



## SUN SALUTATION (SURYA NAMASKAR)

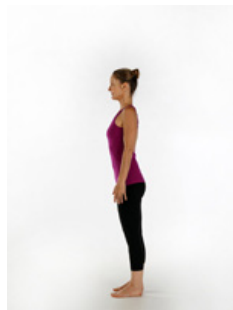
Surya Namaskar is an offering of gratitude to the sun, the sustainer of life and source of nourishment on this planet. It is a series of twelve powerful yoga poses that many consider to be a complete exercise, and is a flow sequence that can be your entire yoga routine or the start of your routine. When done appropriately, Surya Namaskar is a practice that just about anyone can do (from the young child to the senior members of our society) for its many benefits.

### BENEFITS

- Maintains flexibility of the body
- Activates most major muscle groups (and many minor ones as well!)
- Awakens and enlivens the entire body and mind
- Promotes proper circulation of energy and bodily fluids
- Supports the proper movement and elimination of wastes and toxins
- Brings a balance of calmness, focus, and vibrancy to the mind



Hands at Heart



Mountain



Arms Straight Out



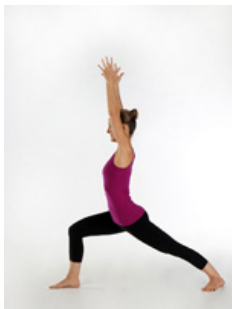
Upward Salute



Standing Forward Bend



High Lunge



Warrior I



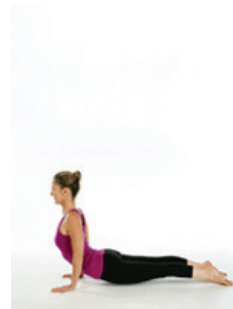
Downward-Facing Dog



Plank



Four-Limbed Staff



Upward-Facing Dog



Downward-Facing Dog



High Lunge



Warrior I



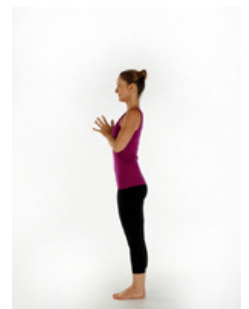
Standing Forward Bend



Standing Half Forward Bend



Upward Salute



Hands at Heart

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