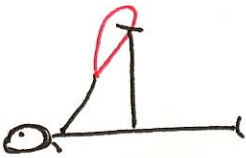

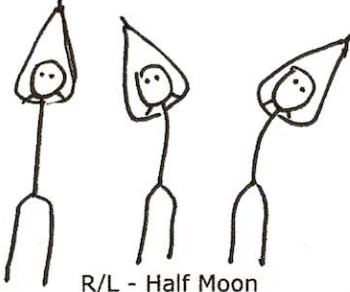
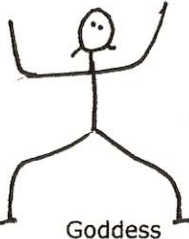
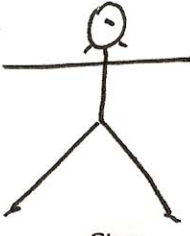
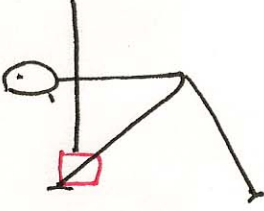
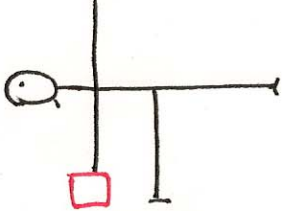
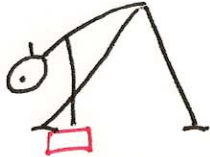
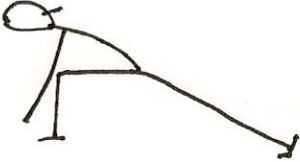





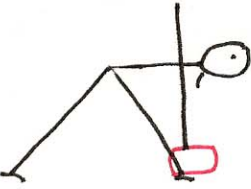
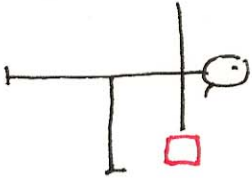
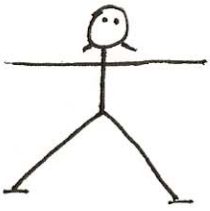
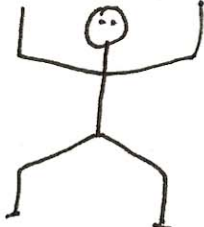
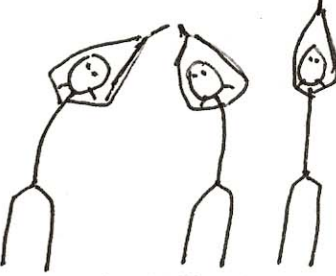



# Chandra Namaskar

 <p>Supta Padangusthasana</p>	 <p>Tadasana Anjali Mudra</p>	 <p>R/L - Half Moon</p>	 <p>Goddess</p>	 <p>Star</p>
 <p>R - Trikonasana</p>	 <p>R - Ardha Chandrasana</p>	 <p>R - Parsvottanasana</p>	 <p>R - Lunge</p>	 <p>R - Wide Leg Squat</p>
 <p>Squat</p>	 <p>L - Wide Leg Squat</p>	 <p>L - Lunge</p>	 <p>L - Parsvottanasana</p>	 <p>L - Trikonasana</p>
 <p>L - Ardha Chandrasana</p>	 <p>Star</p>	 <p>Goddess</p>	 <p>L/R - Half Moon</p>	 <p>Tadasana Anjali Mudra</p>