



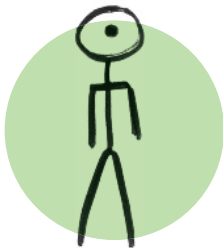
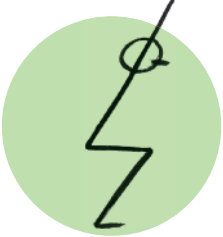
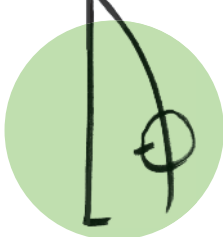
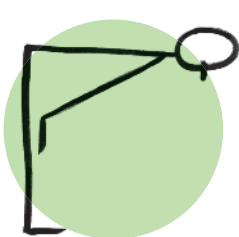




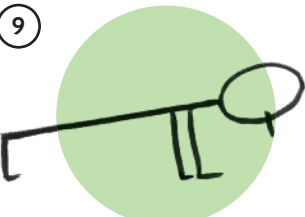
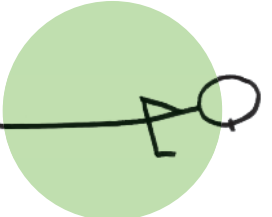

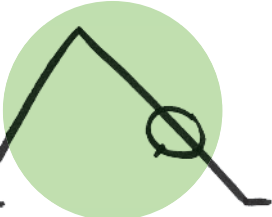





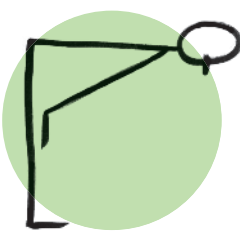

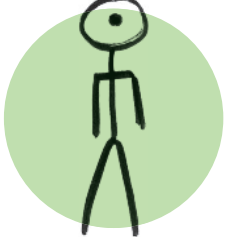
# Earth Salutation

(Prithvi Namaskar)

Y O G A

by Tracy Southard, RYT500, C-IAYT  
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Designed to honor mother earth, this grounding sequence can be repeated several times at the start of a yoga practice. Be sure to warm up feet and low back before beginning. Start this sequence at the front of your mat.

<p>1</p>  <p><b>Tadasana</b> (Mountain)</p>	<p>2</p>  <p><b>Utkatasana</b> (Chair)</p>	<p>3</p>  <p><b>Uttanasana</b> (Forward Fold)</p>	<p>4</p>  <p><b>Ardha Uttanasana</b></p>
<p>5</p>  <p>Right foot steps back into... <b>Lunge</b></p>	<p>6</p>  <p><b>Virabhadrasana I</b> (Warrior I)</p>	<p>7</p>  <p><b>Virabhadrasana II</b> (Warrior II)</p>	<p>8</p>  <p><b>Viparita Virabhadrasana</b> (Reverse Warrior or Sun Warrior)</p>
<p>9</p>  <p><b>Plank</b></p>	<p>10</p>  <p><b>Chaturanga Dandasana</b> or <b>Ashtangasana</b> (Grasshopper)</p>	<p>11</p>  <p><b>Bhujangasana</b> (Cobra)</p>	<p>12</p>  <p><b>Adho Mukha Svanasana</b> (Downward-Facing Dog)</p>
<p>13</p>  <p>right foot steps forward into... <b>Virabhadrasana I</b> (Warrior I)</p>	<p>14</p>  <p><b>Virabhadrasana II</b> (Warrior II)</p>	<p>8</p>  <p><b>Viparita Virabhadrasana</b> (Reverse Warrior or Sun Warrior)</p>	<p>16</p>  <p><b>Lunge</b></p>
<p>17</p>  <p><b>Uttanasana</b> (Forward Fold)</p>	<p>18</p>  <p><b>Ardha Uttanasana</b></p>	<p>19</p>  <p><b>Utkatasana</b> (Chair)</p>	<p>20</p>  <p><b>Tadasana</b> (Mountain)</p>