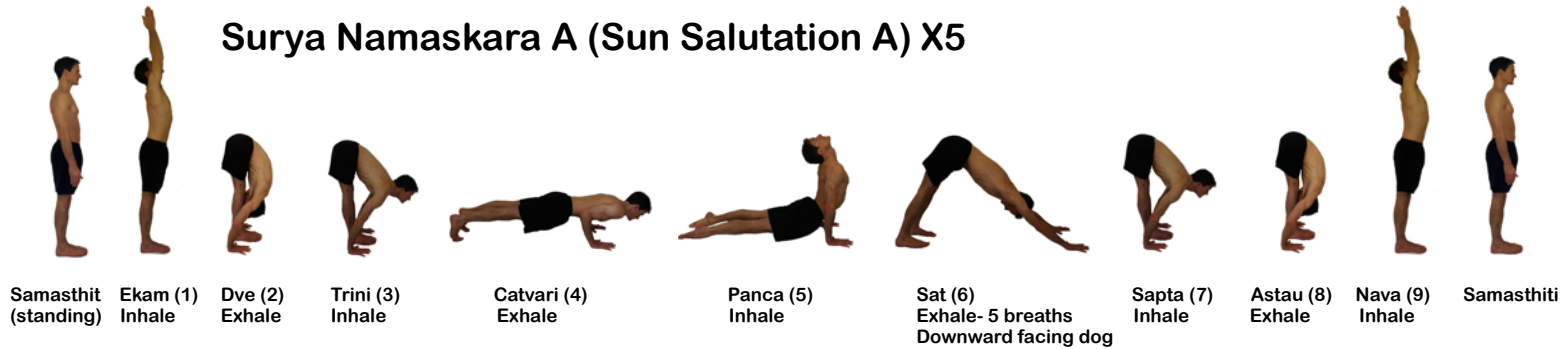




Full deep, free and easy breathing as you move through these sun salutations
 Keep your awareness tuned into the sensation of inhaling and exhaling as you move
 5 breaths in downward facing dog; here be present to the sensations throughout the body
 Use the audio MP3 from the website to hear instructions, with the traditional Sanskrit count
 Eventually aim to do these sun salutations from memory, using this PDF as a guide
 This is the beginning of the Ashtanga yoga sequence, and a great standalone 10 minute practice
 Remember the postures below are just directions of movement; be patient- "all is coming"
 Do whatever feels appropriate from day to day and enjoy being on your yoga mat

Surya Namaskara A (Sun Salutation A) X5



Surya Namaskara B (Sun Salutation B) X3



Finishing Postures

Take the time after your sun salutation practice to sit, and then take savasana



Padmasana (easy cross legs) 10 deep breaths



Savasana (take rest) 5 minutes