

**Mountain**  
Beginning and  
Ending



**1. Inhale**  
Chair



**2. Exhale**  
Forward Fold



**3. Inhale**  
Half-way Lift



**4. Exhale**  
Step back and raise hips to  
down dog



**5. Inhale**  
Lengthen spine to plank.  
Knees up or down.



**6. Exhale**  
Tilt torso forward and down to  
chaturanga. Knees up or down.



**7. Inhale**  
Straighten arms for a  
backbend.



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



**9. Inhale**  
Step one leg forward to  
Warrior I.



**17. Inhale**  
Chair



**16. Exhale**  
Bring both feet up to  
forward fold



**15 Inhale**  
Step other leg forward to  
Warrior I.



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



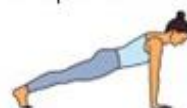
**13. Inhale**  
Straighten arms for a  
backbend.



**12. Exhale**  
Tilt torso forward and  
down to chaturanga.



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



**10. Exhale**  
Step back and raise hips  
to down dog



# Surya Namaskar B

(Sun Salutation B with  
modifications)

Vinyasa flow

Vinyasa flow