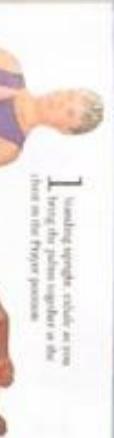
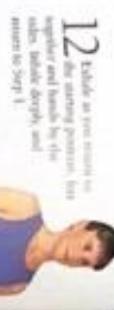


## THE SUN SALUTATION

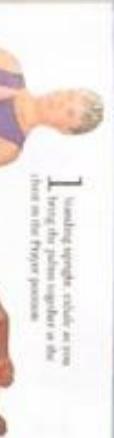
### Breathing Sequence

Technically, Surya Namaskar is not an asana.

It has a series of graphic flowing movements synchronized with the breath. Once you have learned the position of the Sun Salutation, it is important to make them as rhythmic. Try to do 8-12 cycles of the Sun Salutation every day.



**1** Exhale as you remain in the starting position, feet together and hands by the sides, take a deep, and return to Step 1.



**1** Standing, spread your legs as you bring the palms together in the center in the Prayer position.

