

# SURYA NAMASKARA A



1) inhale



2) exhale



3) inhale



4) exhale



5) inhale



6) exhale



7) inhale



8) exhale



9) inhale

## Sun Salutations

Sun Salutations are a moving meditation consisting of nine movements, with one static asana, downward facing dog. Alternate which foot you step back. Aim to do at least 5 every morning and follow with pranayama and savasana.