

# Sun Power Series 1

The classical Sun Power Series 1 as practiced in Sun Power Yoga.



<p><b>Inhale.</b> <b>Exhale:</b> Isis</p>	<p><b>Inhale:</b> Extended mountain pose</p>	<p><b>Exhale:</b> Forward fold</p>	<p><b>Inhale:</b> Right leg back into lunge</p>	<p><b>Exhale:</b> Work into hips</p>	<p><b>Inhale:</b> Raise the arms</p>
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<p><b>Exhale:</b> Twist to the left</p>	<p><b>Inhale:</b> Raise the arms back to the centre</p>	<p><b>Exhale:</b> Hands to floor <b>Inhale:</b> Plank</p>	<p><b>Exhale:</b> Caturaṅga</p>	<p><b>Inhale:</b> Upward facing dog</p>	<p><b>Exhale:</b> Downward facing dog</p>
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# Sun Power Series 1



**Inhale:** Raise right leg. **Exhale.**



**Inhale:** Right leg forward lunge



**Exhale:** Work into hips



**Inhale:** Crescent moon



**Exhale:** Hands to floor  
**Inhale:** Gazing pose



**Exhale:** Forward fold



**Inhale:** Extended mountain pose



**Exhale:** Namaste