

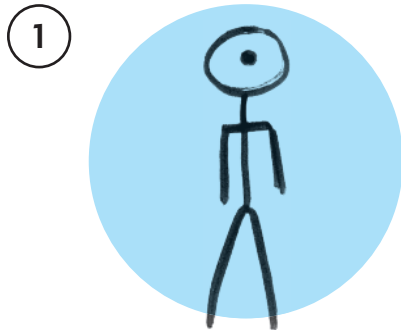


# Ocean Salutation

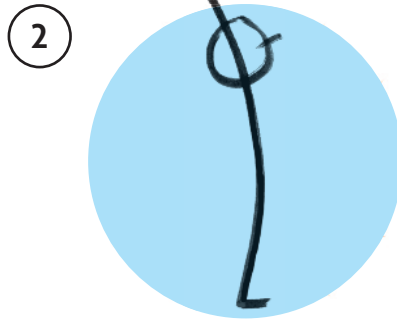
(Samudra Namaskar)

by Tracy Southard, RYT500  
[www.TracySouthard.com](http://www.TracySouthard.com)

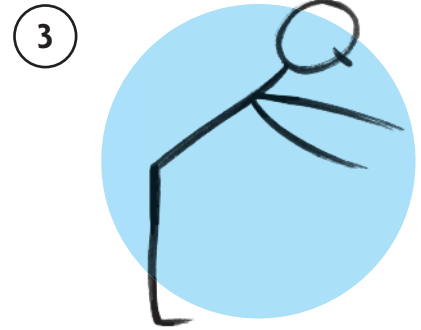
Devised to honor the ocean and sea, this salutation combines poses and rolling movements to emulate the waves of the ocean. It is beneficial for building strength and flexibility, connecting to the breath and helping to quiet the mind. A good guideline is to repeat this sequence in multiples of 3.



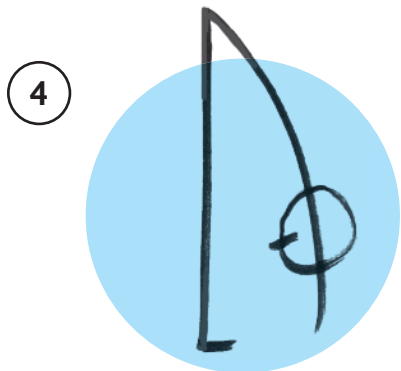
**Tadasana**  
(Mountain Pose)



**Urdhva Hastasana**  
(Upward Salute)  
with slight backbend



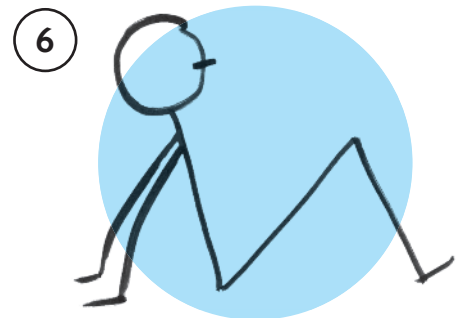
arms out by side,  
swan diving into ...



**Uttanasana**  
(Forward Fold)



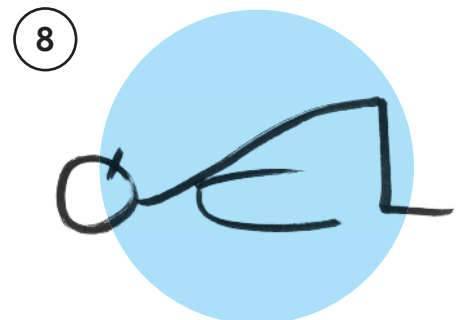
**Malasana**  
(Garland Pose or Yoga Squat)



bring hands behind you  
to lower down to floor



roll forward & back

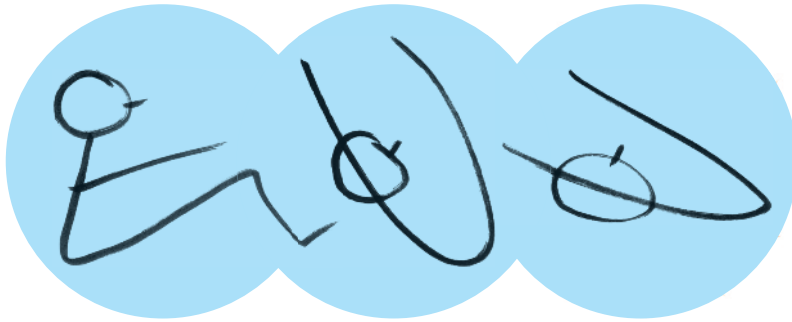


**Sethu Bandha Sarvangasana**  
(Bridge Pose)



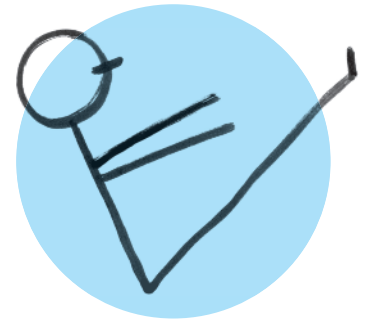


9



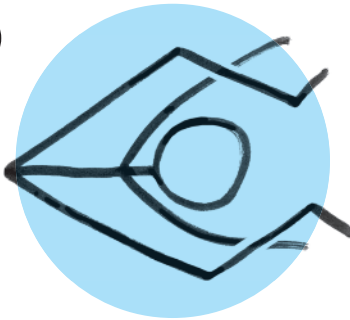
roll forward & back

10



Navasana  
(Boat Pose)

11



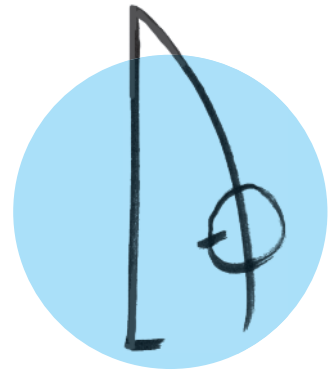
weave arms underneath legs  
to outside of feet for  
**Tortuga** (Turtle Pose)

12



Malasana  
(Garland Pose or Squat)

13



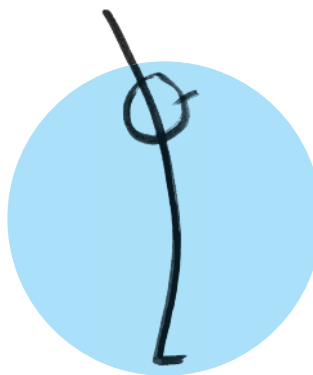
Uttanasana  
(Forward Fold)

14



arms out by side,  
reverse swan dive into ...

15



Urdhva Hastasana  
(Upward Salute)  
with slight backbend

16



Tadasana  
(Mountain Pose)