

SUN SALUTATION (*Surya Namaskar*)

WORKS: TORSO, LEGS, ARMS & SHOULDERS

**FOCUS: FLEXIBILITY, STRENGTH, BALANCE, COORDINATION,
AGILITY, ENDURANCE**

EFFORT: MODERATE TO STRENUOUS

(Repeat sequence rapidly for cardiovascularpulmonary effect)

Thoroughly stretch and warm up whole body before performing this vinyasa

mountain pose (*tadasana*)



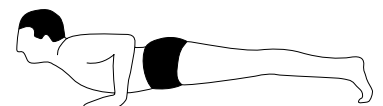
mountain pose w/upward arms (*urdhva hastasana*)



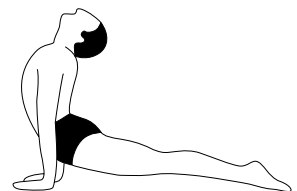
standing forward bend (*uttanasana*)



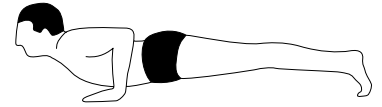
jump backward to **plank** (*chaturanga dandasana*)



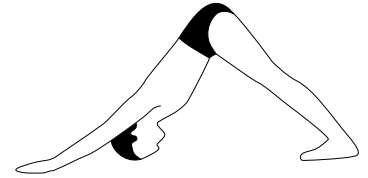
upward facing dog (*urdhva mukha svanasana*)



plank (*chaturanga dandasana*)



downward facing dog (*adho mukha svanasana*)



OPTIONAL

Lunge I: arms raised (*anjaneyasana*); vary height of back leg
or **Lunge II:** arms to floor; vary height of back leg



jump/step forward to **standing forward bend** (*uttanasana*)



finish with **mountain** pose (*tadasana*)

