

SUN SALUTATION

Sequence A



1. **Tadasana**
Standing
Mountain Pose



2. **Utthita Hastasana
in Tadasana**
Arms Extended
in Mountain Pose



3. **Uttanasana**
Standing
Forward Bend



4. **Ardha Uttanasana**
Half Forward Bend



5. **Chaturanga
Dandasana**
Half-Plank
Position



6. **Urdhva Mukha
Svanasana**
Upward-Facing
Dog



7. **Adho Mukha
Svanasana**
Downward-Facing
Dog



8. **Ardha Uttanasana**
Half Forward Bend



9. **Uttanasana**
Standing
Forward Bend



10. **Utthita Hastasana
in Tadasana**
Arms Extended
in Mountain Pose



11. **Tadasana**
Standing
Mountain Pose

Sun Exercises

Swami Vishnu Devananda



Sun Exercises:

Unveiling the Magic of Words: A Overview of "**Sun Exercises**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Sun Exercises**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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