

# 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

**Marco Cascella**



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