

**Mountain**  
Beginning  
and Ending



**1. Inhale**  
Extended Mountain



**2. Exhale**  
Forward Fold



**3. Inhale**  
Half-way Lift



**4. Exhale**  
Forward Fold



**5. Inhale**  
Step one foot  
back to  
runner's lunge



**6. Exhale**  
Step second leg back and  
raise hips to down dog



**7. Inhale**  
Lengthen spine to  
plank. Knees can be  
up or down.



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



**9. Inhale**  
Straighten arms for a  
backbend. Knees can be  
up (upward-facing dog)  
or down (cobra).



**10. Exhale**  
Raise hips to  
down dog



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



**12. Exhale**  
Step second foot  
up to forward fold



**13. Inhale**  
Extended Mountain



# *Surya Namaskar A*

*(Sun Salutation A with modifications)*