

Sun Salutation A (*Surya Namaskara*)



Mountain (*Tadasana*)

- ⌚ Feet together or two fists distance apart pointing at 12 o'clock.
- ⌚ Ground down through four corners of feet pulling inner arches up.
- ⌚ Knees, hips and shoulders square to the front.
- ⌚ Arms overhead and palms facing each other.
- ⌚ Shoulders blades pulled back.
- ⌚ Gaze (*Drishti*) upwards towards the thumbs.



Forward Fold (*Uttanasana*)

- ⌚ Feet together or two fists distance apart pointing at 12 o'clock.
- ⌚ Press your chest down towards the front of your thighs.
- ⌚ Forehead aiming for shins, nose to knee.
- ⌚ Palms as close to the floor as is comfortable alongside the outside of your feet.
- ⌚ Gaze (*Drishti*) is to the tip of your nose.

Modifications: bend knees and place hands on shins or lower down



Halfway Lift (*Ardha Uttanasana*)

- ⌚ Feet together or two fists distance apart pointing at 12 o'clock.
- ⌚ Chest lifted halfway with a flat spine.
- ⌚ Shoulder blades pulled together.
- ⌚ Neck in line with spine-seating bones pushing back and crown of the head reaching forward.
- ⌚ Hands on shins or hanging directly below shoulders.
- ⌚ Gaze (*Drishti*) to the mat a few inches in front of your toes.

Modifications: place hands on thighs



High Plank (*Dandasana*)

- ⌚ Feet hip width apart, pressure through the balls of the feet. Heels driving back to engage quadriceps which straightens the knee.
- ⌚ Hips are neither drooping down or sticking up. Straight line from heels to the crown of your head.
- ⌚ Pelvic floor (*Mula Bandha*) and abdominal muscles (*Uddiyana Bandha*) are engaged to maintain a straight body.
- ⌚ Shoulders stacked over elbows and wrists.
- ⌚ Hands chest width apart.
- ⌚ Arms straight, microbend in elbows, slightly drawn into body. Wrists extended, fingers spread wide, pressure through palms and knuckles, especially index fingers.
- ⌚ Head in line with spine.
- ⌚ Gaze (*Drishti*) just in front of your hands.

Modifications: drop knees to the mat

Low Plank (*Chantauranga Dandasana*)



- ⌚ Feet hip width apart, pressure through the balls of the feet. Heels driving back to engage quadriceps.
- ⌚ Hips are neither drooping down or sticking up. Straight line from heels to the crown of your head.
- ⌚ Pelvic floor (*Mula Bandha*) and abdominal muscles below your navel (*Uddiyana Bandha*) are engaged to maintain a straight body.
- ⌚ Elbows over wrist at 90 degrees, inline with shoulders and drawn into body.
- ⌚ Wrists extended, fingers spread wide, pressure through the palms and knuckles, especially index fingers.
- ⌚ Gaze (*Drishti*) just in front of your hands.

Modifications: lower chest to the mat from modification in high plank

Upward Facing Dog (*Urdhva Muka Svanasana*)



- ⌚ Press tops of feet and palms down into the mat.
- ⌚ Feet hip width apart.
- ⌚ Hands shoulder width apart, fingers spread wide, pressure through the palms and knuckles, especially index fingers.
- ⌚ Arms straight and drawn into your side near your waist.
- ⌚ Shoulders square to the front stacked over your elbows and wrists in one vertical line.
- ⌚ Draw shoulders down from ears.
- ⌚ Chest slightly in front of hands. Engage quadriceps by lifting knee caps, glutes (buttock) by turning heels in and abdominals by pulling navel into spine. This helps to lift the front of thighs off your mat.
- ⌚ Gaze (*Drishti*) is upwards as far as is comfortable.

Modifications: hips down on the mat, raising chest up and forward

Downward Facing Dog (*Adho Mukha Svanasana*)



- ⌚ Feet hip width apart pointing at 12 o'clock.
- ⌚ Take weight into the heels and engage quadriceps (shifts weight off wrists).
- ⌚ Tail bones lifted upwards to form an inverted V.
- ⌚ Hands shoulder width apart just in front of the shoulders, grounding down from the forearms through to the palms and knuckles especially the index fingers.
- ⌚ Screw the hands outwards, to externally rotate the shoulders.
- ⌚ Head between upper arms bringing ears in line with biceps.
- ⌚ Gaze (*Drishti*) backwards towards navel.

Modifications: slight bend in the knees, block under hands or folded towel under wrists

Mountain (*Tadasana*)



- ⌚ Feet can be together or two fists distance apart pointing at 12 o'clock.
- ⌚ Ground down through four corners of feet pulling inner arches up.
- ⌚ Knees, hips and shoulders square to the front.
- ⌚ Arms overhead and palms facing each other either together or apart.
- ⌚ Shoulders blades pulled back.
- ⌚ Gaze (*Drishti*) upwards to thumbs.