Ashtanga Yoga
Sun Salutations (Surya Namaskara B)

Mountain Pose (Tadasana)
Inhale
Chair Pose (Utkatasana)
Exhale
Forward Fold (Uttanasana)
Inhale
Forward Fold head up / flat back

Exhale
Jump or step 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)
Inhale
Right foot forward

Continue inhaling
Warrior I (Virabhadrasana I)
Exhale
Jump or step to Plank, lower to Chaturanga
Inhale
Upward Facing Dog
Exhale
Downward Facing Dog

Inhale
Left foot forward
Continue inhaling
Warrior I
Exhale
Jump or step to Plank, lower to Chaturanga
Inhale
Upward Facing Dog

Exhale
Downward Facing Dog
Hold for 5 breaths
Inhale
Jump or step to Forward Fold
Exhale
Forward Fold
Inhale
Chair Pose
Exhale
Mountain Pose