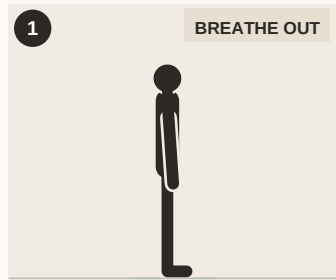


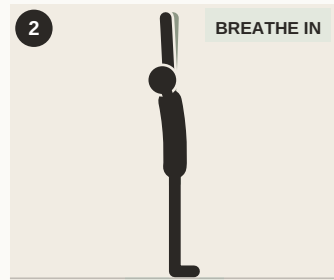
SUN SALUTATION A

Surya Namaskar A · 11 positions · one movement per breath · yogaphilippines.com/resources/sun-salutation-cards/



MOUNTAIN POSE

Stand tall, feet together or hip-width apart.



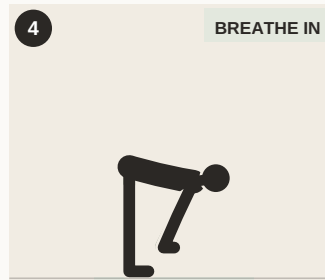
UPWARD SALUTE

Sweep the arms up overhead.



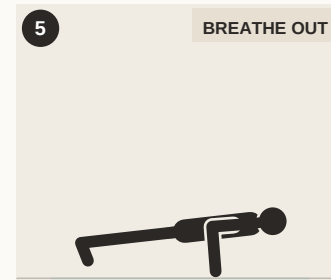
STANDING FORWARD BEND

Fold from the hips, knees bent as much as you need.



HALF LIFT

Hands to the shins, lengthen the back.



FOUR-LIMBED STAFF POSE

Step back to Plank and lower halfway, or knees, chest and chin.



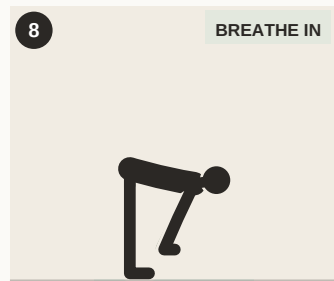
UPWARD-FACING DOG

Or Cobra, with the legs resting on the mat.



DOWNWARD-FACING DOG

Stay for five breaths.



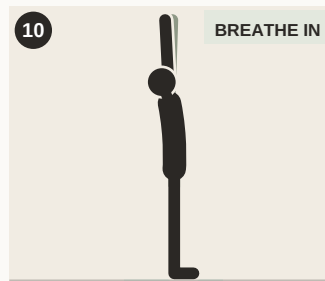
HALF LIFT

Step the feet to the hands and lift halfway.



STANDING FORWARD BEND

Fold again.



UPWARD SALUTE

Rise all the way up, arms overhead.



MOUNTAIN POSE

Arms down. That is one round.

Easier: lower with the knees down, choose Cobra instead of Upward-Facing Dog, and step instead of jumping. Let the breath set the pace; take an extra breath whenever you need one.