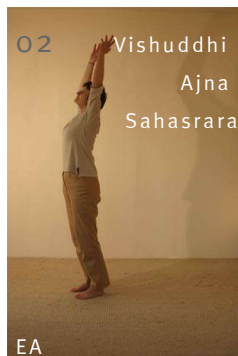


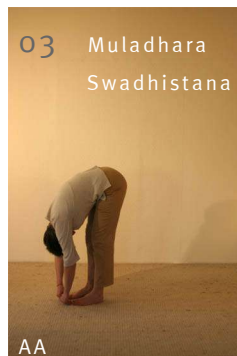
YOGA DES HERZENS >> SEQUENZEN >> SURYA NAMASKARA



Om Hram Mitraya
Namaha



EA
Om Hriem Ravaye
Namaha



AA
Om Hrum Suryaya
Namaha



EA
Om Hraim Bhanave
Namaha



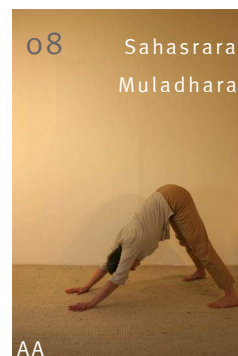
AA
Om Hraum Kagaya
Namaha



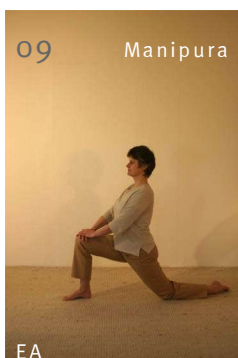
Om Hraha Pushne
Namaha



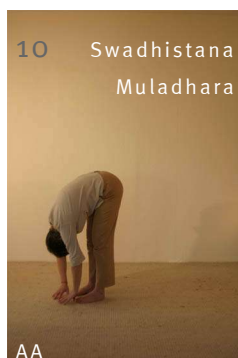
EA
Om Hram Hiranya-
garbhaya Namaha



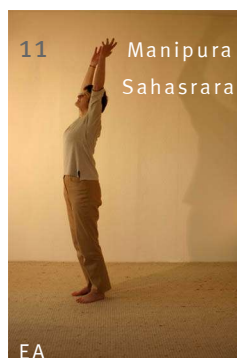
AA
Om Hriem
Marichaya Namaha



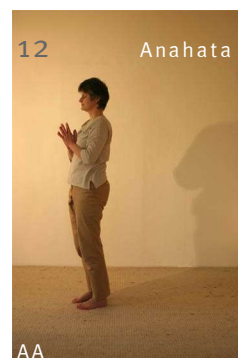
EA
Om Hrum Adityaya
Namaha



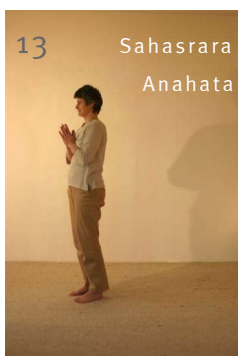
AA
Om Hraim Savitre
Namaha



EA
Om Hraum Arkaya
Namaha



AA
Om Hraha
Bhaskaraya Namaha



Om Shri Savitru Surya
Narayanaya Namaha (3x)

Verankern:
3x auf der Stelle
im Uhrzeigersinn
drehen

EA: Einatmen
AA: Ausatmen