

Jivamukti Sun Salutation A



1. Mountain Pose



2. Raised Arms Pose



3. Standing Yoga Seal Pose



4. Runners Lunge Pose



5. Downward Facing Dog Pose



6. Plank Pose



7. Four Limbed Staff Pose



8. Upward Facing Dog Pose



9. Downward Facing Dog Pose



10. Plank Pose



11. Eight Limbed Pose



12. Cobra Pose Variation Elbows



13. Downward Facing Dog Pose



14. Runners Lunge Pose



15. Standing Yoga Seal Pose



16. Raised Arms Pose