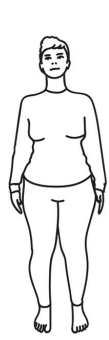


Full Circular Moon Salutation ~ With High Lunges



1. Prepare



2. Inhale



3. Exhale



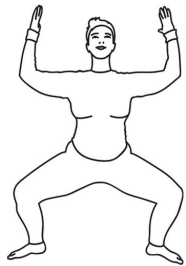
4. Inhale



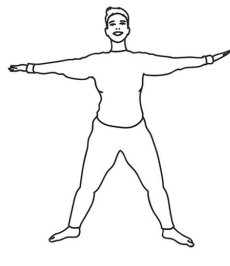
5. Exhale



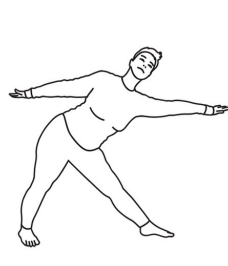
6. Inhale



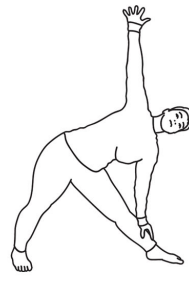
7. Exhale



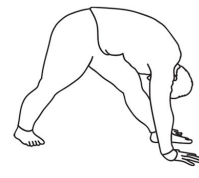
8. Inhale



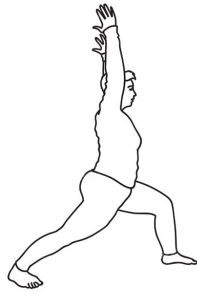
9. Exhale



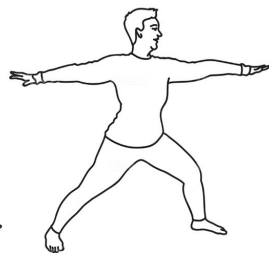
10. Inhale



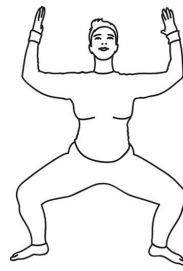
11. Exhale



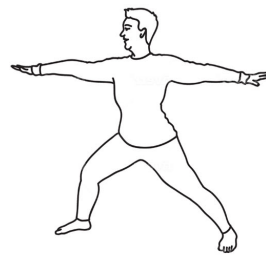
12. Inhale



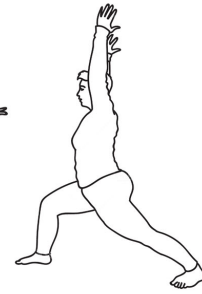
13. Exhale



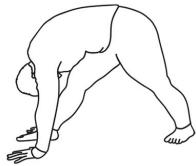
14. Inhale



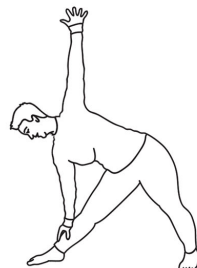
15. Exhale



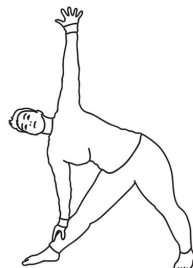
16. Inhale



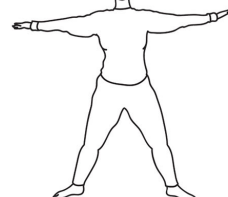
17. Exhale



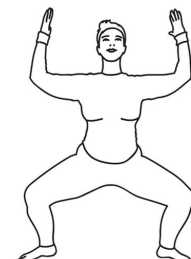
18. Inhale



19. Exhale



20. Inhale



21. Exhale



22. Exhale



23. Exhale



24. Inhale



25. Exhale



26. Inhale



28. Inhale