

SUN SALUTATION

Sequence A



1. **Tadasana**
Standing
Mountain Pose



2. **Utthita Hastasana
in Tadasana**
Arms Extended
in Mountain Pose



3. **Uttanasana**
Standing
Forward Bend



4. **Ardha Uttanasana**
Half Forward Bend



5. **Chaturanga
Dandasana**
Half-Plank
Position



6. **Urdhva Mukha
Svanasana**
Upward-Facing
Dog



7. **Adho Mukha
Svanasana**
Downward-Facing
Dog



8. **Ardha Uttanasana**
Half Forward Bend



9. **Uttanasana**
Standing
Forward Bend



10. **Utthita Hastasana
in Tadasana**
Arms Extended
in Mountain Pose



11. **Tadasana**
Standing
Mountain Pose

Beginners Guide To The Sun

B Lingard



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