



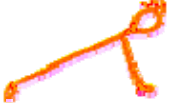





Sun Salutation (Surya Namaskar A)

Surya Namaskar, the Sun Salutation, is a series of 12 postures performed in a single, graceful flow. Each movement is coordinated with the breath. Inhale as you extend or stretch, and exhale as you fold or contract. The Sun Salutation builds strength and increases flexibility. Different styles of yoga perform the Sun Salutation with their own variations. However, the flow presented below covers core steps used in most styles. For the series below, a single round consists of two complete sequences: one for the right side of the body and the other for the left. On days when you think you have no time for yoga, try and do at least one or two rounds of the Sun Salutation. You'll feel the difference.

<p>1. Mountain (Tadasana)</p>  <p>Begin by standing in Mountain pose, feet about hip width apart or together. Feet are parallel to each other and facing forward. Hands are in front of your heart.</p>	<p>2. Hands up</p>  <p>On your next inhale, in one sweeping movement, raise your arms up overhead.</p>	<p>3. Head to knees (Uttanasana)</p>  <p>As you exhale, bend forward, bending the knees if necessary, and bring your hands to rest beside your feet. Fingertips line up with your toes.</p>
<p>4. Lunge</p>  <p>Inhale and step the right leg back.</p>	<p>5. Plank</p>  <p>Exhale and step the left leg back into plank position. Hold the position and inhale.</p>	<p>6. Stick (Chattarunga)</p>  <p>Exhale and lower yourself with a flat back as if coming down from a pushup. It's okay to drop your knees to the floor first before lowering down.</p>

**7. Upward Dog/Cobra
(Urdhva Mukha
Svanasana/Bhujangasana)**



Inhale and stretch forward and up, bending at the waist. Lift up only as far as it feels comfortable and safe. In Upward Dog, your legs are off the floor so that only the tops of your feet and your hands touch the floor. For a gentler backbend, keep the legs on the floor for Cobra.

**8. Downward Dog (Adho
Mukha Svanasana)**



Exhale, lift from the hips and push back and up.

9. Lunge



Inhale and step the right foot forward.

**10. Head to knees
(Uttanasana)**



Exhale, bring the left foot forward and step into head-to-knee position.

11. Hands up



Inhale and rise slowly while keeping arms extended.

12. Mountain (Tadasana)



Exhale hands to the heart. Repeat the sequence, stepping with the left leg.