




Upward Salute

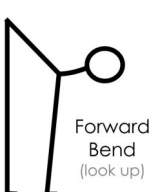
**Starting Sequence A**



Tadasana

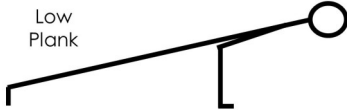


Forward Bend

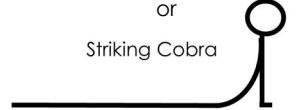


Forward Bend (look up)


**Plank**  
or  
Low Plank



**Upward Facing Dog**  
or  
Striking Cobra



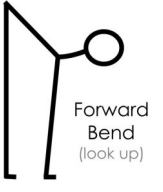
**Downward Facing Dog**



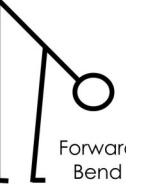
Upward Salute

**Starting Sequence A**


**Reversed**




Forward Bend (look up)




Forward Bend



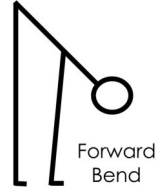
**Starting Sequence B**



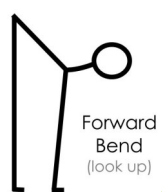
Tadasana



Chair

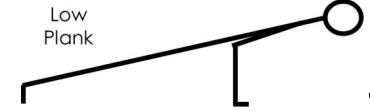


Forward Bend

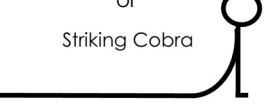


Forward Bend (look up)


**Plank**  
or  
Low Plank



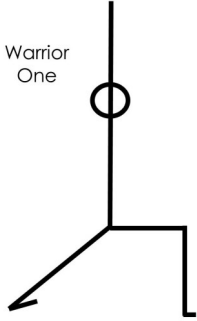
**Upward Facing Dog**  
or  
Striking Cobra



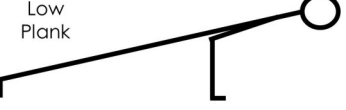
**Downward Facing Dog**



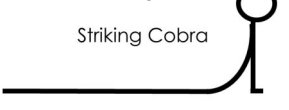
Warrior One




**Plank**  
or  
Low Plank



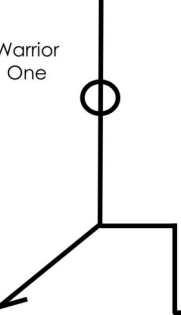
**Upward Facing Dog**  
or  
Striking Cobra



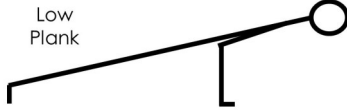
**Downward Facing Dog**




Warrior One




**Plank**  
or  
Low Plank



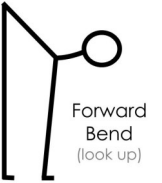
**Upward Facing Dog**  
or  
Striking Cobra



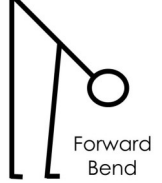
**Downward Facing Dog**



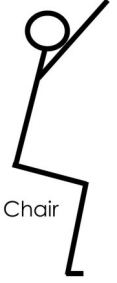
**Reversed Starting Sequence B**




Forward Bend (look up)



Forward Bend



Chair



Tadasana

# Ashtanga

## (Surya Namaskar A & B)