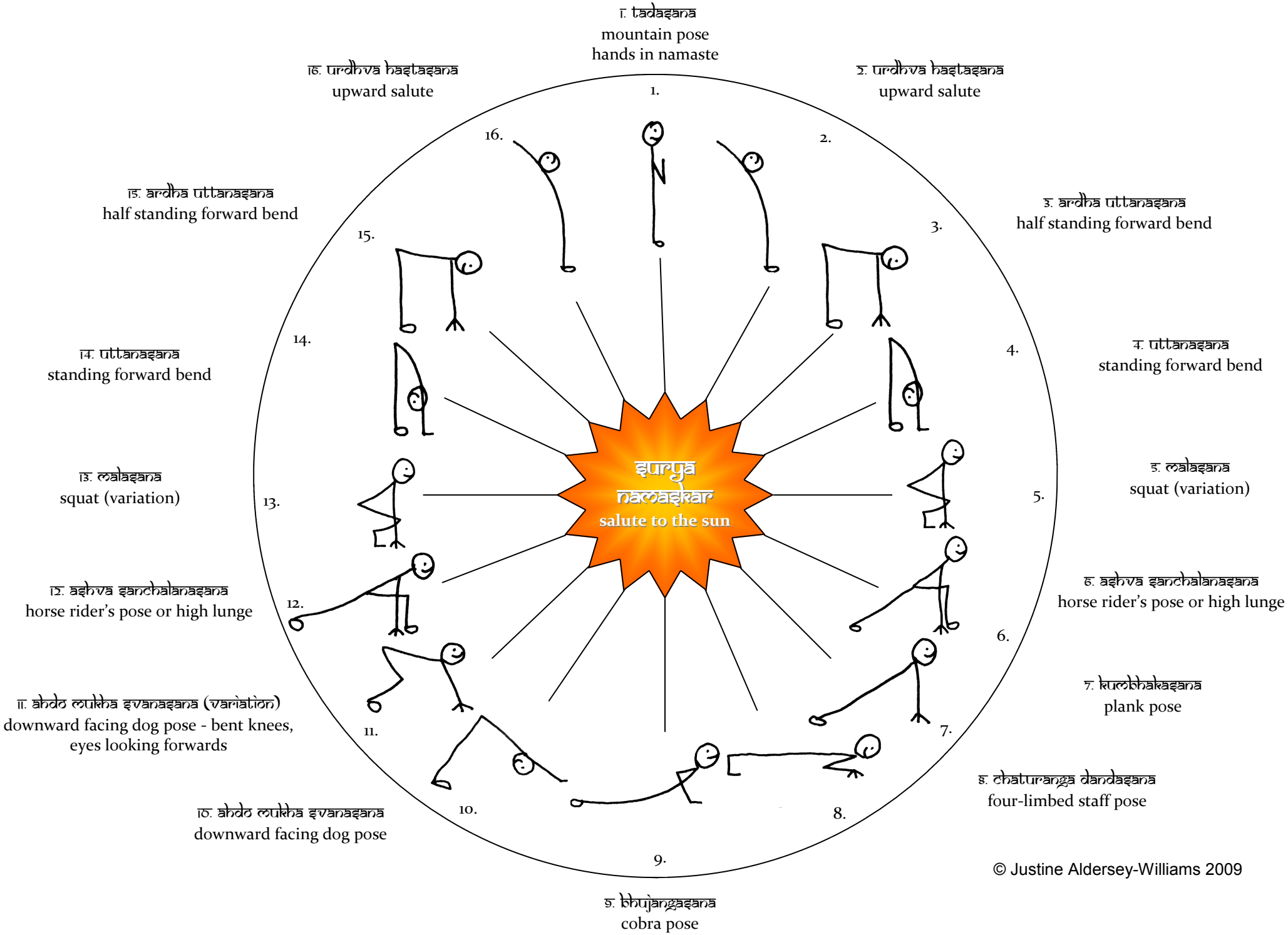
surya
namaskar
salute to the sun
1. tadasana
mountain pose
hands in namaste
2. urdhva hastasana
upward salute
3. ardha uttanasana
half standing forward bend
4. uttanasana
standing forward bend
5. malasana
squat (variation)
6. ashva sanchalanasana
horse rider's pose or high lunge
7. kumbhakasana
plank pose
8. chaturanga dandasana
four-limbed staff pose
9. bhujangasana
cobra pose
10. ahdo mukha svanasana
downward facing dog pose
11. ahdo mukha svanasana (variation)
downward facing dog pose - bent knees,
eyes looking forwards
12. ashva sanchalanasana
horse rider's pose or high lunge
13. malasana
squat (variation)
14. uttanasana
standing forward bend
15. ardha uttanasana
half standing forward bend
16. urdhva hastasana
upward salute
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