

SUN SALUTATION B

Surya Namaskar B · 19 positions · one movement per breath · yogaphilippines.com/resources/sun-salutation-cards/

1  BREATHE OUT	2  BREATHE IN	3  BREATHE OUT	4  BREATHE IN	5  BREATHE OUT	6  BREATHE IN	7  BREATHE OUT
MOUNTAIN POSE Stand tall, feet together or hip-width apart.	CHAIR POSE Bend the knees and reach the arms up.	STANDING FORWARD BEND Straighten the legs as much as feels fine and fold.	HALF LIFT Hands to the shins, long back.	FOUR-LIMBED STAFF POSE Step back and lower, or knees, chest and chin.	UPWARD-FACING DOG Or Cobra.	DOWNWARD-FACING DOG Lift the hips.
8  BREATHE IN	9  BREATHE OUT	10  BREATHE IN	11  BREATHE OUT	12  BREATHE IN	13  BREATHE OUT	14  BREATHE IN
WARRIOR I, RIGHT SIDE Step the right foot forward, back heel down, arms up.	FOUR-LIMBED STAFF POSE Hands down, step back and lower.	UPWARD-FACING DOG Or Cobra.	DOWNWARD-FACING DOG Lift the hips.	WARRIOR I, LEFT SIDE Step the left foot forward, arms up.	FOUR-LIMBED STAFF POSE Hands down, step back and lower.	UPWARD-FACING DOG Or Cobra.
15  BREATHE OUT	16  BREATHE IN	17  BREATHE OUT	18  BREATHE IN	19  BREATHE OUT		
DOWNWARD-FACING DOG Stay for five breaths.	HALF LIFT Step to the hands, lift halfway.	STANDING FORWARD BEND Fold.	CHAIR POSE Bend the knees, arms up.	MOUNTAIN POSE Straighten the legs, arms down. 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.