SUN SALUTATION

Sequence A



1. Tadasana Standing Mountain Pose



Utthita Hastasana in Tadasana Arms Extended in Mountain Pose



Ottanasana Standing Forward Bend



Ardha Uttanasana Half Forward Bend



5. Chaturanga Dandasana Half-Plank Position



Urdhva Mukha Svanasana Upward-Facing Dog



7. Adho Mukha Svanasana Downward-Facing Dog



Ardha Uttanasana Half Forward Bend



Uttanasana Standing Forward Bend



Utthita Hastasana In Tadasana Arms Extended In Mountain Pose

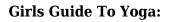


11. Tadasana Standing Mountain Pose

10.

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