



Easy Sun Salute

Surya Namaskar



1

Extended Mountain Pose



2

Forward Bend



3

Simple Lunge



4

Plank Pose



5

Knees, Chest, & Chin



6

Spider-Finger Cobra



7

Child's Pose



8

Down Dog



9

Simple Lunge



10

Forward Bend



11

Extended Mountain

Repeat on the other side.
Move through the poses in Surya Namaskar with a sweet awareness of your center. Stay connected to the breath, watch when it flows easefully and when it gets tight.