

SURYA NAMASKARA B

17 VINYASA

STATE 14

SAMASTHITIH			Nasagra
EKAM	INHALE	Bend your knees, reach arms up, look up	Angustamadyai
DUE	EXHALE	Fold Forward, hands on the floor	Nasagra
TRINI	INHALE	Head up	Broomadhya
CATVARI	EXHALE	Jump back	Nasagra
PANCA	INHALE	Urdhva Mukha Svanasana	Nasagra
SAT	EXHALE	Adho Mukha Svanasana	
SAPTA	INHALE	Right feet between your hands, reach arms up	Urdhva
ASTA	EXHALE	Hands on the floor, go down in a push up position	Nasagra
NAVA	INHALE	Urdhva Mukha Svanasana	Nasagra
DASA	EXHALE	Adho Mukha Svanasana	
EKADASA	INHALE	Right left between your hands, reach arms up	Urdhva
DUADASA	EXHALE	Hands on the floor, go down in a push up position	Nasagra
TRAYODASA	INHALE	Urdhva Mukha Svanasana	Nasagra
CATURDASA	EXHALE	Adho Mukha Svanasana STAY FOR 5 BREATHS Inhale exhale 1 Inhale exhale 2 Inhale exhale 3 Inhale exhale 4 Inhale exhale 5	Nabichackra
PANCADASA	INHALE	Bend your knees, look between your hands and jump back	Broomadhya
SODASA	EXHALE	Fold forward	Nasagra
SAPTADASA	INHALE	Reach arms up, look to your thumbs, keep your knees bended	Angustamadyai
SAMASTHITH			Nasagra