

Sun Salutation Series A – Overview

# in Flow	English Name	Sanskrit	Breath
1	Mountain Pose	Tadasana	Inhale
2	Forward Bend	Uttanasana	Exhale
3	Monkey	Urdhva Mukha Uttanasana	Inhale
	Jump Back		
4	Plank	Dandasana	Exhale
5	Four Limbed Staff Pose	Chaturanga Dandasana	
6	Cobra or Upward Dog	Bhujangasana or Urdva Mukha Svanasana	Inhale
7	Downward Dog	Adho Mukha Svanasana	Exhale
8	Jump Forward		Hold Exhale
9	Monkey	Urdhva Mukha Uttanasana	Inhale
10	Forward Bend	Uttanasana	Exhale
11	Mountain Pose	Tadasana	Inhale
12	Close the Pose Hands at Heart	Samasthiti	Exhale

Sun Salutation Series B – Overview

# in Flow	English Name	Sanskrit	Breath
1	Chair	Utkatasana	Inhale
2	Forward Bend	Uttanasana	Exhale
3	Monkey	Urdhva Mukha Uttanasana	Inhale
	Jump Back		
4	Plank	Dandasana	Exhale
5	Four Limbed Staff Pose	Chaturanga Dandasana	
6	Upward Dog	Urdva Mukha Svanasana	Inhale
7	Downward Dog	Adho Mukha Svanasana	Exhale
8	Warrior I	Virabhadrasana I	Inhale
9	Plank	Dandasana	Exhale
10	Four Limbed Staff Pose	Chaturanga Dandasana	
11	Upward Dog	Urdva Mukha Svanasana	Inhale
12	Downward Dog	Adho Mukha Svanasana	Exhale
13	Warrior I	Virabhadrasana I	Inhale
14	Plank	Dandasana	Exhale
15	Four Limbed Staff Pose	Chaturanga Dandasana	
16	Upward Dog	Urdva Mukha Svanasana	Inhale
17	Downward Dog	Adho Mukha Svanasana	Exhale
18	Jump Forward		Hold Exhale
19	Monkey	Urdhva Mukha Uttanasana	Inhale
20	Forward Bend	Uttanasana	Exhale
21	Chair	Utkatasana	Inhale
22	Close the Pose	Samasthiti	Exhale

Sun Salutation Series C – Overview

# in Flow	English Name	Sanskrit	Breath
1	Mountain Pose	Tadasana	
2	Standing Back Bend	Chandrasana	Inhale
3	Forward Bend	Uttanasana	Exhale
4	Lunge	Anjeyasana Right	Inhale
5	Downward Dog	Adho Mukha Svanasana	Exhale
6	Plank	Dandasana	Inhale
7	Eight Point Pose	Chatarunga knees down	Exhale
8	Cobra	Bhujangasana	Inhale
9	Downward Dog	Adho Mukha Svanasana	Exhale
10	Lunge	Anjeyasana Left	Inhale
11	Forward Bend	Uttanasana	Exhale
12	Standing Back Bend	Chandrasana	Inhale
13	Mountain Pose	Tadasana	Exhale

Sun Salutation Series C – Overview

# in Flow	English Name	Sanskrit	Breath
1	Mountain Pose	Tadasana	
2	Standing Back Bend	Chandrasana	Inhale
3	Forward Bend	Uttanasana	Exhale
4	Lunge	Anjeyasana Right	Inhale
5	Downward Dog	Adho Mukha Svanasana	Exhale
6	Dandasana	Plank or Stick Pose	Inhale
7	Astangasana	Eight Point Pose	Exhale
8	Bhujangasana	Cobra	Inhale
9	Downward Dog	Adho Mukha Svanasana	Exhale
10	Lunge	Anjeyasana Left	Inhale
11	Forward Bend	Uttanasana	Exhale
12	Standing Back Bend	Chandrasana	Inhale
13	Mountain Pose	Tadasana	Exhale