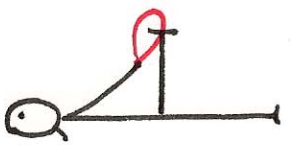









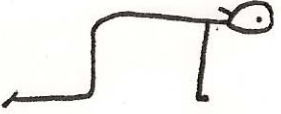





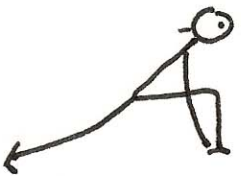










Autumnal Surya Namaskar

Variations of Surya Namaskar and restoratives to help you transition into Fall.

				
Supta Padangusthasana	Apanasana	Cat/Cow	INHALE - Tiger	EXHALE - Tiger
	SURYA NAMASKAR PREP			
Childs				EXHALE - Childs
				
INHALE - Table	EXHALE - Cat Bow	INHALE - Table	EXHALE - Down Dog	INHALE - Table
	CLASSIC SURYA NAMASKAR			
EXHALE - Childs				INHALE - R-Lunge
				
HOLD - Plank	EXHALE - Chaturanga Dandasana	INHALE - Bhujangasana	EXHALE - Childs	INHALE - Table