Ashtanga Yoga
Sun Salutations (Surya Namaskara A)

Mountain Pose
(Tadasana)

Inhale
Extended Mountain Pose

Exhale
Forward Fold
(Uttanasana)

Inhale
Forward Fold head up / flat Back

Exhale
Jump or step back to Plank
(Kumbhakasana)
and lower to Four Limbed Staff Pose
(Chaturanga Dandasana)

Inhale
Upward Facing Dog
(Urdhva Mukha Svanasana)

Exhale
Downward Facing Dog
(Adho Mukha Svanasana)
Hold for 5 breaths

Inhale
Jump or step forward to
Forward Fold head up / flat Back

Exhale
Forward Fold
(Uttanasana)

Inhale
Extended Mountain Pos

Exhale
Mountain Pose
(Tadasana)