Reference for Surya Namaskar

* Surya Namaskar A (3X) **(Vinyasa)**
  + Tadasana (Mountain Pose)
  + Urdhva Hastasana (Upward Salute)
  + Uttanasana (Standing Forward Bend)
  + Ardha Uttanasana (Half Standing Forward Bend)
  + Chaturanga Dandasana (Four-Limbed Staff Pose)
  + Urdhva Mukha Svanasana (Upward-Facing Dog Pose)
  + Adho Mukha Svanasana (Downward-Facing Dog Pose) hold 5 breaths
  + Ardha Uttanasana (Half Standing Forward Bend)
  + Uttanasana (Standing Forward Bend)
  + Urdhva Hastasana (Upward Salute)
  + Tadasana (Mountain Pose)
* Surya Namaskar B (3 X)
  + Tadasana (Mountain Pose)
  + Utkatasana
  + Uttanasana (Standing Forward Bend)
  + Ardha Uttanasana (Half Standing Forward Bend)
  + Chaturanga Dandasana (Four-Limbed Staff Pose)
  + Urdhva Mukha Svanasana (Upward-Facing Dog Pose)
  + Adho Mukha Svanasana (Downward-Facing Dog Pose)
  + Virabhdrasana 1 (First side)
  + Chaturanga Dandasana (Four-Limbed Staff Pose)
  + Urdhva Mukha Svanasana (Upward-Facing Dog Pose)
  + Adho Mukha Svanasana (Downward-Facing Dog Pose)
  + Virabhdrasana 1 (Second Side)
  + Chaturanga Dandasana (Four-Limbed Staff Pose)
  + Urdhva Mukha Svanasana (Upward-Facing Dog Pose)
  + Adho Mukha Svanasana (Downward-Facing Dog Pose) hold 5 breaths
  + Ardha Uttanasana (Half Standing Forward Bend)
  + Uttanasana (Standing Forward Bend)
  + Urdhva Hastasana (Upward Salute)
  + Tadasana (Mountain Pose)

Sequence (external, internal rotation)

**Surya Namaskar A (Sun Salutation A) 3X**

**Surya Namaskar B 3X**

**Utkatasana twist (right and left)**

Begin in Tadasana with your feet together and your hands at your heart center. Exhale and bend your knees. Bring your hands down, palms facing back. Inhale and raise your arms above your head extending your spine and tucking your pelvis. Exhale as you slowly sweep both arms to the outside of the right know. Place your left elbow outside your right knee and reach for a prayer twist 1 breath see if opening the top or both arms is available. Inhale lengthen, exhale twist. 3-5 breaths each side repeat 2-3 times.

**Uttanasana**

Exhale as you touch the floor, straightening your legs and folding into uttanasana. Inhale to ardha uttanasana and exhale fold back down. 5-8 breaths

**<Vinyasa>** without holding down dog

1. **Parsvottanasana**

From down dog step your right foot between your hands and slide your left foot forward and angling it out about 45 degrees keeping your fingertips on the floor. Inhale lengthen your spine so parallel to the floor looking out ahead of you. Exhale pull your right hip back toward the centerline while spinning your left thigh forward. Inhale lengthen spine again and on the exhale either stay here or fold over the front leg. The arms can come behind the front leg and turn the fingers to point to the back foot. You can establish a slight pulling with the fingers on the floor in opposition to the front leg to get a deeper stretch and also to the upperback. 5- 8 breaths

1. **Trikonasana**

Inhale to standing. On the next inhale brings arm out to your sides parallel with the floor and begin stretching over the straight right leg. Exhale and bring your right hand to a block, your leg, or the floor and extend your left arm to the sky in line with the left. 3-4 breaths.

1. **Parivrtta trikonasana**

From trikonasana inhale to standing. With your right leg forward Inhale and raise your left arm to the sky lengthening your side body. On the exhale reach your arm forward and place the outside the right foot (or modify). Inhale lengthen , exhale open toward your front leg and reach your arm to the sky. Feel the extension and spiral action of the spine all the way to the crown of the head. Let the inhale lengthen and exhale take you deeper into the twist. 5-8 breaths Release to parsvottanasana.

1. **Ardha chandrasana**

From parsvottanasan reach your right hand forward of your front foot about 12-18 in. Bend your right leg and using your back foot for balance lift up and stand on right leg. Externally rotate your left hip out, straighten your leg and flex your foot. Inhale lengthen, exhale bring our left arm to the sky. 3-4 breaths

1. **Parivrtta Ardha chandrasana**

In ardha chandrasana lower arms to the floor and look down to the floor. Internally rotate the left leg keeping foot flexed and hips level. Inhale firm the core and lengthen, exhale keeping left arm on the floor or block rotate open and bring the left arm to the sky. 4-6 breaths. Lower your left foot softly to the floor and bend your right knee into a lunge. Step your right foot back.

**<Vinyasa>** without holding down dog

**Repeat 1-5 on the left side**

**Parsvakonasana**

From down dog bring your right foot forward to a lunge. Place back foot on floor perpendicular to the mat grounding into the outer edge of the foot. Bring your arms out to your side parallel with the floor inhale stretch to the right side and exhale place the palm on the floor outside the right foot. Bring arm at an angle over your head lengthening keeping a straight line from the leg. 2-4 breaths

**Parivrtta Parsvakonasana**

From side angle raise your torso and face forward coming up on the back toes (lunge). Inhale left arm to the sky lengthening, exhale rotate over the right thigh placing the left armpit by the knee and hand on the floor. Inhale bring the right arm to the sky. On the inhale lengthen getting room in the body, exhale twist further. Remember to keep the hips balanced and inner thighs rotating in to help with balance. 5-8 breaths. Repeat parsvakaonasana and parivrtta parsvakonasana on the left side.

**<Vinyasa>** fully to tadasana

**Pasasasna**

From tadasana with your feet together bend your knees into a deep squat keeping your knees together. Twist your torso to the right and hook your left elbow behind the right knee. Extend your left hand to the floor and on the inhale extend your right arm to the sky. 5-8 breaths repeat on other side.

**Parsva bakasana**

From a deep squat as above hook your left elbow to the outside of the right knee. Place both palms on the floor forming chaturanga dandasana arms. Shift your weight into your hands until your feet float off the floor. Press into you rhands and lift your hips up. Keep your knees bent or straighten the legs together. The chest moves forward away from the hips.

**Baddha konasana**

Sit up and bring your feet together in front of you with knees wide apart hips externally rotating to the ground. Inhale and lengthen up, Exhale come forward.

**Upavistha Konasana**

Inhale to sit up and bring your legs out wide. Flex your feet inhale and lengthen, exhale and slowly bring your chest forward. You can rest on the forearms, blocks, hold onto the toes, or rest your chest on the ground. Inhale to come back to straddle and grabbing on to the outside of the knees help pull your legs back to center.

**Setu Bandha Sarvangasana**

Lie supine on the floor with legs bent and feet flat on the floor close to your buttocks. ON an in hale push your feet into the floor and raise your pelvis keeping your knees in line. Shimy your arms under your back and clasp your hands together. Use your arms to help push your chest up rounding the back. Exhale and lower slowly to the ground.

**Savasana**

Either take the legs up the wall or extend the legs and relax lie on the floor. Relax and breathe. Let your breathe carry any tension away. Notice the waves of your breath and follow it up and down your body without controlling or restricting it.