

Sun Salutations

Option 1



Option 2



(slowly lower all the way down to the floor)



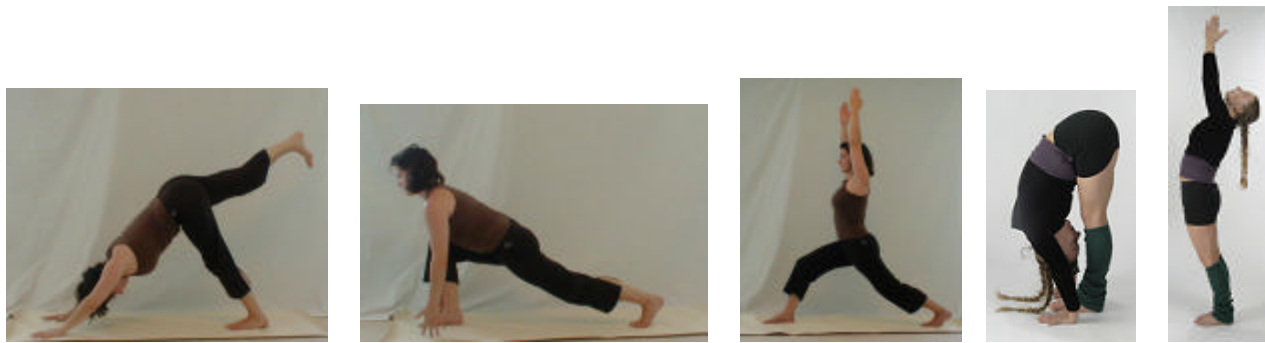
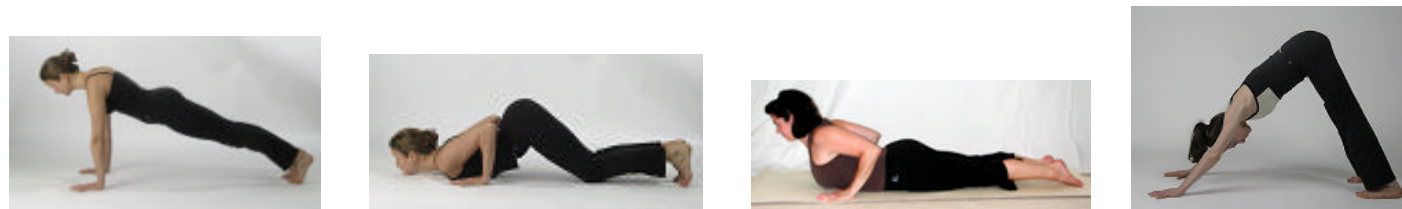
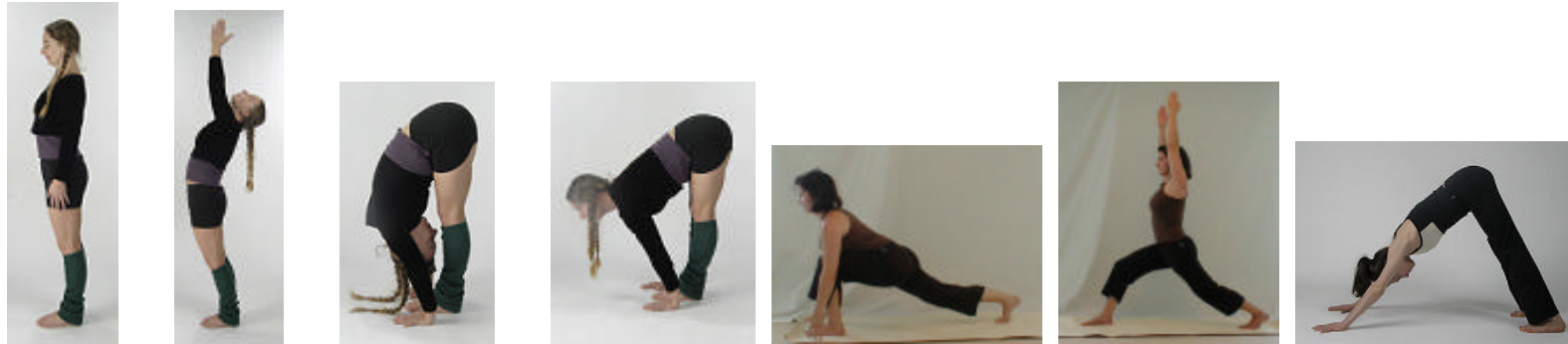
Sun Salutations

Modified Surya Namaskara A (Sun Salutation A with Extra Breath and Vinyasa Option 1):
Make each movement correspond to one inhalation or exhalation.



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Surya Namaskara O (Sun Salutation with Lunges and Vinyasa Option 1): Make each movement correspond to one inhalation or exhalation.
(Move with R leg first, and then L leg.)



Sun Salutations

