

SUN SALUTATIONS

Sun Salutations (or *Surya Namaskar*) are a short series of postures most commonly seen in Vinyasa classes.

Sun Salutations are used to build heat in the body, warming the body from the inside in preparation for the ensuing postures. The most commonly seen Sun Salutations are Sun Salutation A & B. In a typical Vinyasa class, a chunk of a traditional sun salute is isolated, called a vinyasa, to transition between postures. The part that instructors are talking about when they say, “move through your vinyasa,” is the Chaturanga → Up Dog → Down Dog. As you can see in the diagram that follows, full Sun Salutations contain a few more steps. Turn the page for the full breakdown.

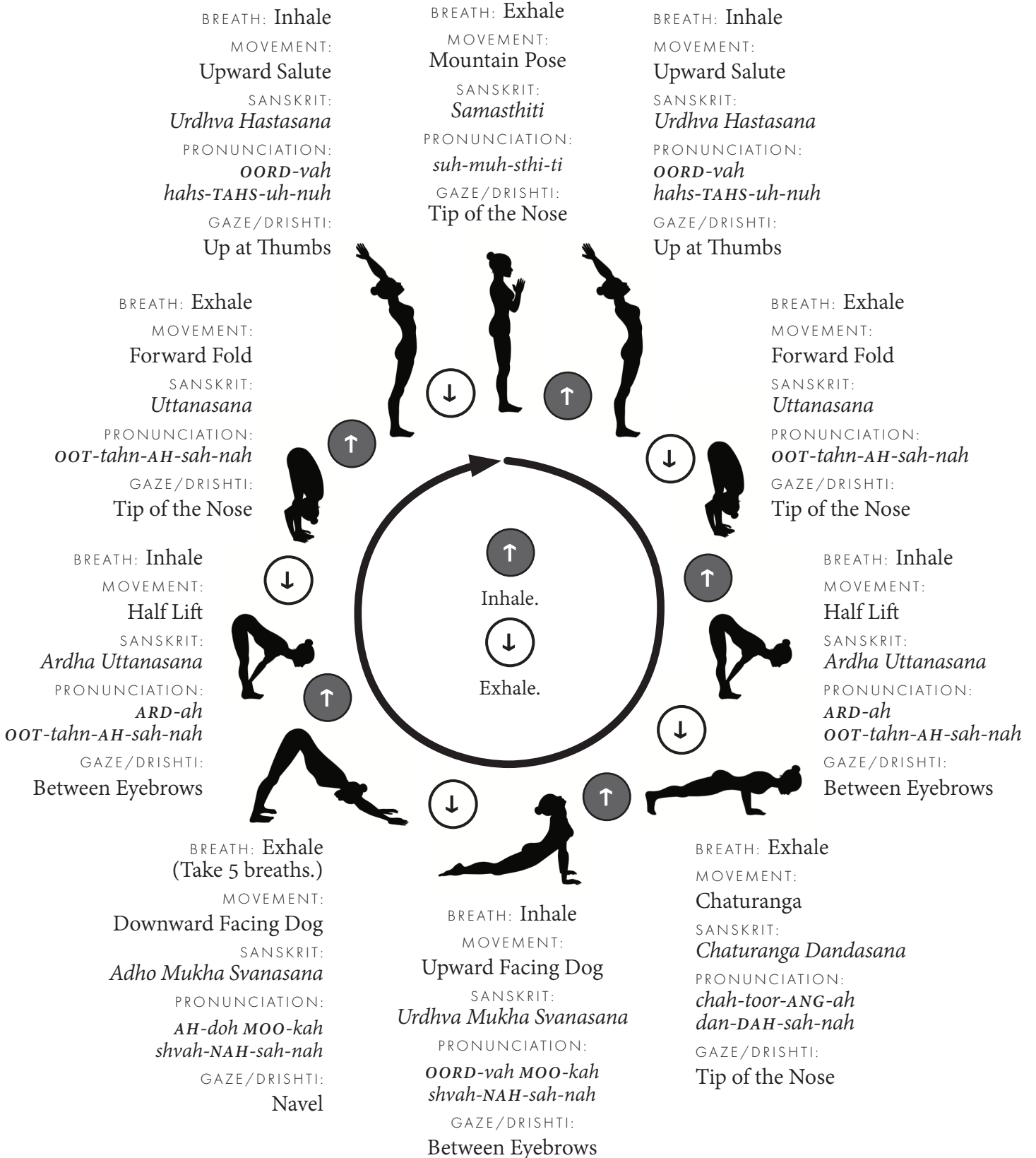
QUICK SANSKRIT LESSON

Vi- in a special way
Nyasa- to place

Vinyasa can be interpreted as connecting breath and movement.

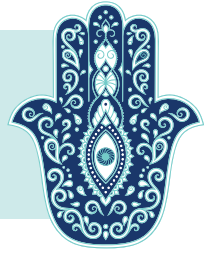


SUN SALUTATION A



ACTIVITY

Brainstorm ways to modify Sun Salutation A.



Upward Salute (*Urdhva Hastasana*)

Forward Fold (*Uttanasana*)

Half Lift (*Ardha Uttanasana*)

Chaturanga (*Chaturanga Dandasana*)

Upward Facing Dog (*Urdhva Mukha Svanasana*)

Downward Facing Dog (*Adho Mukha Svanasana*)

Mountain Pose (*Samasthiti*)

ACTIVITY

Memorize cueing Sun Salutation A. Practice teaching it to a friend or family member.

