

















Sun Salutations

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 1. Mountain	 2. Extended Mountain	 3. Standing Forward Fold Pose	 4. Half forward fold	 5. Plank Pose	 6. Four Limbed Staff Pose	 7. Upward Facing Dog Pose	 8. Downward Facing Dog Pose	 9. Half forward fold
 10. Standing Forward Fold Pose	 11. Volcano Pose	 12. Mountain	 13. Section Line	 14. Mountain	 15. Extended Mountain Pose With Backbend	 16. Standing Forward Fold Pose	 17. Low Lunge w/ R Leg Back	 18. Plank Pose
 19. Eight Limbed Pose	 20. Cobra Pose	 21. Downward Facing Dog Pose	 22. Low Lunge w/ R Leg Forward	 23. Standing Forward Fold Pose	 24. Extended Mountain Pose With Backbend	 25. Section Line	 26. Mountain	 27. Volcano Pose
 28. Forward fold with block under each hand	 29. Low lunge w R leg back	 30. Plank Pose Hands Blocks	 31. Cat cow but use blocks under hands	 32. Table but use blocks under hands	 33. Or alternative baby cobra	 34. This is optional. Can be with blocks under hands/arms	 35. Downward Facing Dog Pose Blocks	 36. This is transitional, not a held pose
 37. Low lunge w R leg forward	 38. Forward fold w blocks	 39. Volcano Pose	 40. Mountain Pose Namaste					