

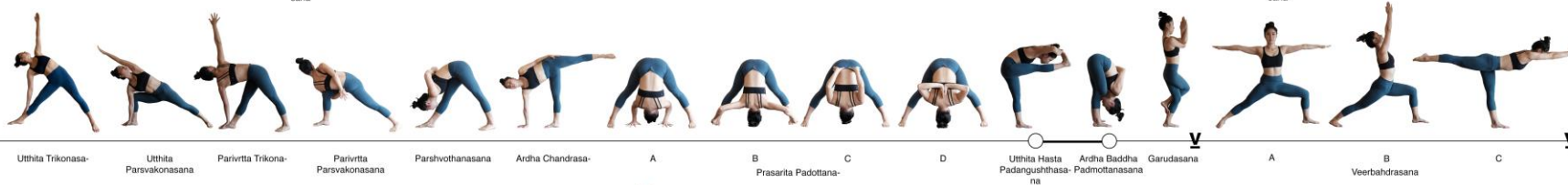
Primary series of Prana Vashya Yoga

Mikyung Shin
Align Yoga, Kuala Lumpur
www.alignyoga.com.my

Sun Salutation 5*



Standing



Arms & Back



Seated



Abdominal 2*



Finishing



∨ Vinyasa
○ Double Pose