

(14) INHALE



Tadasana Urdhva Hastasana

(1) EXHALE



Tadasana Namaste'

(2) INHALE



Tadasana Urdhva Hastasana

(3) EXHALE



Uttanasana

(4) INHALE



Ardha Uttanasana

(5) EXHALE



Lunge (R leg back)

(6) INHALE



Open Heart Forward

(7) EXHALE



Adho Mukha Svanasana

(8) INHALE



Plank

(9) EXHALE



Chaturanga Dandasana

(10) INHALE



Urdhva Mukha Svanasana

(11) EXHALE



Adho Mukha Svanasana

(12) INHALE



Lunge (R leg forward)

(13) EXHALE



Uttanasana

SURYA NAMASKAR Sun Salutation