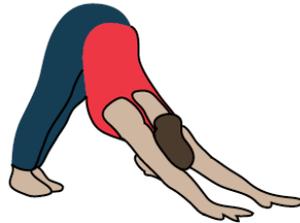


# Sūrya Namaskār

The classical Sun Salutation as practiced in Sun Power Yoga and Śivānanda Yoga.



<p><b>Inhale.</b> <b>Exhale:</b> Namaste</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>Retain breath:</b> Plank</p>	<p><b>Exhale:</b> 8 point pose</p>
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<p><b>Inhale:</b> Cobra</p>	<p><b>Exhale:</b> Downward facing dog</p>	<p><b>Inhale:</b> Right leg forward into lunge</p>	<p><b>Exhale:</b> Forward fold</p>	<p><b>Inhale:</b> Extended mountain pose</p>	<p><b>Exhale:</b> Namaste</p>
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