

Sun Salutations

Alan Bondy



1. **Easy Pose** • Sukhasana



2. **Marichi Pose D** •
Marichyasana D



3. **Cat Cow Pose** • Bitilasana
Marjaryasana



4. **Low Lunge Pose** •
Anjaneyasana



5. **Standing Forward Fold Pose** •
Uttanasana



6. **Upward Forward Fold Pose** •
Urdhva Uttanasana



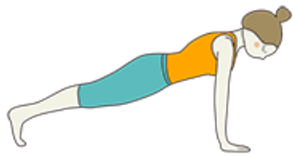
7. **Standing Forward Fold Pose** •
Uttanasana



8. **Low Lunge Pose** •
Anjaneyasana



9. **Downward Facing Dog Pose** •
Adho Mukha Svanasana



10. **Plank Pose** • Phalakasana



11. **Plank Pose Knees Bent** •
Phalakasana Knees Bent



12. **Cobra Pose** • Bhujangasana



13. **Downward Facing Dog Pose**
• Adho Mukha Svanasana

Walk Feet to Hands

14. **Walk Feet To Hands Section**



15. **Chair Pose** • Utkatasana



16. **Volcano Pose** • Urdhva
Hastasana



17. **Mountain Pose Namaste** •
Pranamasana



18. **Warrior Pose II** •
Virabhadrasana II



19. **Chair Pose** • Utkatasana



20. **Mountain Pose** • Tadasana



21. **Warrior Pose II** •
Virabhadrasana II



22. **Chair Pose** • Utkatasana



23. **Volcano Pose** • Urdhva
Hastasana



24. **Mountain Pose Namaste** •
Pranamasana



25. **Tree Pose** • Vrksasana



26. **Volcano Pose** • Urdhva
Hastasana



27. **Standing Forward Fold Pose**
• Uttanasana



28. **Upward Forward Fold Pose** •
Urdhva Uttanasana



29. **Standing Forward Fold Pose** •
Uttanasana



30. **Warrior Pose II** •
Virabhadrasana II



31. **Extended Side Angle Pose** •
Utthita Parsvakonasana



32. **Runners Lunge Pose** • Utthita
Ashwa Sanchalanasana



33. **Warrior Pose Iii Blocks** •
Virabhadrasana Iii Blocks



34. **Warrior Pose Iii Eagle Arms** •
Virabhadrasana Iii Hasta
Garudasana



35. **Volcano Pose** • Urdhva
Hastasana



36. **Standing Forward Fold Pose** •
Uttanasana



37. Upward Forward Fold Pose •
Urdhva Uttanasana



38. Standing Forward Fold Pose •
Uttanasana



39. Warrior Pose II •
Virabhadrasana II



40. Extended Side Angle Pose •
Utthita Parsvakonasana



41. Runners Lunge Pose • Utthita
Ashwa Sanchalanasana



42. Warrior Pose Iii Blocks •
Virabhadrasana Iii Blocks



43. Warrior Pose Iii Eagle Arms •
Virabhadrasana Iii Hasta
Garudasana



44. Chair Pose • Utkatasana



45. Standing Forward Fold Pose •
Uttanasana



46. **Upward Forward Fold Pose** •
Urdhva Uttanasana



47. **Standing Forward Fold Pose**
• Uttanasana



48. **Downward Facing Dog Pose**
• Adho Mukha Svanasana



49. **Wide Child Pose** • Prasarita
Balasana



50. **Headstand Pose** • Salamba
Sirsasana



51. **Wide Child Pose** • Prasarita
Balasana



52. **Locust Pose Legs On Floor** •
Salabhasana Legs On Floor



53. **Locust Pose Bound Hands** •
Salabhasana Baddha Hasta



54. **Locust Pose Variation One
Leg And Arm On Floor** •
Salabhasana Variatiaon One Leg
And Arm On Floor



55. **Wide Child Pose** • Prasarita
Balasana