Surya Namaskara A

1. Samastitihi
2. Inhale
3. Hands Up
4. Exhale
5. Fold Forward
6. Inhale
7. Head up
8. Exhale
9. Jump or step back and lower
10. Inhale
11. Head up
to downward dog
12. Exhale
13. (5 breaths)
14. Inhale
15. Jump/step forward
16. Head Up
17. Exhale
18. Head to Knees
19. Inhale
20. Stand up palms together
21. Exhale
22. Samastitihi