

SUN salutation

WORKOUT
by **SPYROS KAPNIAS**
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1. Mountain Pose
Tadasana
inhale, exhale



2. Upward Salute
Urdhva Hastasana
inhale



3. Standing Forward Bend
Uttanasana
exhale



4. Handstand*
with bending legs
Adho Mukha Vrksasana Variation
inhale



5. Plank Pose
Ardha Chaturanga Dandasana
exhale



6. Four Limbed Staff Pose
Chaturanga Dandasana
exhale



7. Upward-Facing Dog Pose
Urdhva Mukha Svanasana
inhale



8. Four Limbed Staff Pose
Chaturanga Dandasana
exhale



9. Plank Pose
Ardha Chaturanga Dandasana
exhale



10. Downward-Facing Dog
Adho Mukha Svanasana
inhale, exhale, inhale, exhale



11. Handstand*
with bending legs
Adho Mukha Vrksasana Variation
inhale



12. Standing Forward Bend
Uttanasana
exhale



13. Upward Salute
Urdhva Hastasana
inhale



14. Mountain Pose
Tadasana
exhale