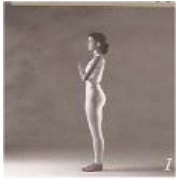


## Sun Salutation Sequence- SURYA NAMASKARA



Tadasana  
Mountain pose



overhead stretch  
Out to side  
Palms down & then  
Turn up at shoulders



Lift chest & look up  
keep bk of neck long  
Palms face each other



Standing forward bend  
exhale; keep spine  
straight & bend forward  
from hips,



Bend the knees when  
You feel back round  
Place hands next to  
feet on floor  
Lift sitting bones up  
Straighten knees if possible  
Draw abdomen to thighs



Lung  
Inhale; step back with  
one foot, lower knee &  
place top of ft on floor  
Front leg knee is above  
ankle  
Allow pelvis to settle  
Towards floor; lengthen  
Front of body as the pelvis  
Descends



Table  
Allow front leg to move  
back to meet the other  
leg on the floor so that  
you are on your hands  
& knees; knees hip width  
apart; Lengthen from the base  
of your spine thru the  
crown of your head  
IF READY: push up into plank



Eight-point pose  
Exhale: lower knees,  
chest, & forehead to  
floor. Keep spine arched,  
pelvis up & arms close  
to sides



Unsupported cobra (bhujangasana)  
Inhale: lower body to floor  
Keep palms on floor next  
to chest; arms hug side of ribs  
Keep buttocks & legs firm  
Press pelvis into the floor  
Draw shoulder blades back  
& down.  
Inhale: using the muscles  
in the back, slid the head  
& chest forward and up  
Do not push with hands



Downward Facing Dog  
Exhale: Press hands into  
floor, and push up & back  
into down dog  
Keep knees bent, back long  
stay on toes as you push  
raise sitting bones up  
Widen between shoulder blades  
Let the head & neck relax  
If ready: straighten legs  
press heels into floor  
Hold for 1-3 breaths



Lung  
Inhale: step Rt foot  
up between hands  
Shift weight to left  
to make space for the  
foot and leg to come up  
Place left knee & top  
of foot on floor  
drop pelvis toward floor  
Rt knee is over Rt ankle  
Breathe into the abdomen  
to soften the resistance



Exhale: bring Lft foot  
up to meet Rt  
Straighten the legs &  
lift sitting bones toward  
the ceiling  
Keep your hands along  
side your feet  
Bend knees if you need to  
so that you can keep the  
back long



Inhale: Bend knees  
Open arms out to side  
& lengthen spine so  
that it is parallel to the  
Floor. Keeping the spine  
Long, fold up



Stretch arms overhead  
Lift chest between  
arms  
Look up between hands



Mountain Pose  
Exhale: bring arms down  
Hands in front of chest, palms together