# 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

#### QUICK SANSKRIT LESSON

Vi- in a special way Nyasa- to place

Vinyasa can be interpreted as connecting breath and movement.

can see in the diagram that follows, full Sun Salutations contain a few more steps. Turn the page for the full breakdown.



#### SUN SALUTATION A

BREATH: Exhale BREATH: Inhale BREATH: Inhale MOVEMENT. MOVEMENT: MOVEMENT: Mountain Pose **Upward Salute Upward Salute** SANSKRIT: SANSKRIT: SANSKRIT: Samasthiti Urdhya Hastasana Urdhya Hastasana PRONUNCIATION: PRONUNCIATION: PRONUNCIATION: suh-muh-sthi-ti oord-vah oord-vah GAZE/DRISHTI: hahs-TAHS-uh-nuh hahs-TAHS-uh-nuh Tip of the Nose GAZE/DRISHTI: GAZE/DRISHTI: Up at Thumbs Up at Thumbs BREATH: Exhale BREATH: Exhale MOVEMENT. MOVEMENT. Forward Fold Forward Fold (T) SANSKRIT. SANSKRIT Uttanasana Uttanasana PRONUNCIATION: PRONUNCIATION: OOT-tahn-AH-sah-nah OOT-tahn-AH-sah-nah GAZE/DRISHTI: GAZE/DRISHTI: Tip of the Nose Tip of the Nose BREATH: Inhale BREATH: Inhale MOVEMENT: MOVEMENT: Inhale. Half Lift Half Lift SANSKRIT: SANSKRIT: Ardha Uttanasana Ardha Uttanasana PRONUNCIATION: PRONUNCIATION: Exhale. ARD-ah ARD-ah OOT-tahn-AH-sah-nah OOT-tahn-AH-sah-nah GAZE/DRISHTI: GAZE/DRISHTI: Between Eyebrows Between Eyebrows BREATH: Exhale BREATH: Exhale (Take 5 breaths.) MOVEMENT: MOVEMENT: Chaturanga BREATH: Inhale Downward Facing Dog SANSKRIT: MOVEMENT: Chaturanga Dandasana SANSKRIT: Upward Facing Dog Adho Mukha Svanasana PRONUNCIATION: SANSKRIT: PRONUNCIATION: chah-toor-ANG-ah Urdhva Mukha Svanasana dan-DAH-sah-nah AH-doh MOO-kah PRONUNCIATION: shvah-NAH-sah-nah GAZE/DRISHTI: OORD-vah MOO-kah GAZE/DRISHTI: Tip of the Nose shvah-NAH-sah-nah Navel GAZE/DRISHTI:

Between Eyebrows

#### **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.

