

## SURYA NAMASKAR - SALUTATIONS / PROSTRATIONS TO THE SUN - A moving prayer

Flow smoothly from one pose to the next, taking extra breaths if required, aiming to match each movement with the breath.  
 I complete round = stepping back with right and forward with right then back with left and forward with left.  
 Either do Tadasana with hands in prayer (12b) every time you come to standing or after completing each full round.  
 Less strenuous version 7a & 8a, stronger version 7b & 8b.

