

# Sun Salutation B

Andy Fermo



1. Sun Salutation B • Surya  
Namaskar B



2. Mountain Pose • Tadasana



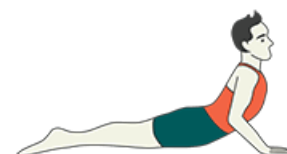
3. Chair Pose • Utkatasana



4. Standing Forward Fold Pose •  
Uttanasana



5. Upward Forward Fold Hands  
On Shins • Ardha Uttanasana Hands  
On Shins



6. Cobra Pose Elbows Bent •  
Bhujangasana Elbows Bent



7. Four Limbed Staff Pose •  
Chaturanga Dandasana



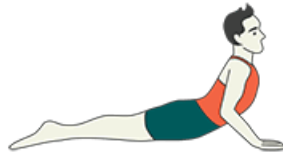
8. Downward Facing Dog Pose •  
Adho Mukha Svanasana



9. Warrior Pose I • Virabhadrasana I



10. **Four Limbed Staff Pose** •  
Chaturanga Dandasana



11. **Cobra Pose Elbows Bent** •  
Bhujangasana Elbows Bent



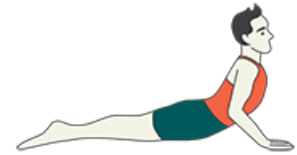
12. **Downward Facing Dog Pose** •  
Adho Mukha Svanasana



13. **Warrior Pose I** •  
Virabhadrasana I



14. **Four Limbed Staff Pose** •  
Chaturanga Dandasana



15. **Cobra Pose Elbows Bent** •  
Bhujangasana Elbows Bent



16. **Downward Facing Dog Pose** •  
Adho Mukha Svanasana



17. **Upward Forward Fold Hands  
On Shins** • Ardha Uttanasana Hands  
On Shins



18. **Standing Forward Fold Pose** •  
Uttanasana



19. **Chair Pose** • Utkatasana



20. **Mountain Pose** • Tadasana

**Repeat 3 times**