

## Postures: Salute to the Sun A & B (Surya Namaskara A & B)

Use as a warming up sequence for competent Yogis. For beginners use a more appropriate warming up sequence. For modifications and variations see the stick men diagrams.



Mountain

Breath	Earth element	Bandha move	Observation
I/O	Feet	Static	Shoulders, hips, knees, ankles aligned. Soft knees, roll inner thighs, spine relaxed



Transition

Breath	Earth element	Bandha move	Observation
I	Feet	Away from spine	Bandhas over toes, lower back not swayed, thoracic and cervical spine fully used, head part of balance.

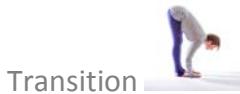


Forward bend

Breath	Earth element	Bandha move	Observation
O	Feet	Into spine	Back knees relaxed, ribs released away from hips, bandha support evident

# yogaunlimited

"the stiffest muscle is between our ears"



Transition

Breath	Earth element	Bandha move	Observation
I	Feet	Away from spine	Back knees relaxed, ribs released away from hips, bandha support evident, spine floating



Press up

Breath	Earth element	Bandha move	Observation
O	Hands	Into spine	Shoulders relaxed, push heals back to activate muscles in the back , release heart forward. Heart to floor before hips. Elbows tucked in and beside ribs



Optional float

Breath	Earth element	Bandha move	Observation
O	Hands	Into spine	Heart released forward by Bandha action, no jumping, soft landing



Up dog

Breath	Earth element	Bandha move	Observation
I	Hands	Away from spine	Bandha moves forward causing toes to roll over switching off muscles in back and lifting heart through shoulders. Rotate inner thighs: soft buttocks. Shoulders relaxed. Head released.

# yogaunlimited

"the stiffest muscle is between our ears"



Downdog

Breath	Earth element	Bandha move	Observation
O	Feet	Into spine	Back knees relaxed, ribs released away from hips, bandha support evident. Shoulders and hips relaxed.

Transition to



Warrior 1



Breath	Earth element	Bandha move	Observation
I	Left foot	Away from spine	Arch of left foot active, right leg soft and released. Movement and support created from bandhas , hips released, buttocks not tight, spine energetic. Lightness and grace. Knee caps in direction of big toes. Front knee not bent more than right angle.

Transition to Press up



Breath	Earth element	Bandha move	Observation
O	Hands	Into spine	Movement created by Bandhas, transfer attention to hands, bandha draw front leg effortlessly off floor. Heart comes close to floor. Shoulders released.

Up dog



Downdog



Transition to



Warrior 1



Press up



to Updog



to Downdog



# yogaunlimited

"the stiffest muscle is between our ears"

Optional float



Breath	Earth element	Bandha move	Observation
I	Hands	Into spine	Release heart over the hands, feet leave the floor weightlessly. Shoulders remain relaxed



Breath	Earth element	Bandha move	Observation
O	Feet	Into spine	Back knees relaxed, ribs released away from hips, bandha support evident

Transition to



Mountain

