



# Ashtanga Yoga

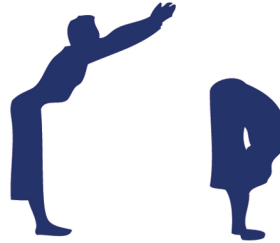
## Sun Salutations (Surya Namaskara A)



**Mountain Pose**  
(Tadasana)



**Inhale**  
Extended  
Mountain Pose



**Exhale**  
Forward Fold  
(Uttanasana)



**Inhale**  
Forward Fold  
head up / flat Back



**Exhale**  
Jump or step back to Plank  
(Kumbhakasana)  
and lower to Four Limbed Staff Pose  
(Chaturanga Dandasana)



**Inhale**  
Upward Facing Dog  
(Urdhva Mukha Svanasana)



**Exhale**  
Downward Facing Dog  
(Adho Mukha Svanasana)  
*Hold for 5 breaths*



**Inhale**  
Jump or step forward to  
Forward Fold  
head up / flat Back



**Exhale**  
Forward Fold  
(Uttanasana)



**Inhale**  
Extended Mountain Pos



**Exhale**  
Mountain Pose  
(Tadasana)