



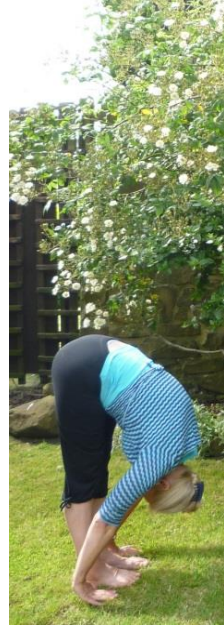
Suraya Namaskar – Sun Salutation



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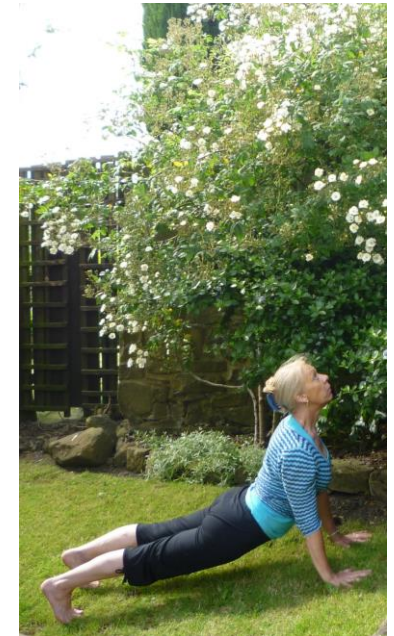
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***Inhale whilst holding the posture. Exhale whilst moving into the posture.**

1. Stand in Tadasana. Press your feet into the ground. Keep your shoulders relaxed. Inhale.
2. Exhale as you stretch the arms out and up above the head. Keep your shoulders down. Inhale
3. Exhale as you bend at the hips to extend your body forward and down to Uttanasana. Inhale
4. Exhale as you step or jump your feet back about one metre into Plank. Inhale
5. Exhale as you swing your hips into the air. Stretch your heels to the ground into Downward dog. Inhale
6. Keep your arms and legs straight. Exhale as you lower your hips towards the ground and lift the collar bones upwards for Upward dog. Inhale



Suraya Namaskar – Sun Salutation



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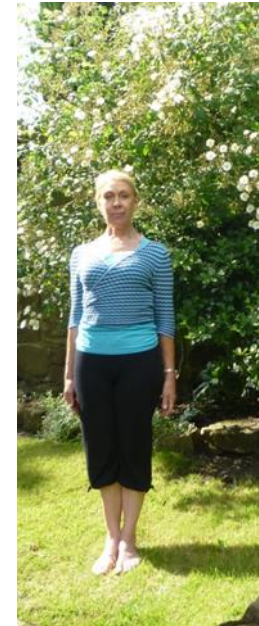
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***Inhale whilst holding the posture. Exhale whilst moving into the posture.**

7. Exhale as you lower your legs and hips to the ground for Cobra. Keep your buttocks relaxed. Inhale
8. Exhale as you push your hips up from the floor into Upward dog. Stretch your heels backwards. Inhale
9. Exhale as you lift your hips up and swing your chest towards your legs for Downward dog. Inhale
10. Exhale as you step or jump your feet towards your hands to Uttanasana. Try to keep your arms straight. Inhale
11. Extend from the hips and keep your back straight. Exhale as you straighten up to Utthita Hastasana. Inhale
12. Exhale as you lower your arms down to your sides. Inhale.

Repeat the Sun Salutation three, four or more times, depending upon your fitness.