

SUN SALUTATION A



UPWARD SALUTE
urdhva hastasana



FORWARD FOLD
uttanasana



HALFWAY LIFT
ardha uttanasana



LOWER HALFWAY
chaturanga dandasana



UP DOG
urdhva dandasana



DOWN DOG
adho mukha savanasana

SUN SALUTATION B



UPWARD SALUTE
urdhva hastasana



CHAIR
utkatasana



FORWARD FOLD
uttanasana



HALFWAY LIFT
ardha uttanasana



LOWER HALFWAY
chaturanga dandasana



UP DOG
urdhva dandasana



DOWN DOG
adho mukha savanasana



CRESCENT LUNGE
virabhadrasana 1



LOWER HALFWAY
chaturanga dandasana



UP DOG
urdhva dandasana



DOWN DOG
adho mukha savanasana

MORE YOGA POSES!



WARRIOR 3
virabhadrasana 3



HANDS TO HEART
anjali mudra



TREE
vrksasana



HALF MOON
ardha chandrasana



WARRIOR 2
virabhadrasana 2



DANCER
natarajasana



REVERSE WARRIOR
viparita virabhadrasana



EXTENDED SIDE ANGLE
utthita parsvakonasana



TRIANGLE
utthita trikonasana