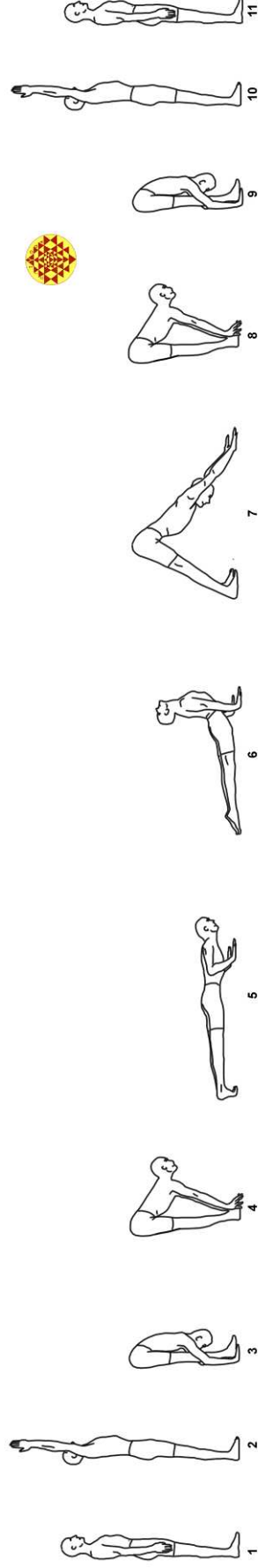


ASHTANGA VINYASA SURYA NAMAKARA A



- 1 **Samasthiti**
Stand with both feet together. Kneecaps lifted. Lengthen spine. Engage the bandhas. Long breath. Shoulders wide. Arms long.
- 2 **Urdhva Vrksasana**
Raise both arms maintaining length. Reach the end of the inhale as the hands meet.
- 3 **Uttanasana A**
Fold forward. Maintain the length of the upper body by leading with the chest.
- 4 **Uttanasana B**
Push into the floor (or shins) and lift the chest. Look forward onto floor.
- 5 **Chaturanga Dandasana**
Step back into a high push up position and then bend the elbows to a low push up position. Eventually you will jump back into the low push up from position 4.
- 6 **Urdhva Mukha Svanasana**
Straighten the arms as you roll forward on the feet into backbend. Aim to have four points of contact – top of the feet and hands (fingers splayed).
- 7 **Adho Mukha Svanasana**
Lift the buttocks and roll back over the toes into Downward Dog. 5 breaths. Make sure the palms are flat on your mat. Ease heels down as you turn buttocks to ceiling.
- 8 **Uttanasana B**
Step forward with the feet together. Push into the floor (or shins) and lift the chest. Look forward onto floor.
- 9 **Uttanasana A**
Fold forward. Maintain the length of the upper body by leading with the chest. As the body warms take a deeper forward bend. Maintain length.
- 10 **Urdhva Vrksasana**
Engage bandhas and maintain length as you lift the hands above the head.
- 11 **Samasthiti**
Stand with both feet together. Kneecaps lifted. Lengthen spine. Engage the bandhas. Long breath. Shoulders wide. Arms long.

