

SUN SALUTATION

Sequence A



1. **Tadasana**
Standing
Mountain Pose

2. **Utthita Hastasana
in Tadasana**
Arms Extended
in Mountain Pose

3. **Uttanasana**
Standing
Forward Bend

4. **Ardha Uttanasana**
Half Forward Bend



5. **Chaturanga
Dandasana**
Half-Plank
Position

6. **Urdhva Mukha
Svanasana**
Upward-Facing
Dog

7. **Adho Mukha
Svanasana**
Downward-Facing
Dog



8. **Ardha Uttanasana**
Half Forward Bend

9. **Uttanasana**
Standing
Forward Bend

10. **Utthita Hastasana
in Tadasana**
Arms Extended
in Mountain Pose

11. **Tadasana**
Standing
Mountain Pose

Beginners Guide To The Sun

**Inter-collegiate cross-country
association of amateur athletes of
America**

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