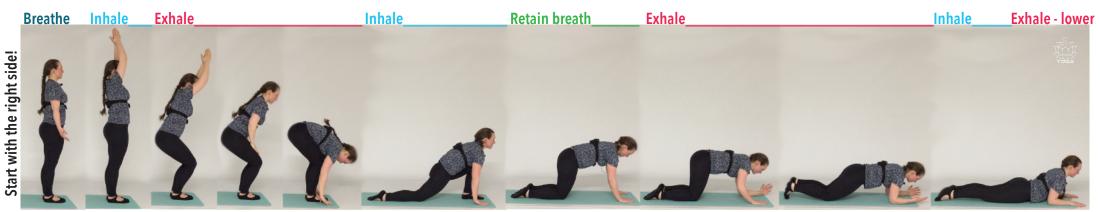


VIVISUAL GUIDE MODIFIED SUN SALUTATION / SURYA NAMASKARA



Mountain pose Extended mountain transition through chair pose Forward fold

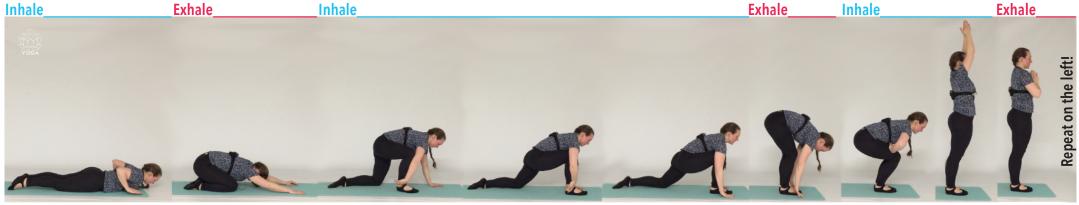
Equestrian pose

take a 4 point hover

walk down on the elbows

Forward fold

take a Sphinx



take hands by the armpits

extended Child's pose

step through - use a double step to get foot between hands

Extended mountain transition through chair pose

Prayer pose

Equestrian pose