

SUN SALUTATION A

Surya Namaskar

MOUNTAIN POSE

Tadasana

EXHALE

UPWARD SALUTE

Urdhva Hastasana

INHALE

FORWARD FOLD

Uttanasana

EXHALE

HALF FOLD

Ardha Uttanasana

INHALE

PLANK

Phalakasana

EXHALE

FOUR-LIMBED STAFF

Chaturanga

EXHALE

UPWARD DOG

Urdhva Mukha

INHALE

DOWNWARD DOG

Adho Mukha

EXHALE

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