

Exhale



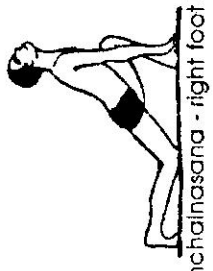
6. Ashtanga namaskara - chin chest and knees

Exhale



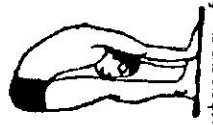
5. Parvatasana - "V" pose

Inhale



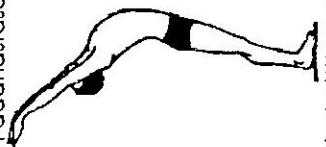
4. Ashwa sanchalanasana - right foot back

Exhale



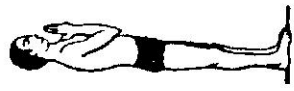
3. Padahasthasana - forward bending

Inhale

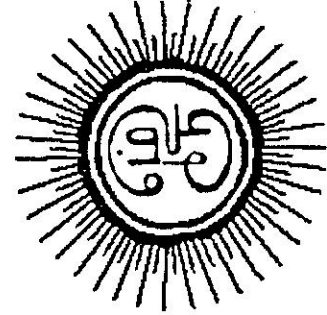


2. Hasta Uttanasana - inhale up

Exhale



1. Pranamasana - palms together

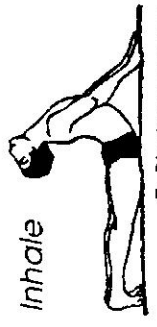


SURYA NAMASKAR (sun salutation)

The sun salutation is a dynamic exercise that warms up, stretches and tones the whole body. It may be done for warmup before doing postures, or to keep the body healthy when postures are not done regularly.

This exercise is excellent when the body is stiff or recovering from disuse. Try it in the mornings after meditation and before other practices. Three repetitions will restore vitality, and give a bright feeling both physically and mentally.

Inhale



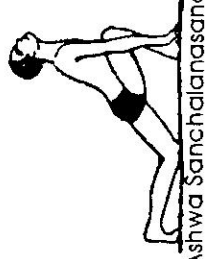
7. Bhujangasana - cobra

Exhale



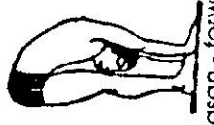
8. Parvatasana - "V" pose

Inhale



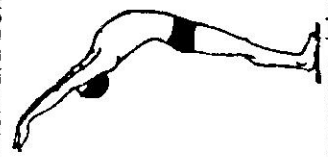
9. Ashwa Sanchalanasana - right foot forward

Exhale



10. Padahasthasana - forward bending

Inhale



11. Hasta Uttanasana - inhale up

Exhale



12. Pranamasana - palms together