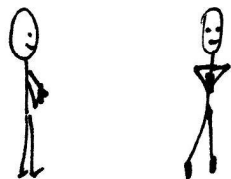
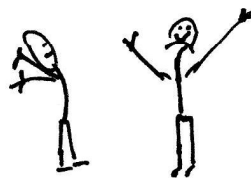


SURYA NAMASKARA SUN SALUTATION



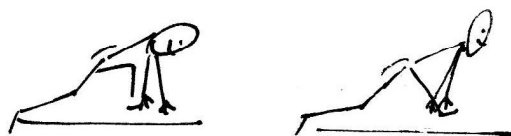
Tadasana/Mountain



Sanandosaana
Spinal Arc
(Inhale)



Pada Hastasana
Standing Forward Bend
(Exhale)



Right leg Reaches Back
Chin lifted
(Inhale)



Adhomukha Svanasana
Complete Triangle
(Exhale)



Forward Flow



Bhujangasana
(Inhale)



Adhomukha Svanasana
Complete Triangle.
(Exhale)



Step Right Foot
between hands
(Inhale)



Pada Hastasana
Standing Forward Bend
(Exhale)



Rising up to...



Sanandosaana
Spinal Arc
(Inhale)



Tadasana
Mountain
(Inhale Nostrils)
(Exhale Mouth)

Repeat on Left...