



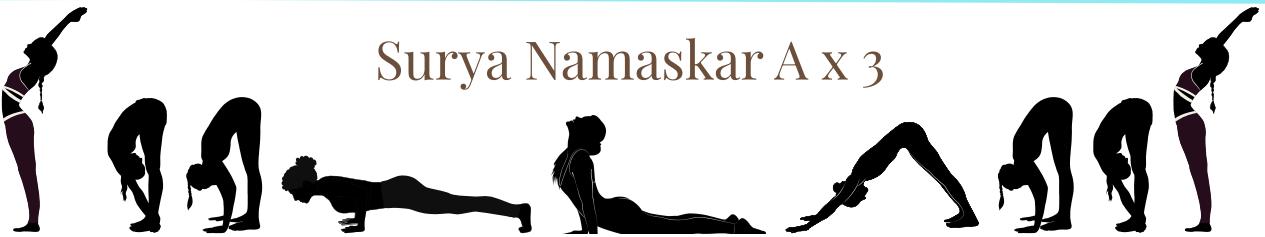
# Yoga to Sacred Music



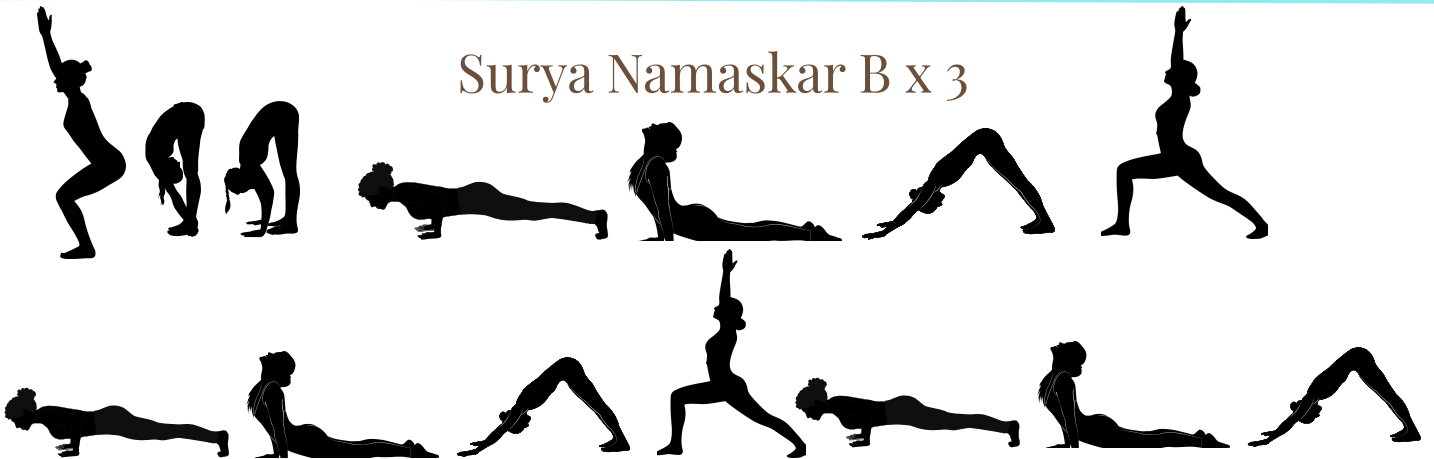
## Integration



## Surya Namaskar A x 3



## Surya Namaskar B x 3



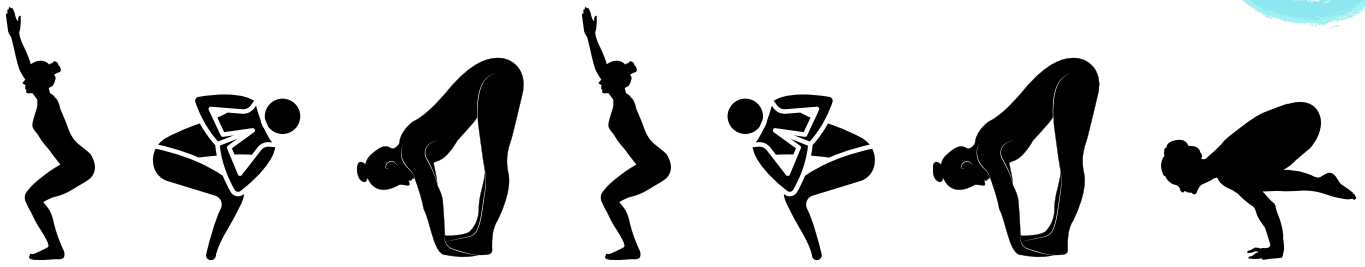
## Vasisthasana Series



## Vinyasa + Parsvakonasana series



## Vinyasa + Utkatasana series



## Vinyasa + Balancing series



## Vinyasa + Trikonasana series



## Vinyasa + Belly-down backbend series



## Vinyasa + Core Strengthening series



## Vinyasa + Wind Down series

