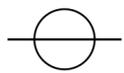


SUN SALUTATION C SURYA NAMASKAR C

START WITH ASANAS ON RIGHT SIDE, THEN LEFT SIDE



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.



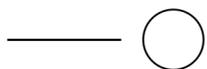
FORWARD FOLD
UTTANASANA

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



LOW LUNGE
ANJANEYASANA

1. Exhale to step your right foot back from half way lift
2. Push into big to mound or rest the top of your foot onto your mat.
3. Lower your back knee gently.
4. Inhale, your chest lifts as your arms extend up, palms can come to touch or lower hands to stack on top on front thigh.
5. Roll your shoulders down your back and away from your ears as you draw them together.
6. Spine is long, pubic draws up, tailbone down
7. Root through the four corners of your front foot and allow your hips to press forward
8. Hip points are neutral
9. Front knee aims to stack over front ankle or slightly ahead
10. Front knee is in line with second toe



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 your 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



KNEES CHEST CHIN
ASHTANGA NAMASKARA

1. From Plank, exhale and gently lower knees, chest and chin to your mat and land your shoulders right over your hands.
2. Hug elbows in toward each other and they point up to the ceiling.
3. Fingers spread wide as hand are aside your chest and under your shoulders.
4. Hips are lifted and toes are pressed into your mat.



LOW COBRA
BHUJANGASANA

1. Chest expands forward and up.
2. Hands are shoulder width and fingers are spread wide as they point to the front of your mat. Elbows are bent and hug into your sides.
3. Roll your shoulders down your back and away from your ears as you draw them together.
4. Pelvis and thighs stay grounded as you lengthen your lower back.
5. Shy away from over-squeezing the glutes, equally distribute your work.
6. Press the tops of your feet into your mat with emphasis on your pinky toe side to internally rotate your thighs.



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



LOW LUNGE
ANJANEYASANA

1. Step your right foot forward for this low lunge.
2. Then, step your left foot forward to meet your right, finding a forward fold.



FORWARD FOLD
UTTANASANA



HALF WAY LIFT
ARDHA UTTANASANA



FORWARD FOLD
UTTANASANA



MOUNTAIN
TADASANA

THIS IS ONE SUN SALUTATION C ON THE RIGHT SIDE.
WORK THE NEXT SIDE BY STEPPING BACK AND THEN
FORWARD USING THE LEFT LEG.