

Sun Salutation A

Frantic Shanti

• Summer Solstice



1. Mountain Pose • Tadasana



2. Extended Mountain Pose With Backbend • Utthita Tadasana With Backbend



3. Standing Forward Fold Pose • Uttanasana



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



5. Standing Forward Fold Pose • Uttanasana



6. Plank Pose • Phalakasana



7. Four Limbed Staff Pose • Chaturanga Dandasana



8. Upward Facing Dog Pose • Urdhva Mukha Svanasana



9. Downward Facing Dog Pose • Adho Mukha Svanasana



10. Standing Forward Fold Pose •
Uttanasana



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



12. Standing Forward Fold Pose •
Uttanasana



13. Extended Mountain Pose With
Backbend • Utthita Tadasana With
Backbend



14. Mountain Pose • Tadasana