











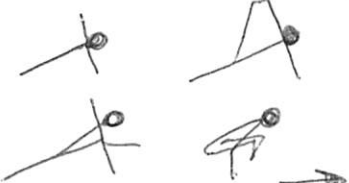

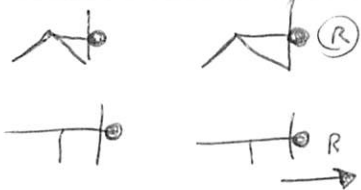





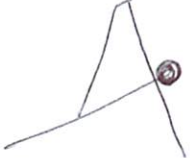

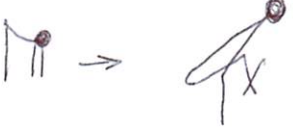

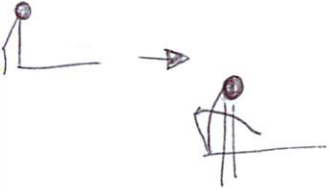
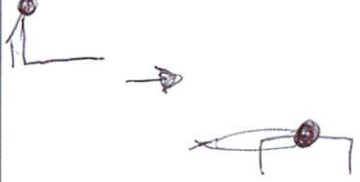
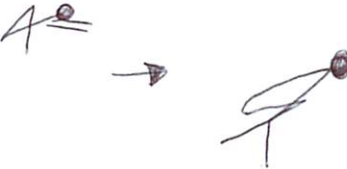














Surya Namaskar (jumping cycle) with Arm Variations. Alternating Standing Poses and Arm Balance				
 Tadasana	 Urdhva hastasana	 Paschima Namaskar	 Urdhva hastasana	 Gomukhasana arms
 Urdhva hastasana	 Garudasana arms	 Urdhva hastasana	 Uttanasana	 (jump to) Chaturanga dandasana
 Urdhva mukha svanasana	 Adho mukha svanasana	 Add Arm Balance (see Page 3 for full listing)	 Adho mukha svanasana	 Add Standing Pose (see Page 2 for full listing)
 Adho mukha svanasana	 Uttanasana	 Urdhva hastasana	 Tadasana	Repeat

Arm Balances

 <p>Vasisthasana</p>	 <p>Vasisthasana I</p>	 <p>Visvamisrasana</p>	 <p>Uttanasana to Bhujapidasana</p>	 <p>Uttanasana to Dwi hasta bhujasana & Titthibasana</p>
 <p>Dandasana to Eka hasta bhujasana</p>	 <p>Dandasana to Astavakrasana</p>	 <p>Malasana to Bakasana</p>	 <p>Malasana to Parsva bakasana</p>	 <p>Malasana to Eka pada koundinyasana I</p>

Standing Poses

 <p>Trikonasana</p>	 <p>Parivrtta trikonasana</p>	 <p>Ardha chandrasana</p>	 <p>Parivrtta ardha chandrasana</p>	 <p>Parsvakonasana</p>
 <p>Parivrtta parsvakonasana</p>	 <p>Virabhadrasana I</p>	 <p>Virabhadrasana 3</p>	 <p>Parsvottanasana</p>	 <p>Prasarita padottanasana</p>