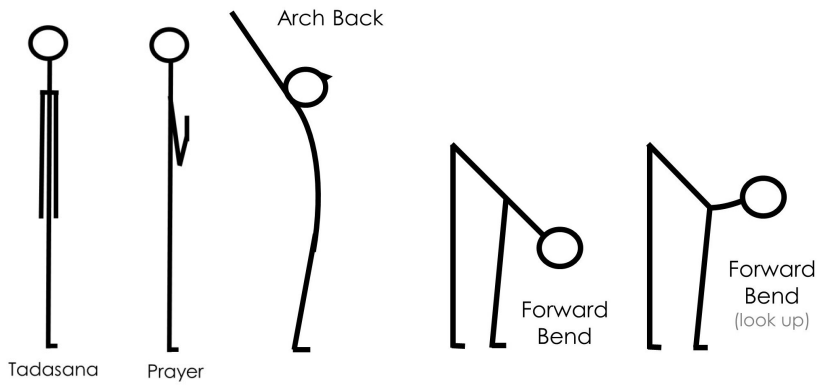


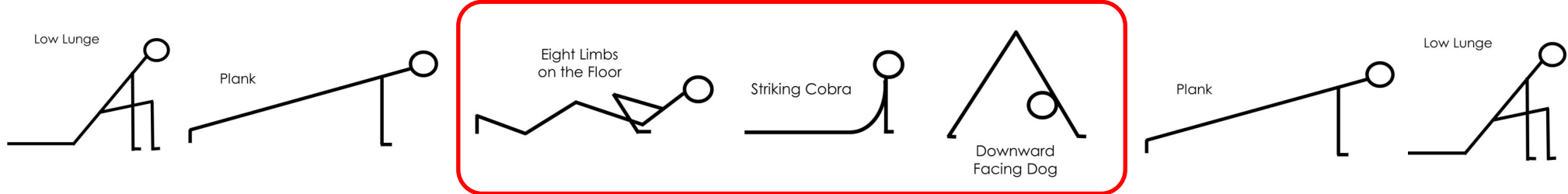
Sun Salutation

(Surya Namaskar)

There are many slight variations of this classic sequence, this is ONLY one basic example.



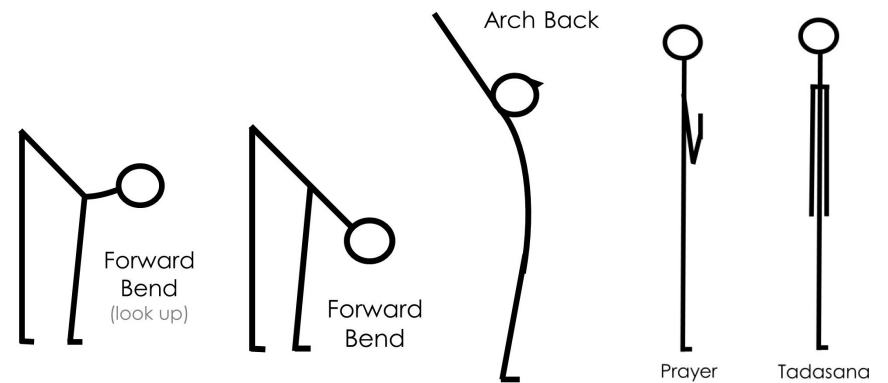
Starting Sequence



What can seem like a complicated sequence to beginners is simple once you realize that the poses are leading to a **central sequence** once you complete the central sequence you then reverse the order of the poses performed leading up to them and repeat in reverse.

Like a palindrome!

In this example of Sun Salutation every pose except the three at the center (in red box) is repeated in reverse to complete the Sun Salutation.



Reversed Starting Sequence