

SUN SALUTATION A YOGA ROUTINE

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modified

Go through the poses at your own pace, using your breath.

1 Mountain



Inhale+Exhale

2 Upward Salute



Inhale

3 Standing Fold



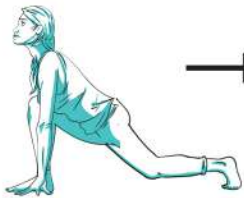
Exhale

4 Half Lift



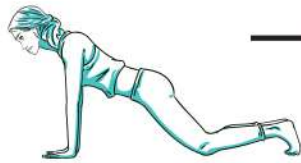
Inhale

5 Low Lunge (right)



Exhale+Inhale

6 Plank



Hold

7 Knees-Chest-Chin



Exhale

8 Cobra



Inhale

9 Down Dog



Exhale

10 Low Lunge (left)



Inhale

11 Standing Fold



Exhale

12 Upward Salute



Inhale

13 Mountain



Exhale