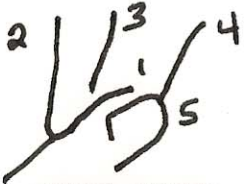


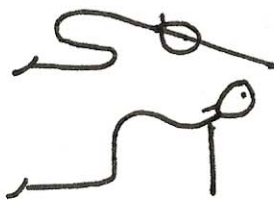
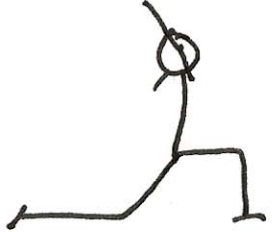

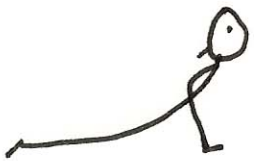
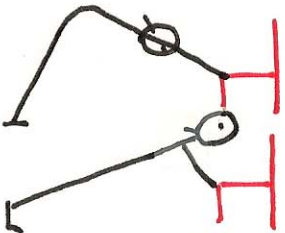
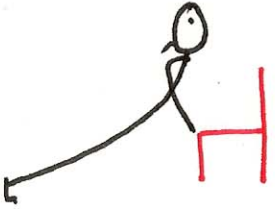
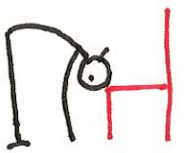
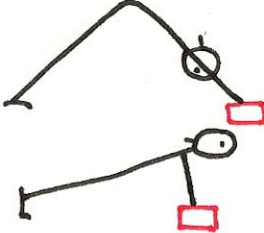

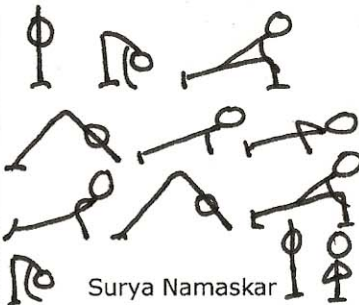

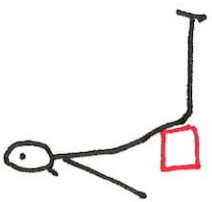

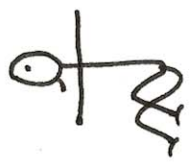



Surya Namaskar Deconstructed

Examining the components of the sun salutation to enable more ease during the transitions and the poses.

<p>Sunlight, Increases Energy</p>  <p>SURYA MUDRA Curl tip of ring finger in base of the thumb, extend all others</p>	 <p>Supta Padangusthasana</p>	 <p>Reclining Lunge</p>	 <p>Active Cat/Cow</p>	 <p>Anjanyasana</p>
 <p>Salabhasana</p>	 <p>Bhujangasana</p>	 <p>CHAIR Down Dog - Plank - Down Dog</p>	 <p>CHAIR - Up Dog</p>	 <p>CHAIR Salamba Uttanasana</p>
<p>Tadasana - Uttanasana - R Lunge - Down Dog - Plank - Up Dog - Down Dog - L Lunge - Uttanasana - Tadasana</p> <p>CHAIR Surya Namaskar</p>	 <p>BLOCK Down Dog - Plank - Down Dog</p>	 <p>BLOCK & BOLSTER Chaturanga Dandasana</p>	<p>Tadasana - Uttanasana - R Lunge - Down Dog - Plank - Chaturanga Dandasana - Up Dog - Down Dog - L Lunge - Uttanasana - Tadasana</p> <p>BLOCK & BOLSTER Surya Namaskar</p>	 <p>Surya Namaskar</p>
 <p>BLOCK Salamba Urdhva Dhanurasana</p>	 <p>Setu Bandha Sarvangasana</p>	 <p>Setu Bandha</p>	 <p>Reclining Twist</p>	 <p>Savasana</p>