

Sonnengruß Surya Namaskar A



1. Mountain Pose •
Tadasana



2. Volcano Pose •
Urdhva Hastasana



3. Standing
Forward Fold Pose •
Uttanasana



4. Upward Forward
Fold Pose • Urdhva
Uttanasana



5. Four Limbed
Staff Pose •
Chaturanga
Dandasana



6. Upward Facing
Dog Pose • Urdhva
Mukha Svanasana



7. Downward
Facing Dog Pose •
Adho Mukha
Svanasana



8. Upward Forward
Fold Pose • Urdhva
Uttanasana



9. Standing
Forward Fold Pose
• Uttanasana



10. Volcano Pose •
Urdhva Hastasana



11. Mountain Pose
• Tadasana