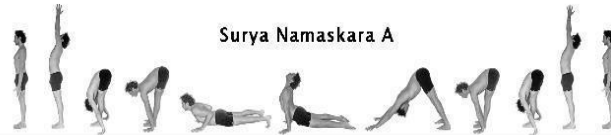


SUN SALUTATION A

Suryanamaskara - A



Begin In Samasthithi equal standing.

1. Inhale, hands up. Look up to the thumbs.
- 2 Exhale. bend forward gaze at tip of nose.
- 3 Inhale. head up. straighten spine. gaze at 3rd eye.
- 4 Exhale, bend knees. Jump back (or step back) to Chaturanga Dandasana
5. Inhale roll up to Urdhava Mukha Svanasana, upword dog, gaze to sky, back and up.
- 6 Exhale lift hips back to Adhoo Mukha Svanasana, downward dog. Gaze towards navel. Hold for 5 breaths.
7. Inhale, jump (or step) feet up between hands, gaze between eyebrows.
- 8 Exhale, fold at waist to Utaanasana. gaze tip of nose.
9. Inhale come all the way up looking between eyebrows with spine straight, hands up, gaze at thumbs
10. Exhale, arms to sides. Samasthithi.

