



Reference Sequence: Sun Salutation A

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1. Mountain Pose • Tadasana



2. Volcano Pose • Urdhva
Hastasana



3. Standing Forward Fold Pose •
Uttanasana



4. Upward Forward Fold Pose •
Urdhva Uttanasana



5. Four Limbed Staff Pose •
Chaturanga Dandasana



6. Upward Facing Dog Pose •
Urdhva Mukha Svanasana



7. Downward Facing Dog Pose •
Adho Mukha Svanasana



8. Upward Forward Fold Pose •
Urdhva Uttanasana



9. Standing Forward Fold Pose •
Uttanasana



10. Volcano Pose • Urdhva
Hastasana



11. Mountain Pose Variation
Feet Hip Wide • Tadasana
Variation Feet Hip Wide