

SUN SALUTATION

Sequence A



1.

Tadasana
Standing
Mountain Pose



2.

**Utthita Hastasana
in Tadasana**
Arms Extended
in Mountain Pose



3.

Uttanasana
Standing
Forward Bend



4.

Ardha Uttanasana
Half Forward Bend



5.

**Chaturanga
Dandasana**
Half-Plank
Position



6.

**Urdhva Mukha
Svanasana**
Upward-Facing
Dog



7.

**Adho Mukha
Svanasana**
Downward-Facing
Dog



8.

Ardha Uttanasana
Half Forward Bend



9.

Uttanasana
Standing
Forward Bend



10.

**Utthita Hastasana
in Tadasana**
Arms Extended
in Mountain Pose



11.

Tadasana
Standing
Mountain Pose

Sun Guide To The Jumps

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