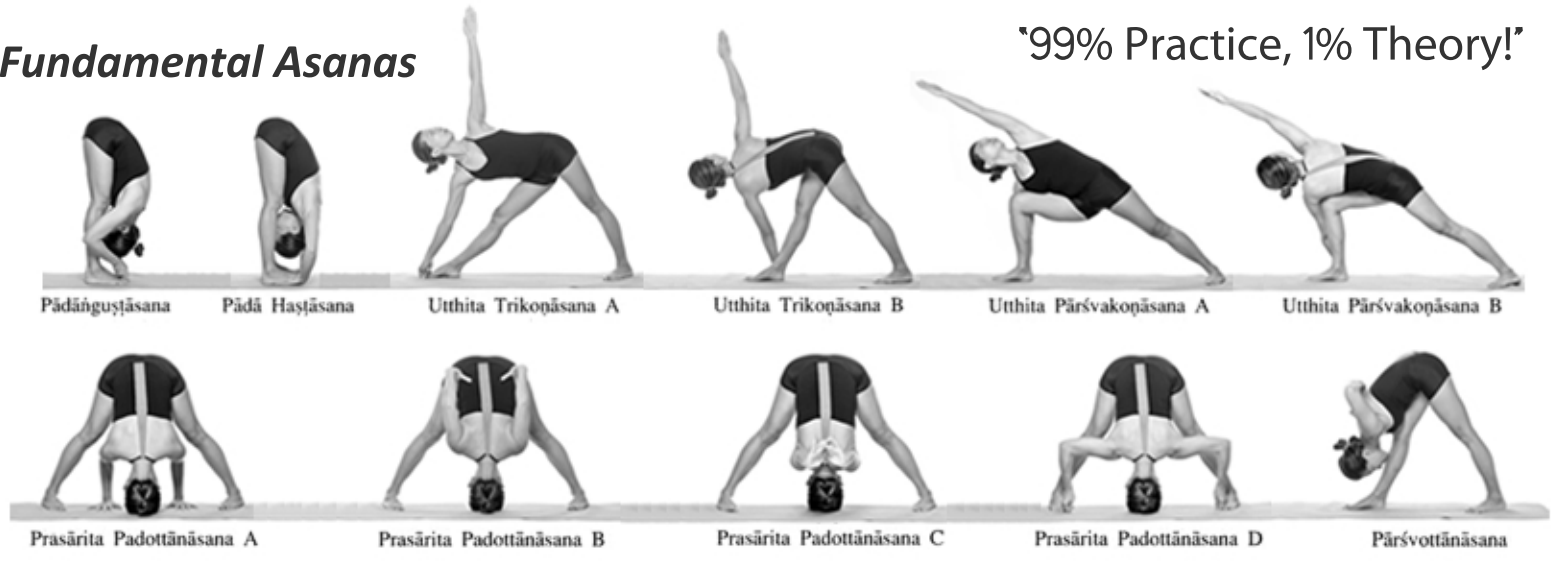
With humble thanks and eternal reverence to our teacher Sri K. Pattabhi Jois of Mysore, India.
Om Sri Gurubhyo Namaha



Suryanamaskara
A & B (5 times)

Fundamental Asanas

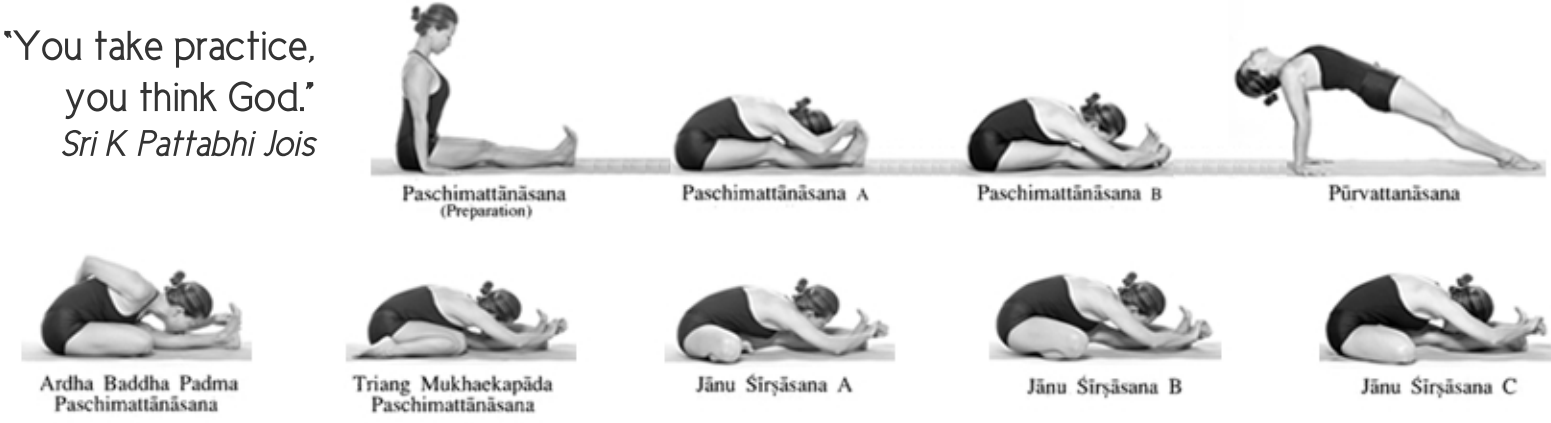
"99% Practice, 1% Theory!"



Primary Series Postures



"You take practice,
you think God."
Sri K Pattabhi Jois



Primary Series Postures

(Continuation)



Closing Sequence

