

Sun Salutation A

Andy Fermo

• beginner



1. **Dangling Pose** • Baddha Hasta Uttanasana



2. **Mountain Pose** • Tadasana



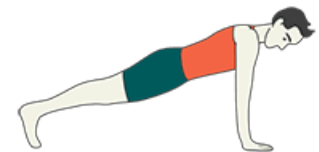
3. **Volcano Pose** • Urdhva Hastasana



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



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



6. **Plank Pose** • Phalakasana

Variation of lowering



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



8. **Eight Limbed Pose** • Ashtangasana

Variation of backbend



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



10. **Cobra Pose** • Bhujangasana

Variation of inversion



11. **Downward Facing Dog Pose
Variation Knees Bent** • Adho Mukha
Svanasana Variation Knees Bent



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



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



14. **Volcano Pose** • Urdhva
Hastasana



15. **Mountain Pose** • Tadasana