

Surya Namaskara A



Samastithi



Inhale
Hands Up



Exhale
Fold Forward



Inhale
Head up



Exhale
Jump or step back and lower



Inhale
Head up



Exhale
to downward dog
(5 breaths)



Inhale
Jump/step forward
Head Up



Exhale
Head to Knees



Inhale
Stand up palms together



Exhale
Samastithi

Surya Namaskara B



Stand Tall



Inhale
Bend knees hands up



Exhale
Fold Forward



Inhale
Head Up



Exhale
Jump or step back & lower



Inhale
Upward Dog



Exhale
Downward Dog



Inhale
Right foot forward



Hands Up



Exhale
Step back and lower



Inhale
Upward Dog



Exhale
Downward Dog



Inhale
Left foot forward



Hands Up



Exhale
Step back and lower



Inhale
Upward Dog



Exhale
Downward Dog
(Hold 5 breaths)



Inhale
Jump or step forward
Head Up



Exhale
Head to knees



Inhale
Bend knees hand up



Exhale
Stand Tall