

Surya Namaskara A (Sun Salutation A)

1



Tadasana
Mountain Pose

Standing in Tadasana. Take 3 deep breaths before beginning.

2



Urdhva Hastasana
Upward Salute

Inhale as you reach for the ceiling and look up.

3



Uttanasana
Standing Forward Bend

Exhale and fold forward

4



Ardha Uttanasana
Standing Half Forward Bend

Inhale look up and lengthen.

5



Plank Pose



Exhale to step or hop back into plank. Inhale hold. Exhale lower down to the mat either putting the knees down or through plank.

6



Bhujangasana Cobra Pose



Inhale draw the torso up and keep the shoulders down.

7



Adho Mukha Svanasana Downward-Facing Dog



Exhale into Downward Facing Dog. Hold for 3 - 5 breaths.

8



Ardha Uttanasana Standing Half Forward Bend



Inhale step or hop the feet forward and look up.

9



Uttanasana
Standing Forward Bend

Exhale fold into the legs.

10



Urdhva Hastasana
Upward Salute

Inhale and come all the way up - hands touch above the head.

11



Tadasana
Mountain Pose

Exhale to return to Tadasana. Repeat the whole sequence 3-5 times.