



## Sūrya Namaskāraḥ A – Repeat 5 times

<b>BREATH</b>	EX	IN	EX	IN	EX	IN (X) EX	IN	EX	IN	EX	
<b>GAZE</b>	NOSE	THUMB	NOSE	3rd EYE	NOSE	3rd EYE	NAVEL	3rd EYE	NOSE	THUMB	NOSE

## Sūrya Namaskāraḥ B – Repeat 5 times

<b>BREATH</b>	EX	IN	EX	IN	EX	IN	EX	IN	EX	IN	EX		
<b>GAZE</b>	NOSE	THUMB	NOSE	3rd EYE	NOSE	3rd EYE	NAVEL						
<b>BREATH</b>	IN	EX	IN	EX	IN	EX	IN	EX	IN				
<b>GAZE</b>	THUMB	NOSE	3rd EYE	NAVEL	THUMB								
<b>BREATH</b>	EX	IN	EX	IN (X) EX	IN	EX	IN	EX	IN	EX			
<b>GAZE</b>	NOSE	3rd EYE	NAVEL	3rd EYE	NOSE	THUMB	NOSE	THUMB	NOSE				





Pāsāsana

SIDE



Krauncāsana

FOOT



Śalabhāsana A

NOSE



Śalabhāsana B

NOSE



Bhekāsana

NOSE



Dhanurāsana

NOSE

GAZE



Pārśva Dhanurāsana

UP



Dhanurāsana

NOSE



Uṣṭrāsana

NOSE



Laghu Vajrāsana

3rd EYE



Kapotāsana A

NOSE



Kapotāsana B

NOSE

GAZE



Supta Vajrāsana

NOSE



Bakāsana A

NOSE



Bharadvājāsana

SIDE



Ardha Matsyendrāsana

SIDE



Ekapāda Śirṣāsana

NOSE



FOOT



Dvi Pāda Śirṣāsana

NOSE

GAZE



Yoga-Nidrāsana

3rd EYE



Ṭiṭṭibhāsana A, B, C

NOSE



Piñca Mayūrāsana

NOSE



Karandāvāsana

NOSE

GAZE



Mayūrāsana

NOSE



Nakrāsana

NOSE



Vātāyanāsana

UP



Parighāsana

UP



Gomukhāsana A

NOSE



Gomukhāsana B

UP

Supta Ūrdhva  
Pāda Vajrāsana

NOSE



SIDE

GAZE

Mukta Hasta  
Śirṣāsana A

NOSE

Mukta Hasta  
Śirṣāsana B

NOSE

Mukta Hasta  
Śirṣāsana C

NOSE

Baddha Hasta  
Śirṣāsana A

NOSE

Baddha Hasta  
Śirṣāsana B

NOSE

Baddha Hasta  
Śirṣāsana C

NOSE

Baddha Hasta  
Śirṣāsana D

NOSE

GAZE



Ūrdhva Dhanurāsana

3rd EYE



Paścimatānāsana A

FOOT

GAZE



Vaṣiṣṭāsana

????



Viśvāmitrāsana

HAND



Kaśyapāsana

????



Cakorāsana

FOOT



Bhairavāsana

HAND



Skandāsana

NOSE

GAZE



Durvāsana

NOSE



Ūrdhva Kukkuṭāsana A, B, C

NOSE



Galavāsana

NOSE



Ekapāda Bakāsana A

NOSE



Ekapāda Bakāsana B

NOSE

GAZE



Kauṇḍīnyāsana A

NOSE



Kauṇḍīnyāsana B

NOSE



Aṣṭāvkrāsana A, B

NOSE



Pūrṇa Matsyendrāsana

SIDE



Virāncyāsana A

NOSE



Virāncyāsana B

SIDE

GAZE

Dvipāda Viparita  
Daṇḍāsana

3rd EYE

Ekapāda Viparita  
Daṇḍāsana

3rd EYE



Viparita Śalabhāsana

NOSE



Gaṇḍa Bheruṇḍāsana

NOSE



Supta Trivikramāsana

NOSE

GAZE



Hanumānāsana

NOSE



Digāsana A

THUMBS



Digāsana B

NOSE



Utthita Trivikramāsana

NOSE



Naṭa Rājāsana A

NOSE

GAZE



Rāja Kapotāsana

NOSE

Ekapāda Rāja  
Kapotāsana

NOSE



Ūrdhva Dhanurāsana

3rd EYE

GAZE