

सूर्य नमस्कार

SUN SALUTATION WARM UP

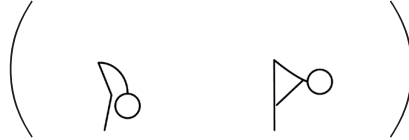
SURYA NAMASKĀRA



Exhale
MOUNTAIN
tāḍāsana



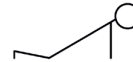
Inhale
UPWARD SALUTE
ūrdhva hāstāsana



Exhale
STANDING FORWARD BEND
bent knees



Inhale
STANDING HALF FORWARD BEND
ardha uttānāsana



Exhale + Inhale
PLANK
knees down



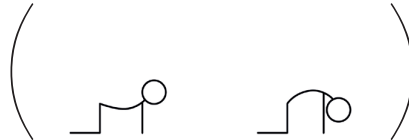
Exhale
HALF 4-LIMBED STAFF
ardha caturāṅga daṇḍāsana



Inhale
BABY COBRA
ardha bhujaṅgāsana



Exhale
TABLE TOP
cakravākāsana



Inhale
COW
bitilāsana



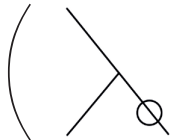
Exhale
CAT
biḍālāsana



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



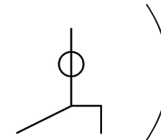
Exhale
PLANK
right* knee to nose



Inhale
HIGH LUNGE
right* foot in between hands



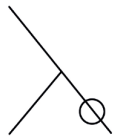
Exhale
HIGH LUNGE
hands down



Inhale
HIGH LUNGE
arms up



3 breaths
WALK YOUR DOG
alternately bending and straightening legs



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 añjali mudrā

repeat on the other side