



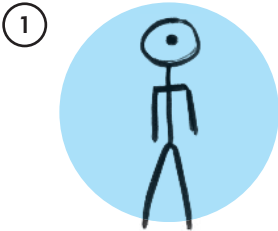
Ocean Salutation

(Samudra Namaskar)

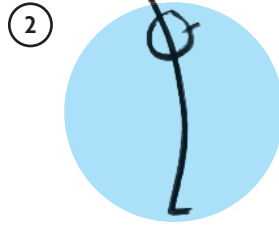
Y O G A

by Tracy Southard, RYT500, C-IAYT
TracySouthard.com

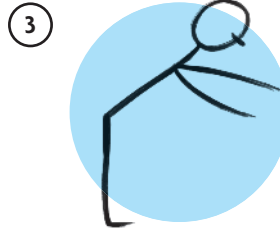
Devised to honor the ocean and sea, this salutation combines poses and rolling movements to emulate the waves of the ocean. It is beneficial for building strength and flexibility, connecting to the breath and helping to quiet the mind. A good guideline is to repeat this sequence in multiples of 3.



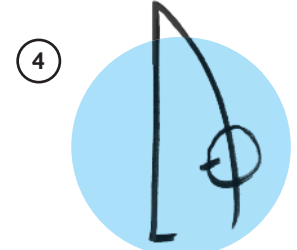
Tadasana
(Mountain)



Urdhva Hastasana
(Upward Salute) **bending back**



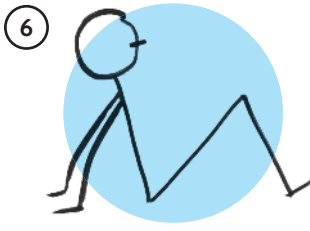
arms out by side,
swan dive into...



Uttanasana
(Forward Fold)



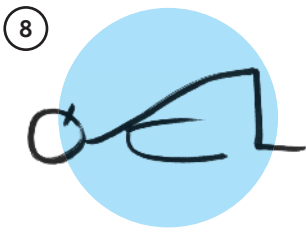
Malasana
(Monkey Squat)



bring hands behind you
to lower down to floor



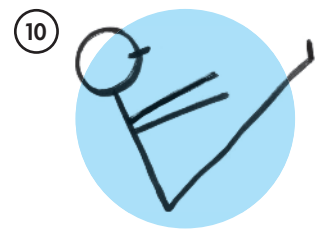
roll forward & back



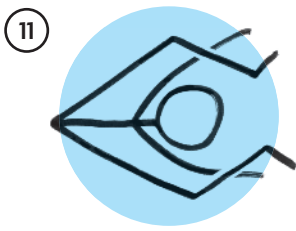
Sethu Bandha Sarvangasana
(Bridge)



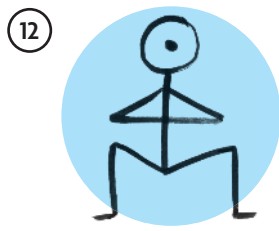
roll forward & back



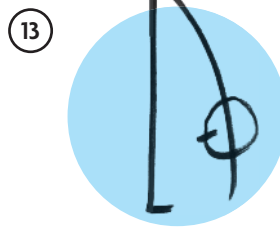
Navasana
(Boat)



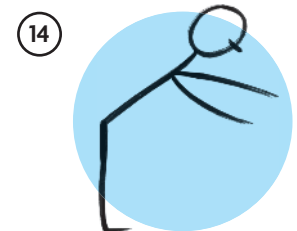
weave arms underneath legs
to outside of feet for...
Tortuga (Turtle)



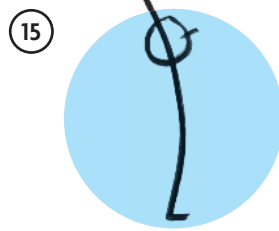
Malasana
(Monkey Squat)



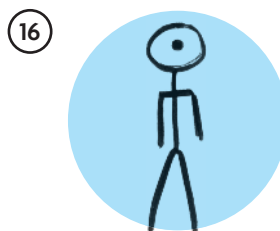
Uttanasana
(Forward Fold)



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



Urdhva Hastasana
(Upward Salute) **bending back**



Tadasana
(Mountain)