



VISUAL GUIDE SUN SALUTATION / SURYA NAMASKARA

Breathe Inhale Exhale Inhale Retain breath Exhale Inhale Exhale Inhale Exhale Inhale Exhale



Start with the right side!

Repeat on the left!

Mountain pose
Extended mountain
Forward fold
Equestrian pose
Plank pose
Salute with eight limbs
Cobra pose
Downward facing dog pose
Equestrian pose
Forward fold
Prayer pose
Extended mountain

TADASANA
HASTA UTTANASANA
UTTANASANA
ASHWA SANCHALANASANA
KUMBHAKASANA
ASHTANGA NAMASKARA
BHUJANGASANA
ADHO MUKHA SVANASANA
ASHWA SANCHALANASANA
UTTANASANA
HASTA UTTANASANA
PRANAMASANA