



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
head up / flat back



Exhale
Forward Fold



Inhale
Chair Pose



Exhale
Mountain Pose