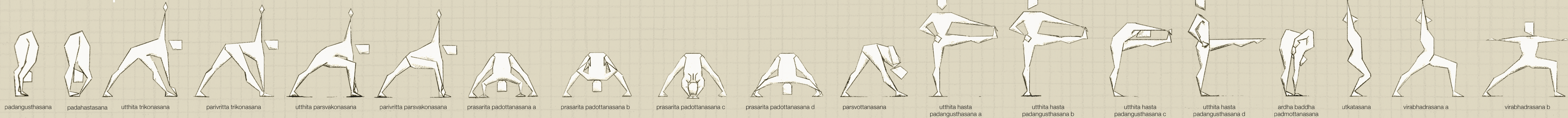
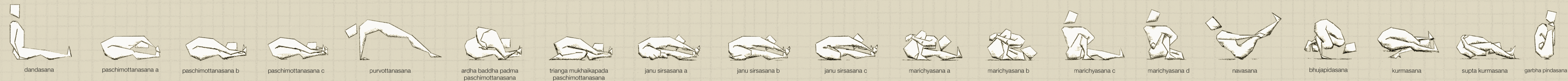


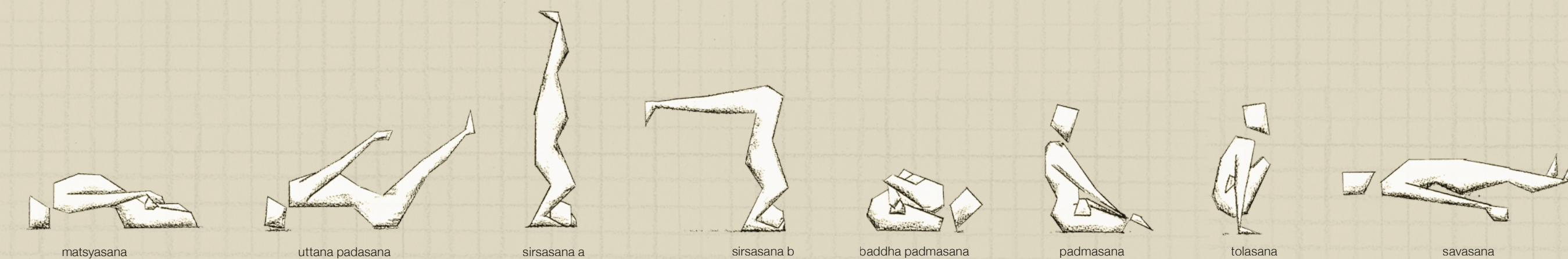
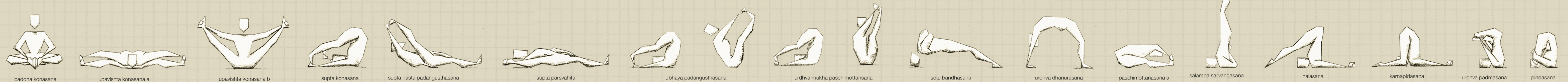
the basic sequence



the primary series



the finishing sequence



ashtanga primary series