

सूर्य नमस्कार

SUN SALUTATION A

WARM UP



Exhale
MOUNTAIN
tāḍāsana



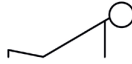
Inhale
UPWARD SALUTE
ūrdhva hāstāsana



Exhale
STANDING FORWARD BEND
bent knees
uttānāsana



Inhale
STANDING HALF FORWARD BEND
hands on chins or thighs
ardha uttānāsana



Hold
PLANK
knees down
kumbhakāsana



Exhale
HALF FOUR-LIMBED STAFF
ardha caturaṅga daṇḍāsana



Inhale
BABY COBRA
ardha bhujaṅgāsana



Exhale
DOWNWARD-FACING DOG
bent knees
adho mukha śvānāsana



Inhale
STANDING HALF FORWARD BEND
hands on chins or thighs
ardha uttānāsana



Exhale
STANDING FORWARD BEND
bent knees
uttānāsana



Inhale
UPWARD SALUTE
ūrdhva hāstāsana



Exhale
MOUNTAIN
tāḍāsana