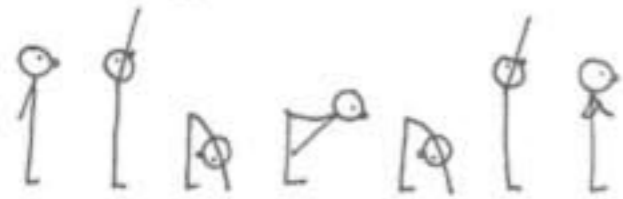


SUN SALUTATION VARIATIONS

* Half Surya Namaskara



Some variations:
(substitute as needed / desired)



* Surya Namaskara A



gentle variation with a chair:



full, more challenging version:

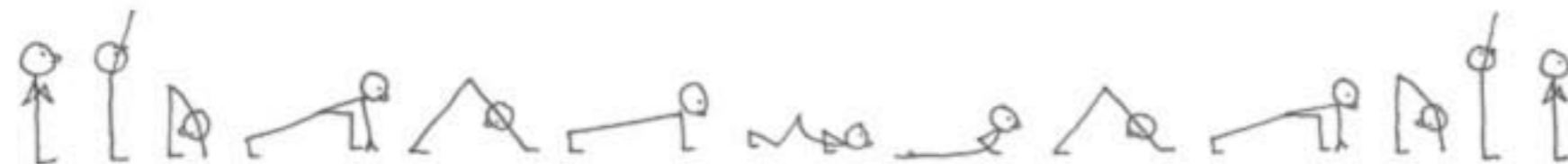


* Surya Namaskara B



repeat sequence between asterisks w/other leg

* Surya Namaskara C



1st Round: Step right leg back to lunge & right leg forward into lunge.
2nd Round: Step with left leg...