

# SURYA NAMASKARA B



- 1 Samasthiti
- 2 Inhale – Utkatasana – As knees are bent raise hands together.
- 3 Exhale – Forward Bend
- 4 Inhale – Raise chest and gaze forward.
- 5 Exhale – Step back to low push up position (or modify)
- 6 Inhale – Upward dog
- 7 Exhale – Downward Dog
- 8 Inhale – Turn left foot in and take the right foot forward – lift into warrior and look to the thumbs.
- 9 Exhale – Place hands either side of foot and step back to low push up position
- 10 Inhale – Upward dog
- 11 Exhale – Downward Dog
- 12 Inhale – Turn right foot in and step left foot forward – lift to warrior and look to thumbs.
- 13 Exhale – Step back to low push up position
- 14 Inhale – Upward Dog
- 15 Exhale – Downward Dog (5 Breaths)
- 16 Inhale – Step to hands raising chest to look along the ahead.
- 17 Exhale – Forward Bend
- 18 Inhale – From forward bend position – bend knees and lift hands.
- 19 Exhale - Samasthiti



