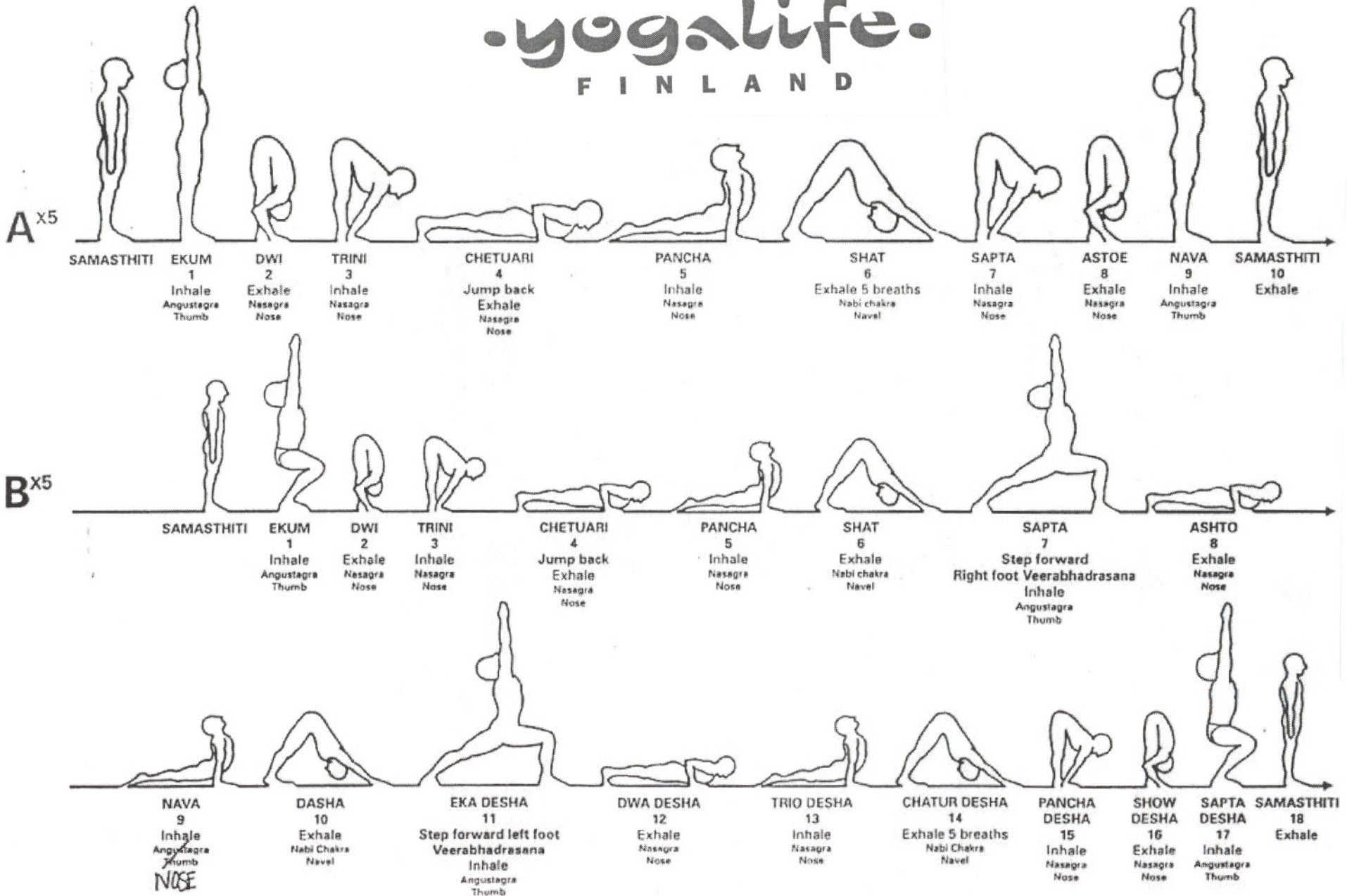


ASTANGA YOGA
 AS TAUGHT BY SHRI K PATTABHI JOIS
 Mysore 1993
 DRAWINGS BY JOHN SCOTT. SANSKRIT & TRANSLATIONS BY EDDIE STERN

Joogakoulu Shanti

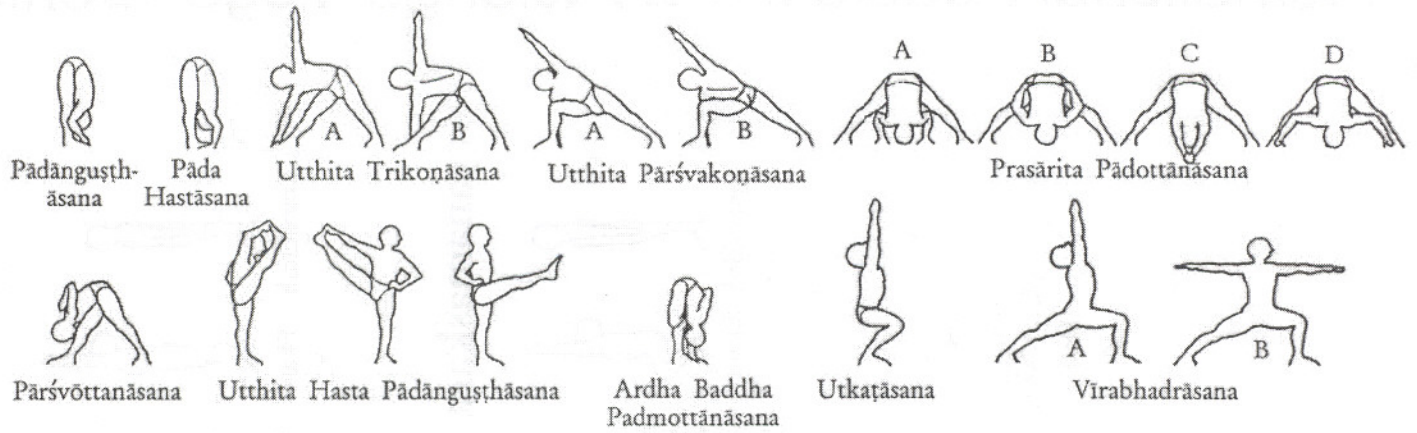
•yogalife. FINLAND



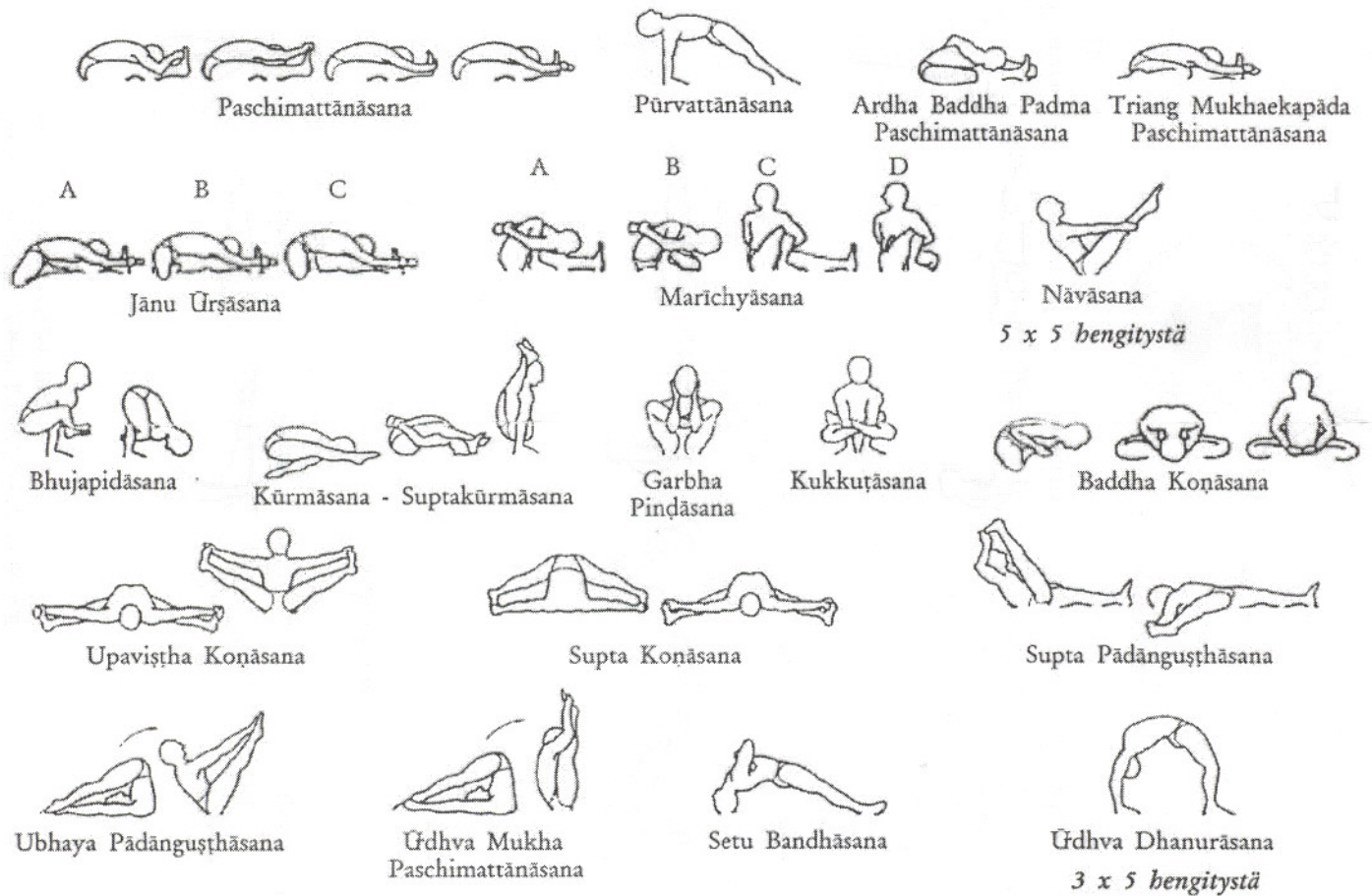
SURYANAMASKARA A&B

Ensimmäinen sarja (Yoga Chikitsa)

Seisoma-asanat



Istuma-asanat



Päättävät-asanat

