

# SUN SALUTATION

सुर्य नमस्कर् विन्यस

## Surya Namaskar Vinyasa

Surya – sun: Namaskar – salutation: Vinyasa - movement

### Essential Cues

Begin in Tadasana, with palms in Anjali Mudra.

1. **Back Extension:** Raise arms overhead and press pubic bone slightly forward, lift out of waist, and arch back.
2. **Forward Fold:** Hinge forward at hips, keeping back straight, and place palms on the ground.
3. **Lunge (*Anjaneyasana*):** Step right foot back about a legs distance and press right heel toward ground as leg straightens. Draw shoulders back, expand sternum forward and press up through crown.
4. **Plank:** Step left foot back, legs, torso, neck, and head in one line.
5. **Child:** Lower knees to ground, bring hips to heels.
6. **Inchworm:** Sweep chest and chin forward, hips stay high.
7. **Upward Facing Dog (*Urdhva Mukha Svanasana*):** Toes uncurl or stay curled, legs rest on earth or rise up off ground. Lengthen from sacrum to crown chest expands forward, shoulders draw back, chin at neutral.
8. **Downward Facing Dog:** Curl toes, lift hips and press up through sitz bones. Lengthen from sitz bones to crown. Press into palms and open space between shoulder blades. Press heels toward ground.
9. **Lunge:** Step right foot forward about a legs distance and press left heel toward ground as leg straightens. Draw shoulders back, expand sternum forward and press up through crown.
10. **Forward Fold:** Step left foot forward beside right foot back.
11. **Back Extension:** Come up through jackknife with a straight back. Raise arms overhead and press pubic bone slightly forward, lift out of waist, and arch back.
12. **Tadasana:** Bring hands in front of heart in Anjali Mudra.
13. Repeat sequence, initiating movement with the left foot.

