

ASHTANGA YOGA				
Surya Namaskar A				
	SAMASTITHI/TADASANA MOUNTAIN	URDHVA HASTASANA HANDS UP	UTTANASANA FORWARD FOLD	ARDHA UTTANASANA HEAD UP
CHATURANGA DANDASANA LOW PUSH UP	URDHVA MUKHA SVANASANA UPWARD FACING DOG	ADHO MUKHA SVANASANA DOWNWARD FACING DOG	ARDHA UTTANASANA HEAD UP	UTTANASANA FORWARD FOLD
5 BREATHS				
URDHVA HASTASANA HANDS UP	SAMASTITHI/TADASANA MOUNTAIN			
URDHVA HASTASANA HANDS UP	SAMASTITHI/TADASANA MOUNTAIN			
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