

SUN SALUTATION

Sequence C



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. *Anjanayāsana*
Low Lunge Pose (Right Side)



6. Plank Pose
to transition



7. Knees-Chest-Chin
to transition



8. *Bhujangāsana*
Cobra Pose



9. *Adho Mukha Svānāsana*
Downward-Facing Dog



10. *Anjanayāsana*
Low Lunge Pose (Left Side)



11. Plank Pose
to transition



12. Knees-Chest-Chin
to transition



13. *Bhujangāsana*
Cobra Pose



14. *Adho Mukha Svānāsana*
Downward-Facing Dog



15. *Ardha Uttanasana*
Half Forward Bend



16. *Uttanasana*
Standing Forward Bend



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



18. *Tadasana*
Standing Mountain Pose

Yoga In A Nutshell

Clemens Wendtner



Yoga In A Nutshell:

Yoga In A Nutshell Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Yoga In A Nutshell**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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