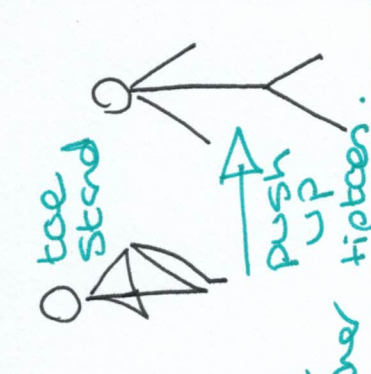
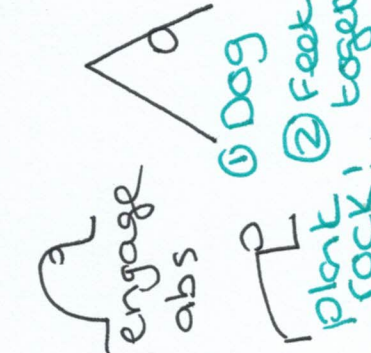
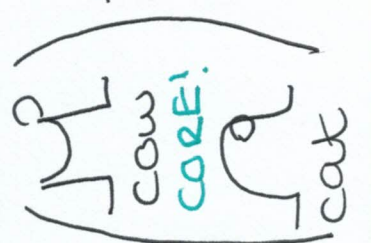
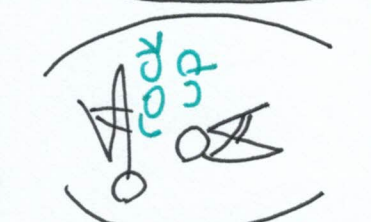
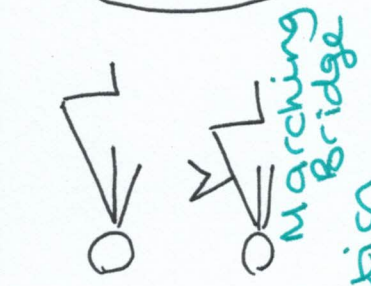
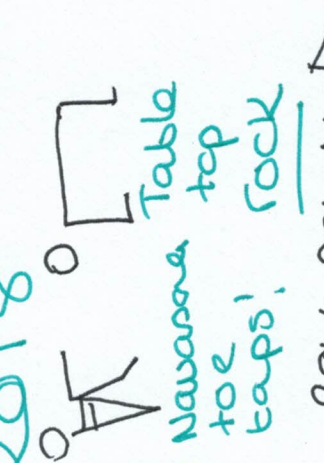
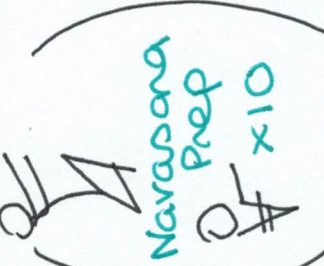


October 2018

Pranayama
① Full Yogic Breathe
② Box Breathe 4:4:4:4
③ Kapalabhati 3x50



- ① Surya Namaskar A x 1 ground
- ② Surya Namaskar B x 3 rounds

