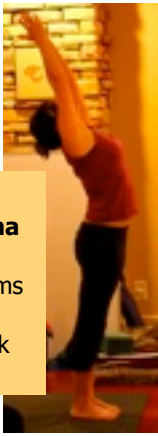




Uttanasana
Exhale, fold forward.

Urdhva hastasana
Inhale, sweep arms up into a slight back bend



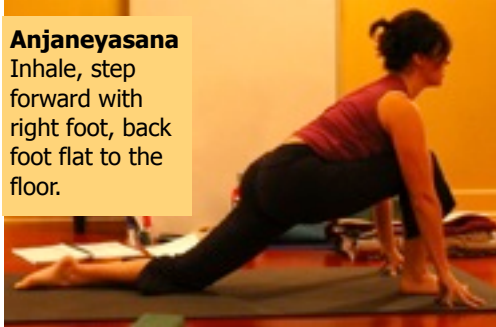
Tadasana
(Begin and End)
Exhale, press palms together at heart center. Feel r/l sides of body merging



Urdhva hastasana
Inhale, sweep arms up into a slight back bend



Uttanasana
Exhale, into forward bend, let head surrender.



Anjaneyasana
Inhale, step forward with right foot, back foot flat to the floor.



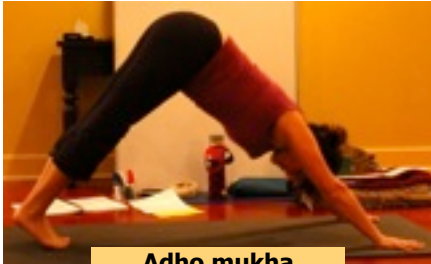
Anjaneyasana
Inhale, step back with right foot, back foot flat to the floor.

Surya Namaskara C

(start with Tadasana and move clockwise)

Two rounds create the full salutation.

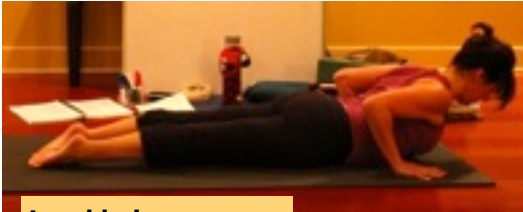
The first round leads with the right foot into the lunges. The second round leads with the left foot.



Adho mukha svanasana
Exhale, step back into downward facing dog, feet together.



Adho mukha svanasana
Exhale, step back into downward facing dog, feet together.



Low bhujangasana
Inhale, glide into low cobra. Lift up from pit of belly through the sternum, and press into pinkie toes.



Plank pose
Inhale, press heels back, sternum forward.



Astangasana
Exhale, lower knees, chest, and chin to the ground, tops of feet to the floor.