



Sun Salutation A

Surya-Namaskara A

The Breakdown

9 vinyasas total

Surya = Sun

Namaskara = Salutation

Breath = inhale, exhale, hold downward dog for 5 breaths, inhale, exhale cont'd

Drishti = Gaze = Hands, Tip of Nose, Navel

Tips for Practice

Focus on synchronizing each movement with your breath

Keep a steady and even breath throughout the sequence

Engage your core and use your bandhas (energy locks) for stability and support

Two bandhas to know, the mula-bandha (root lock) and the uddiyana-bandha (abdominal lock)

Maintain awareness and alignment in each posture to prevent injury

Samasthiti (equal standing position)		Stand straight with feet together, arms at your side, and weight evenly distributed. - Gaze at tip of nose
	Inhale	Raise arms overhead, bring palms together. - Gaze at thumbs
Uttanasana	Exhale	Hinge at hips, fold forward. Place hands beside feet, fingers in line with toes. If needed, bend knees to maintain a flat back - Gaze at tip of nose
	Inhale	Open chest, lift your torso halfway up, roll shoulders back, fully elongate the spine. - Gaze between eyebrows
Chaturanga Dandasana	Exhale	Step or jump back into a plank position, lower body halfway down, keep elbows close to ribs. Keep the body straight, weight in hands and balls of feet - Gaze at tip of nose
Urdhva Mukha Svanasana (Upward-Facing Dog)	Inhale	Roll your toes to the tops of your feet, lift your chest upward. Straight your arms and look up, keep thighs off the floor. - Gaze between eyebrows
Adho Mukha Svanasana (Downward-Facing Dog)	Exhale	Roll back over toes, lift hips up and back, form an inverted V shape. Hold this position for 5 breaths.
	Inhale	Step or jump forward towards hands, lift torso halfway up, lengthen your spine
Uttanasana (Standing Forward Bend)	Exhale	Bend from hips with straight legs, head into knees
	Inhale	Sweep arms out to sides and then up overhead - Gaze at your thumbs
Samasthiti (equal standing position)	Exhale	Bring arms down by sides, returning to starting position

