

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

J. T. Giles



Sun Exercises:

Sun Exercises Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Sun Exercises**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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