

SUN SALUTATION A

Surya Namaskar

1

Mountain Pose EXHALE

2

Upward Salute INHALE

3

Standing Forward Fold EXHALE

4

Half Forward Fold INHALE

5

Plank / Chaturanga EXHALE

6

Upward Facing Dog INHALE

7

Downward Facing Dog 5 BREATHS

8

Half Forward Fold INHALE

9

Standing Forward Fold EXHALE

10

Upward Salute INHALE

11

Mountain Pose EXHALE

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