

Surya Namaskar A



1. Tadasana
Mountain Pose



2. Urdvha Hastasana
Upwards Hands Pose



3. Uttanasana
Forward Fold



4. Ardha Uttanasana
Half Forward Fold



5. Chaturanga Dandasana
Four Limb Staff Pose



6. Urdvha Mukha Svanasana
Upward Facing Dog



7. Adho Mukha Svanasana
Downward Facing Dog



8. Ardha Uttanasana
Half Forward Fold



9. Uttanasana
Forward Fold



10. Urdvha Hastasana
Upwards Hands Pose



11. Tadasana
Mountain Pose

Surya Namaskar B



1. Tadasana (Mountain Pose)
2. Utkatasana (Chair Pose)
3. Uttanasana (Forward Fold)
4. Ardha Uttanasana (Half Forward Fold)
5. Chaturanga Dandasana (Four Limb Staff Pose)
6. Urdvha Mukha Svanasana (Upward Facing Dog)
7. Adho Mukha Svanasana (Upward Facing Dog)
8. Virabhadrasana (Warrior 1, Right Foot)
9. Chaturanga Dandasana (Four Limb Staff Pose)
10. Urdvha Mukha Svanasana (Upward Facing Dog)
11. Adho Mukha Svanasana (Upward Facing Dog)
12. Virabhadrasana (Warrior 1, Left Foot)
13. Chaturanga Dandasana (Four Limb Staff Pose)
14. Urdvha Mukha Svanasana (Upward Facing Dog)
15. Adho Mukha Svanasana (Upward Facing Dog)
16. Ardha Uttanasana (Half Forward Fold)
17. Uttanasana (Forward Fold)
18. Utkatasana (Chair Pose)
19. Tadasana (Mountain Pose)