

SURYA NAMASKARA A

Sun Salutations A



1 Samasthiti
(Exhale)



2 Urdhva Hastasana
(Inhale)



3 Uttanasana
(Exhale)



4 Hardha Uttanasana
(Inhale)



5 Anjanyasana



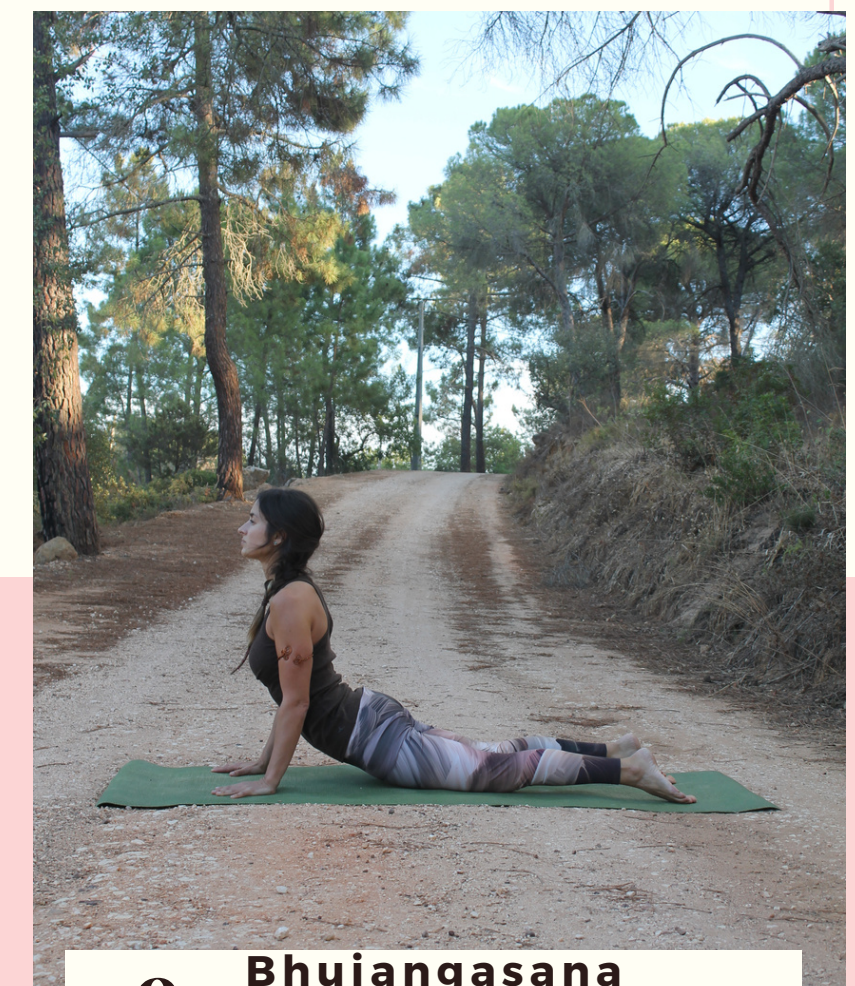
6 Phalakasana
(Exhale)



7 (Option to use
knees to lower)



8 Hardha
Bujanghasana



9 Bhujangasana
(inhale)

Adjust the practice to your needs.



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10 Adho Mukha
Svanasana (exhale)



11 Anjanyasana
(inhale)



12 Hardha
Uttanasana (Inhale)



13 Uttanasana
(Exhale)



14 Urdhva
Hastasana (inhale)



15 Samasthiti (Exhale)

**11. Bring your knees on the ground.
Step the foot forward and help with your
hand.**