



VIVISUAL GUIDE MODIFIED SUN SALUTATION / SURYA NAMASKARA

Breathe Inhale Exhale Inhale Retain breath Exhale Inhale Exhale - lower

Start with the right side!



Mountain pose
Extended mountain
transition through chair pose
Forward fold
Equestrian pose
take a 4 point hover
walk down on the elbows
take a Sphinx

Inhale Exhale Inhale Exhale Inhale Exhale



Repeat on the left!

take hands by the armpits
extended Child's pose
step through
- use a double step to get foot between hands
Equestrian pose
Forward fold
transition through chair pose
Prayer pose