

# Sun Salutation

(Surya Namaskar)

Yandara  
yoga institute



*Mountain Pose*  
(*Tadasana*)

Feet parallel.  
Equal weight 4 corners of feet.  
Neutral pelvis.



*Upward Hands Pose*  
(*UrdhvaHastasana*)

Inhale arms up  
Squeeze triceps towards the ears.  
Relax shoulder blades down the back.



*Standing Forward Bend*  
(*Uttanasana*)

Micro bend in knees  
Inhale lengthen, exhale hinge at hips.  
Send sits bones back and wide.



*Lunge*  
(*Anjaneyasana*)

Step back right foot  
Reach through heel.  
Hips square, lengthen tailbone down.



*Downward Facing Dog*  
(*AdhoMukhaSvanasana*)

Press equally thru 5 fingers/mounds  
Energetic lift at base of wrist  
Sits bones back and wide, heels descend.



*Plank*

Shoulders above wrists.  
Belly in and up/back body full



*Four Limbed Staff Pose*  
(*Chaturanga Danadasana*)

Hug elbows in along ribs  
Belly in and up/ press thru heels



*Upward Facing Dog*  
(*UrdhvaMukhaSvanasana*)

Shoulder down the back.  
Collar bones wide.  
Belly strong, tailbone down.



*Downward Facing Dog*  
(*AdhoMukhaSvanasana*)

Engage the belly  
Press hips back and high.



*One-Leg Down Dog*  
(*EkaPadaAdhoMukhaSvanasana*)

Step the feet together  
Inhale the Right leg up and back.



*Lunge*  
(*Anjaneyasana*)

Exhale step the right leg btw hands.  
Inhale step the left leg  
to meet the right.



*Forward Bend*  
(*Uttanasana*)

Exhale fold.  
Inhale reverse swan dive  
(or roll up one vertebra at a time.)



*Upward Hands Pose*  
(*UrdhvaMukhaSvanasana*)

Inhale arms up  
Squeeze triceps toward the ears  
Relax shoulders down the back.



*Mountain Pose*  
(*Tadasana*)

Exhale hands to hand center