



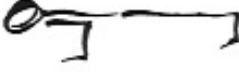










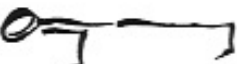



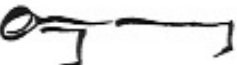












# Surya Namaskara A

## Sun Salutation A

 <p>Tadasana</p>	 <p>Utthitta Tadasana</p>	 <p>Uttanasana</p>	 <p>Ardha Uttanasana</p>
 <p>Chaturanga Dandasana</p>	 <p>Urdhva Mukha Svanasana</p>	 <p>Adho Mukha Svanasana</p>	 <p>Ardha Uttanasana</p>
 <p>Uttanasana</p>	 <p>Utthitta Tadasana</p>	 <p>Tadasana</p>	

## Surya Namaskara B Sun Salutation B

 Tadasana	 Utkatasana	 Uttanasana	 Ardha Uttanasana
 Chaturanga Dandasana	 Urdhva Mukha Svanasana	 Adho Mukha Svanasana	 Virabhadrasana I
 Chaturanga Dandasana	 Urdhva Mukha Svanasana	 Adho Mukha Svanasana	 Virabhadrasana I
 Chaturanga Dandasana	 Urdhva Mukha Svanasana	 Adho Mukha Svanasana	 Ardha Uttanasana
 Uttanasana	 Utkatasana	 Tadasana	