

# Surya Namaskara A



Samastithi



Inhale  
Hands Up



Exhale  
Fold Forward



Inhale  
Head up



Exhale  
Jump or step back and lower



Inhale  
Head up



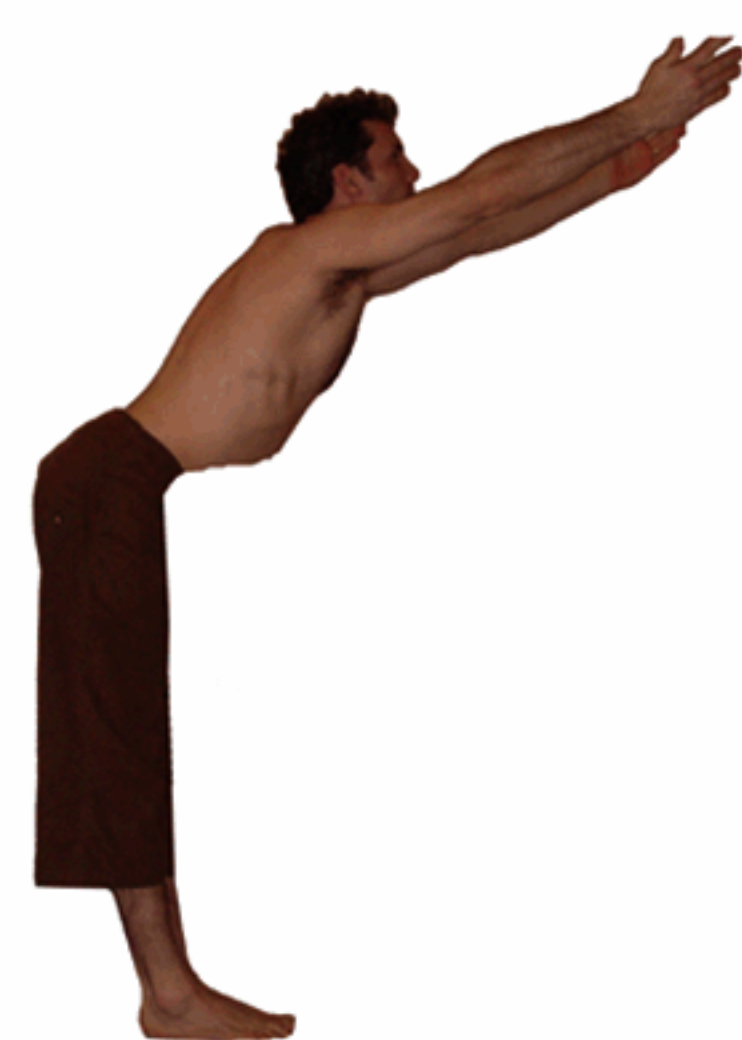
Exhale  
to downward dog  
(5 breaths)



Inhale  
Jump/step forward  
Head Up



Exhale  
Head to Knees



Inhale  
Stand up palms together



Exhale  
Samastithi

# Surya Namaskara B



Stand Tall



**Inhale**  
Bend knees hands up



**Exhale**  
Fold Forward



**Inhale**  
Head Up



**Exhale**  
Jump or step back & lower



**Inhale**  
Upward Dog



**Exhale**  
Downward Dog



**Inhale**  
Right foot forward



Hands Up



**Exhale**  
Step back and lower



**Inhale**  
Upward Dog



**Exhale**  
Downward Dog



**Inhale**  
Left foot forward



Hands Up



**Exhale**  
Step back and lower



**Inhale**  
Upward Dog



**Exhale**  
Downward Dog  
(Hold 5 breaths)



**Inhale**  
Jump or step forward  
Head Up



**Exhale**  
Head to knees



**Inhale**  
Bend knees hand up



**Exhale**  
Stand Tall