

# SUN SALUTATION

## Sequence A



1. **Tadasana**  
Standing  
Mountain Pose



2. **Utthita Hastasana  
in Tadasana**  
Arms Extended  
in Mountain Pose



3. **Uttanasana**  
Standing  
Forward Bend



4. **Ardha Uttanasana**  
Half Forward Bend



5. **Chaturanga  
Dandasana**  
Half-Plank  
Position



6. **Urdhva Mukha  
Svanasana**  
Upward-Facing  
Dog



7. **Adho Mukha  
Svanasana**  
Downward-Facing  
Dog



8. **Ardha Uttanasana**  
Half Forward Bend



9. **Uttanasana**  
Standing  
Forward Bend



10. **Utthita Hastasana  
in Tadasana**  
Arms Extended  
in Mountain Pose



11. **Tadasana**  
Standing  
Mountain Pose

# Sun Exercises

**KJ Lindholm-Leary**



## **Sun Exercises:**

## The Enigmatic Realm of **Sun Exercises**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Sun Exercises** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect on the hearts and minds of those who partake in its reading experience.

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