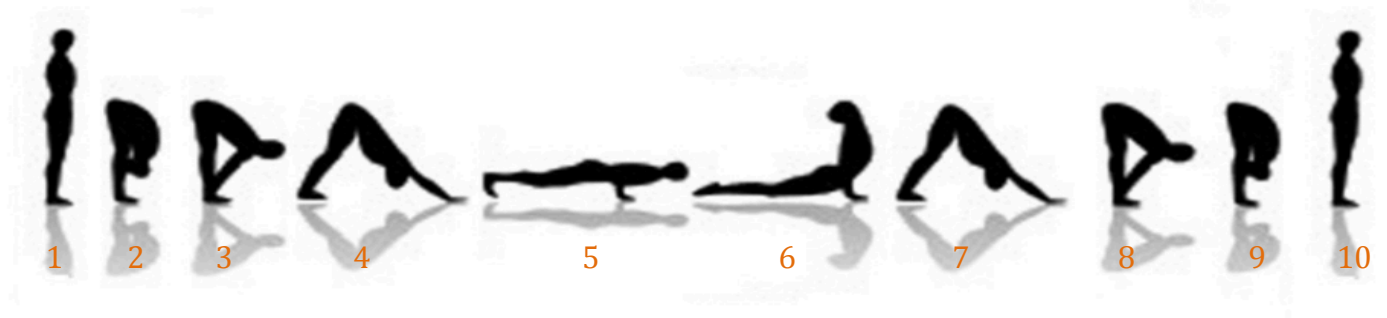


Surya Namaskar A: repeat 5 times every morning



1. Begin in Tadasana, palms together at sternum chest*.

Inhaling, lift arms above head. Look up at your hands*.

2. Exhaling, reach arms forward and hinge at the hips, extending spine forward and down into Uttanasana.

3. Inhaling, with hands to shins or blocks, and legs straight, extend spine forward into Ardha Uttanasana.

4. Exhaling, step or hop back to Adho Mukha Savasana.

Inhaling, shift body forward with straight arms, spine and legs into high plank (high push up) pose*.

5. Exhaling, lower ½ down into Chaturanga Dandasana. Bend and lower knees first to modify until strength is built. Hover for a moment, then lower the rest of the way down, or go right into Urdhva Mukha Savasana (step 6).

6. Inhaling, firm legs and abs, then straighten arms and lift hips completely off ground, and balancing on hands and tops of feet, arch spine into Urdhva Mukha Savasana.

7. Exhaling, push hips high and back into Adho Mukha Savasana. Keep weight on inner edges of hands. Jaw and eyes relaxed. Stay for 5 breaths.

8. Inhaling, look forward, then step or hop forward and arch spine into Ardha Uttanasana. Hands on shins or blocks.

9. Exhaling and hinging at the hips, extend spine forward and down into Uttanasana.

Inhaling with hands to hips and with a straight spine, rise up with firm legs, then lift arms to sky*.

10. Exhaling, bring palms together at sternum chest*, then hands to sides.

Tadasana: Mountain Pose

Uttanasana: Standing Forward Extension Pose

Ardha Uttanasana: Half Standing Forward Extension Pose

Adho Mukha Savasana: Downward Facing Dog Pose

Chaturanga Dandasana: Four Limbed Staff Pose

Urdhva Mukha Savasana: Upward Facing Dog

**Not shown in image*