

SUN salutation

YOGA WORKOUT

by **SPYROS KAPNIAS GARUDANANDA**
for DAREBEE @ darebee.com

LEVEL I 5 sets

LEVEL II 10 sets

LEVEL III 15 sets

no rest
between sets

* optional, skip and inhale



1. Mountain Pose
Tadasana
inhale, exhale



2. Upward Salute
Urdhva
Hastasana
inhale



3. Standing Forward Bend
Uttanasana
exhale



4. Handstand*
with bending legs
Adho Mukha
Vrksasana Variation
inhale



5. Plank Pose
Ardha Chaturanga
Dandasana
exhale



6. Four Limbed Staff Pose
Chaturanga
Dandasana
exhale



7. Upward-Facing Dog Pose
Urdhva Mukha
Svanasana
inhale



8. Four Limbed Staff Pose
Chaturanga
Dandasana
exhale



9. Plank Pose
Ardha Chaturanga
Dandasana
exhale



10. Downward-Facing Dog
Adho Mukha Svanasana
inhale, exhale,
inhale, exhale



11. Handstand*
with bending legs
Adho Mukha
Vrksasana Variation
inhale



12. Standing Forward Bend
Uttanasana
exhale



13. Upward Salute
Urdhva
Hastasana
inhale



14. Mountain Pose
Tadasana
exhale