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.