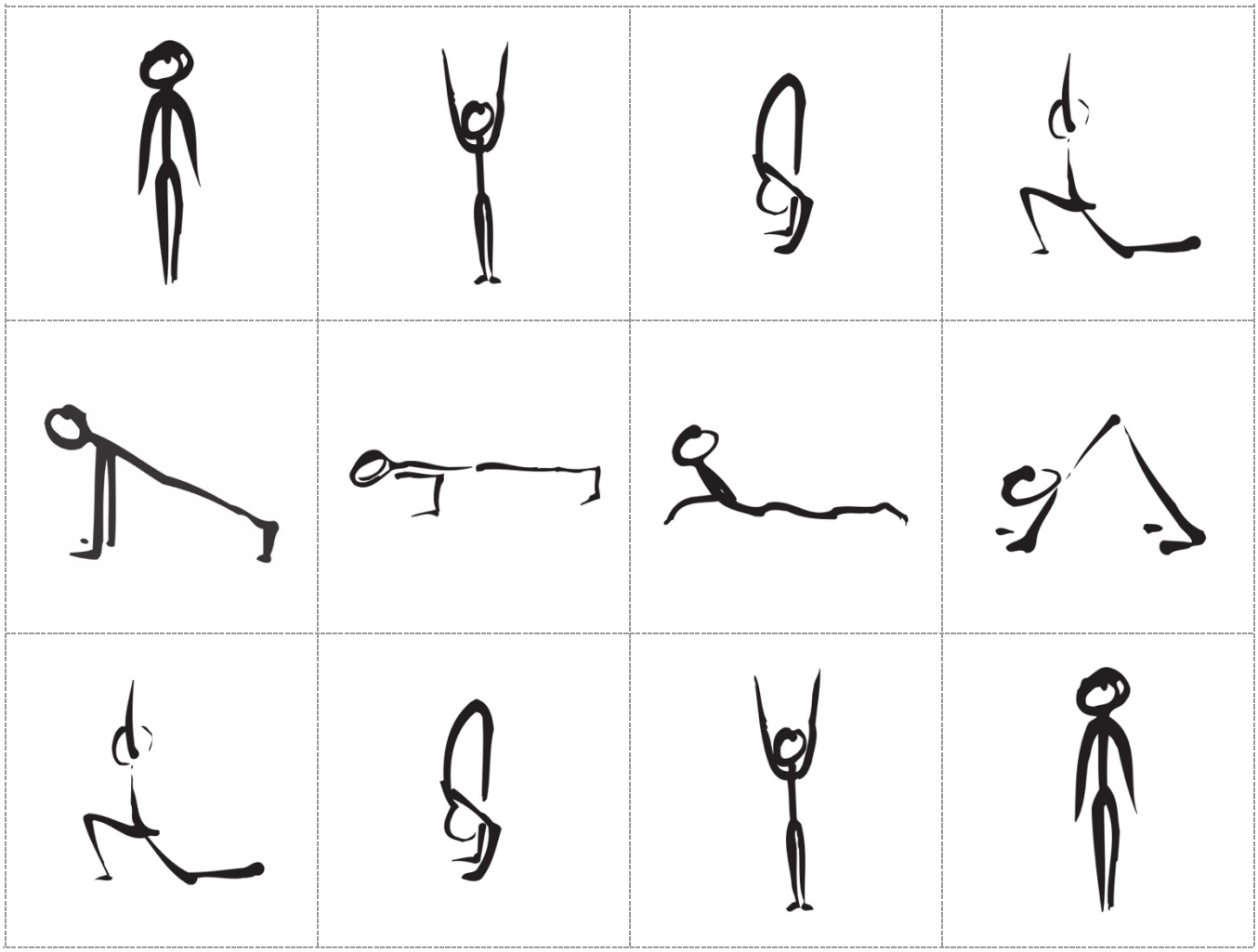Classical Sun Salutation (Surya Namaskar)