

सूर्य नमस्कार

SUN SALUTATION WARM UP

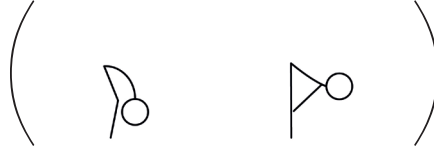
SURYA NAMASKĀRA



Exhale
MOUNTAIN
tāḍāsana



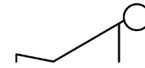
Inhale
UPWARD SALUTE
ūrdhva hāstāsana



Exhale
STANDING FORWARD BEND
bent knees



Inhale
STANDING HALF FORWARD BEND
ardha uttānāsana



Exhale + Inhale
PLANK
knees down



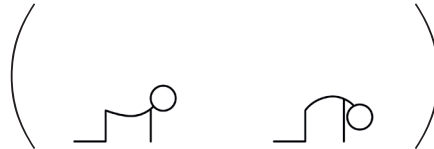
Exhale
HALF 4-LIMBED STAFF
ardha caturāṅga
daṇḍāsana



Inhale
BABY COBRA
ardha bhujāṅgāsana



Exhale
TABLE TOP
cakravākāsana



Inhale
COW
bitilāsana



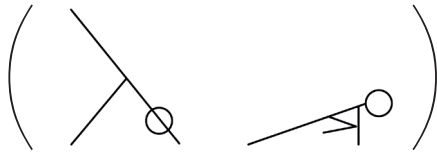
Exhale
CAT
biḍālāsana



5 breaths
WALK YOUR DOG
alternately bending
and straightening
legs



Exhale
DOWNWARD-FACING DOG
adho mukha
śvānāsana



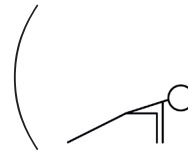
Inhale
1-LEGGED DOWNWARD-FACING DOG
right* leg up



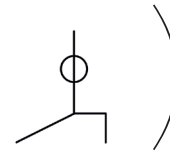
Exhale
PLANK
right* knee
to nose



Inhale
HIGH LUNGE
right* foot in
between hands



Exhale
HIGH LUNGE
hands down

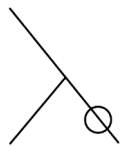


Inhale
HIGH LUNGE
arms up



3 breaths
WALK YOUR DOG
alternately bending
and straightening
legs

repeat on the other side



Inhale
1-LEGGED DOWNWARD-FACING DOG
one leg up



Exhale
HIGH LUNGE
step in between
hands



Inhale
STANDING HALF FORWARD BEND
step both feet
forward



Exhale
STANDING FORWARD BEND
bent knees



Inhale
UPWARD SALUTE
ūrdhva hāstāsana



Exhale
MOUNTAIN PRAYER HANDS
tāḍāsana
aṅjali mudrā