

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



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