13. Inhale Extended Mountain

12. Exhale Step second foot up to forward fold



Mountain Beginning and Ending



1. Inhale Extended Mountain



2. Exhale Forward Fold



3. Inhale Half-way Lift



11. Inhale Step one foot forward to runner's lunge



Surya Namaskar A (Sun Salutation A with modifications)

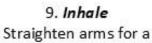


4. Exhale Forward Fold

down dog

10. Exhale

Raise hips to



backbend. Knees can be up (upward-facing dog) or down (cobra).



8. Exhale

Tilt torso forward and down to chaturanga. Knees can be up or down.



7. Inhale

Lengthen spine to plank. Knees can be up or down.



5. Inhale

Step one foot back to runner's lunge



6. Exhale

Step second leg back and raise hips to down dog