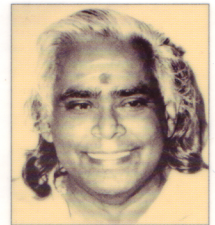




Swami Sivananda
(1887 – 1963)

YOGA ASANA CHART



Swami Vishnudevananda
(1927 – 1993)

“Health is wealth, peace of mind is happiness, Yoga shows the way.”
Swami Vishnudevananda

SUN SALUTATION
Surya Namaskar
Repeat 12 times.

1 Exhale, palms together.

2 Inhale, stretch up and back keeping the arms and legs straight.

3 Exhale, bend forward and place the hands by the side of the feet, head touching the knees.

4 Inhale, stretch the right leg back, place the knee on the floor, keep the chin up.

5 Retain the breath, keep the body in a straight line, hips parallel to the floor.

6 Exhale, drop the knees chest and forehead to the floor.

7 Inhale, lift the head and chest, keep the hips on the floor, the feet together and the arms slightly bent.

8 Inhale, stretch the right leg forward and place the foot in line with the hands, keep the left knee on the ground and the chin up.

9 Inhale, stretch the right leg forward and place the foot in line with the hands, keep the left knee on the ground and the chin up.

10 Exhale, bring the left foot forward so both feet are together, keep the head touching the knees.

11 Inhale, stretch up and back keeping the arms and legs straight.

12 Exhale and place the arms by the side. For the next round, in position 4 stretch the left leg back first. (Alternate the legs for each round).



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