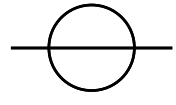


SUN SALUTATION A SURYA NAMASKAR A



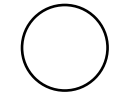
MOUNTAIN
TADASANA

1. Big toes touch with a slight space between your heels or feet hip width distance.
2. Balance your weight evenly through your feet with wide spread toes.
3. Lift the knee caps, without locking the knees and slightly turn the inner thighs inward.
4. Find a neutral pelvis as you stand tall.
5. Draw your floating ribs slightly in and your shoulders back and down to open your chest.
6. Ears are in line with your shoulders, lift up through the crown of your head.
7. Soften your jaw and forehead.



FORWARD FOLD
UTTANASANA

1. Lift up and out of your pelvis to fold forward
 2. Hinge from your hips and engage your core.
 3. Bring a slight micro-bend to your knees and avoid locking out
 4. Shift your weight to the middle of your feet
 5. Bring energy and awareness to your quadriceps.
- Modify: Bend your knees more and rest stomach over top of thighs if you feel discomfort in your hamstrings



HALF WAY LIFT
ARDHA UTTANASANA

1. Fingertips rest on the mat, blocks or the front of your shins
 2. Draw your shoulders away from your ears and down your back to release tension in your neck.
 3. Keep your weight to the center of your feet, toes rooted into the mat.
 4. Lengthen through your spine as you gaze down and slightly forward.
- Modify: Bend your knees and rest your stomach over your thighs and gaze forward



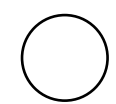
PLANK
PHALAKASANA

1. Think a line of energy that aligns from your head to your hips to your heels
 2. Push back through your heels
 3. Engage your legs as you lift your thighs from your kneecaps
 4. Hug your belly into your spine - do not suck in and hold your breath.
 5. Keep your neck long as you reach the crown of your head forward
 6. Spread your fingers and root them into your mat to encourage the upper back to flatten and stretch
 7. Shoulders over wrists or slightly forward
 8. Gaze between the hands or slightly forward
- Modify: Lower your knees and slightly shift forward to engage your core



FOUR LIMBED STAFF
CHATURANGA DANDASANA

1. Continue your exhale into chaturanga or feel free to reset the breath in plank and descend to chaturanga on an exhale.
 2. Lower halfway and gaze over the tip of the nose or slightly forward.
 3. Hug elbows into your sides as you shift forward slightly to find elbows stacked over wrists at 90 degree angles.
 4. Draw shoulders away for your ears and spread them wide across your back
 5. Send the crown of your head forward to lengthen your spine
- Modify: Lower your knees and lift your feet as you shift forward and lower down half way. Hug elbows into the midline and stack elbows over wrists. Gaze forward as you push shoulders back.



UPWARD FACING DOG
URDHVA MUKHA SVANASANA

1. Press the tops of your feet into the mat and lift your legs.
 2. Legs stay engaged and active, knees, thighs and hips are off of the floor.
 3. Pull shoulder blades towards each other and down your back as you press your heart center forward.
 4. Lengthen the lower back and elongate your neck as you extend through the crown of your head
 5. Wrists are stacked underneath your shoulders and fingers rooted into the mat with hands shoulder width.
- Modify: Low Cobra. Legs are to the floor, engage your legs as you press the tops of the feet into your mat. Palms come underneath the shoulders as you lift up pressing forward with your chest and draw shoulders back. Pelvis stays rooted into the mat. Elbows hug into your sides.

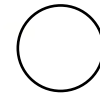
5 BREATHS



DOWNWARD FACING DOG
ADHO MUKHA SVANASANA

1. Toes point to the front of the mat and heels reach towards the mat
2. Lift your quadriceps up from your kneecaps
3. Lengthen your sitting bones to the ceiling
4. Relax your shoulders down your back and draw them away from each other to encourage a flat back
5. Push your palms away from you as you spread wide through rooted fingers. Hands are shoulder width apart.
6. Feet are hip width distance with the out edges of your feet parallel.
7. Gaze between your thighs (kneecaps) or feet

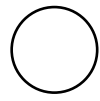
Modify: Bend the knees, keep the back straight



HALF WAY LIFT
ARDHA UTTANASANA



FORWARD FOLD
UTTANASANA



UPWARD SALUTE
URDHVA HASTASANA

1. Big toes touch with a slight space between your heels or feet hip width distance.
2. Balance your weight evenly through your feet with wide spread toes.
3. Lift the knee caps, without locking the knees and slightly turn the inner thighs inward.
4. Find a neutral pelvis as you stand tall.
5. Draw your floating ribs slightly in and your shoulders back and down to open your chest.
6. Ears over shoulders, lift up through the crown of your head.
7. Lift arms up overhead and join your palms
8. Gaze up towards your thumbs



MOUNTAIN
TADASANA

THIS IS ONE SUN SALUTATION A.