

surya namaskara-
sun salutations B



1. Tadasana-Mountain



2. Utkatasana-Chair Pose



3. Uttanasana



4. Caturanga Dandasana



5. Urdhva Mukha Svanasana-
Up Dog



6. Adho Mukha Svanasana-
Down Dog



7. Virabhadrasana I-Warrior
I-Right Side



8. Caturanga Dandasana



9. Urdhva Mukha Svanasana-
Up Dog



10. Adho Mukha Svanasana-
Down Dog



11. Virabhadrasana I-Warrior
I-Left Side



12. Caturanga Dandasana



13. Urdhva Mukha Svanasana-
Up Dog



14. Adho Mukha Svanasana-
Down Dog



15. Ardha Uttanasana



16. Uttanasana



17. Utkatasana-Chair Pose



18. Tadasana-Mountain