

# SURYA NAMASKARA A

## 9 VINYASA

### STATE 6

SAMASTHITIH			Nasagra
EKAM	INHALE	Arms up, look up	Angustamadyai
DUE	EXHALE	Dive down, hands flat on the floor	Nasagra
TRINI	INHALE	Head up	Broomadhya
CATVARI	EXHALE	Jump, and push up	Nasagra
PANCA	INHALE	Urdhva Mukha Svanasana	Nasagra
SAT	EXHALE	Adho Mukha Svanasana <b>STAY FOR 5 BREATHS</b> Inhale exhale 1 Inhale exhale 2 Inhale exhale 3 Inhale exhale 4 Inhale exhale 5	Nabichackra
SAPTA	INHALE	Bend your knees, look between your hands and jump back	Broomadhya
ASTAU	EXHALE	Fold forward	Nasagra
NAVA	INHALE	Arms up and look to your thumbs	Angustamadyai
SAMASTHITIH			Nasagra