



## **Basic Surya Namaskar Instructions**

1. Stand in Tadasana (mountain pose) with hands in “prayer position”.
2. Inhale the arms and gaze upward; exhale and swan dive to Uttanasana (standing forward fold).
3. Inhale, to Ardha Uttanasana (half forward fold) , exhale back to Uttanasana (standing forward fold).
4. Inhale right leg back to Ardha Bujangasana (low lunge), open the chest as you lift the arms and the gaze.
5. Step the right leg back to plank.
6. Exhale down to Chaturanga (low plank).
7. Inhale to low cobra or up dog (urdhva svanasana).
8. Exhale back to down dog (adho mukha svanasana).
9. Inhale, step right leg forward to Ardha Bujangasana (also known as low lunge) on the opposite side, open the chest as you lift the arms and the gaze.
10. Step right leg back to plank; exhale down to Chaturanga (low plank).
11. Inhale to a low cobra or up dog.
12. Exhale back to down dog.
13. Step both feet forward to Uttanasana (standing forward fold), exhale.
14. Inhale, arms up overhead, gaze up, and join palms together.
15. Exhale hands to “prayer position”.
16. Repeat sequence 3 times to begin and build up to 5 or more. Once you feel comfortable, you can switch the low lunge to a high lunge for added intensity (optional).