



Kneeling Sun Salutation

Y O G A

(Sidana Surya Namaskar)

by Tracy Southard, RYT500

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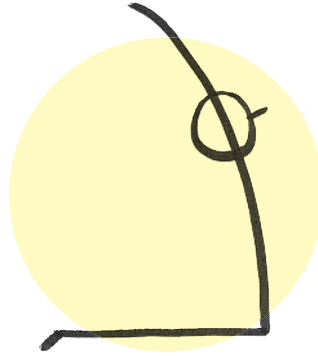
This kneeling variation is a nice way to build up to regular standing Sun Salutations. Make this a moving meditation and move through this sequence with your breath, dynamically—moving on an inhale, moving again on an exhale. You may wish to hold Downward-Facing Dog Pose for a few breaths—making it your resting pose.

1



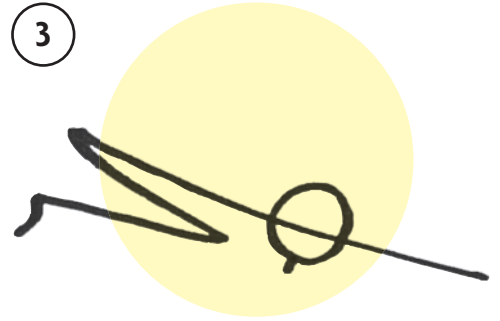
Vajrasana
(Thunderbolt Pose)
with hands in anjali mudra

2



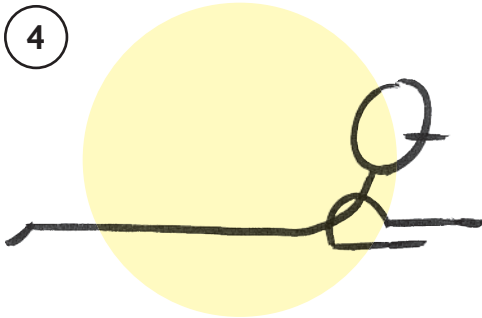
Ustrasana variation
(Camel Pose variation)
with slight backbend

3



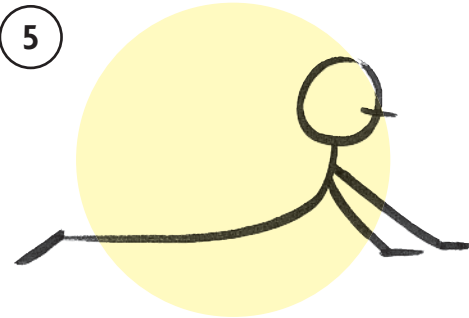
Balasana
(Child's Pose)

4



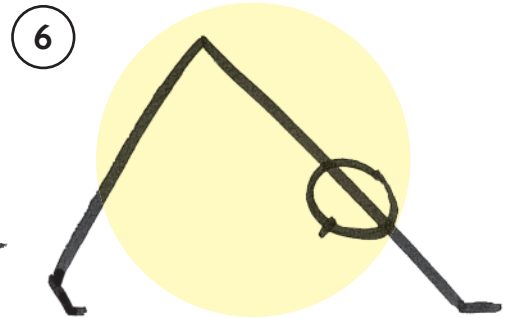
Sphinx Pose

5



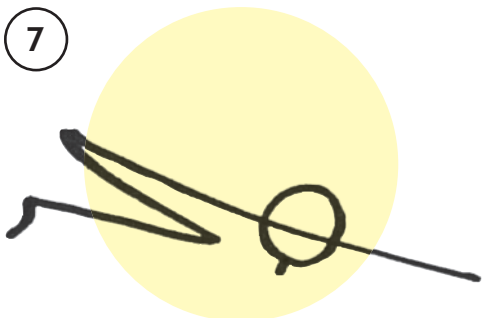
Bhujangasana
(Cobra Pose)

6



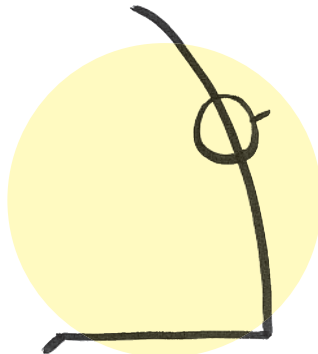
Adho Mukha Svanasana
(Downward-Facing Dog Pose)

7



Balasana
(Child's Pose)

8



Ustrasana variation
(Camel Pose variation)
with slight backbend

9



Vajrasana
(Thunderbolt Pose)
with hands in anjali mudra

A good guideline is to repeat this sequence in multiples of 3

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