

Kneeling Sun Salute



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale

Sun Salute A



Inhale



Exhale



Inhale



Exhale



Keep exhaling



Inhale



Hold 3-5 breaths



Inhale



Exhale



Inhale



Exhale

Sun Salute S



Inhale



Exhale



Inhale and Hold 1 exhale



Inhale



Exhale



Inhale



Exhale



Inhale then exhale bend the knee a bit more



Inhale



Exhale as you fold forward and into downward dog



Finish your exhale



Inhale



Exhale



Inhale



Exhale



Inhale then exhale bend the knee a bit more



Inhale



Exhale as you fold forward and into downward dog



Finish your exhale



Inhale



Exhale



Inhale



Exhale

Sun Salute L



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale

Classic Sun Salute

