

Sun Salutation A - Beginner Variation

Frantic Shanti

• Summer Solstice



1. Mountain Pose • Tadasana



2. Volcano Pose • Urdhva
Hastasana



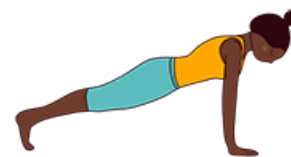
3. Standing Forward Fold Pose
Variation Knees Bent • Uttanasana
Variation Knees Bent



4. Upward Forward Fold Hands On
Shins • Ardha Uttanasana Hands On
Shins



5. Standing Forward Fold Pose
Variation Knees Bent • Uttanasana
Variation Knees Bent



6. Plank Pose • Phalakasana



7. Eight Limbed Pose •
Ashtangasana



8. Cobra Pose Hands Off Floor •
Bhujangasana Hands Off Floor



9. Table Top Pose • Bharmanasana



10. Downward Facing Dog Pose
Variation Knees Bent • Adho Mukha
Svanasana Variation Knees Bent



11. Standing Forward Fold Pose
Variation Knees Bent • Uttanasana
Variation Knees Bent



12. Upward Forward Fold Hands
On Shins • Ardha Uttanasana Hands
On Shins



13. Standing Forward Fold Pose
Variation Knees Bent • Uttanasana
Variation Knees Bent



14. Volcano Pose • Urdhva
Hastasana



15. Mountain Pose • Tadasana