

LEVEL 1



PEAK: SURYA NAMASKAR A

Savanasana (breath awareness)

Seated on blankets

-Shoulder Openers

-Hips

Bidalasana

Adho Mukha Svanasana

Balāsana

Adho Mukha Svanasana

Uttanasana

½ Sun Salutes

SNC Variation:

-High Lunge with blocks

Ardha Caturuanga (plank)

Sphinx

Adho Mukha Svanasana

Bujangāsana (Dynamic)

Parsvatonāsana Prep

-hands on blocks

Vrksāsana

Parsvotanasna with strap

Utkatasana Vinyasa (3x)

Adho Mukha Svanasana

Crescent Knee on floor

Crescent Straight Leg

Surya Namaskar A:

-emphasis on component

parts of SNA, plank, cobra,

modifications and variations

Balāsana

Janu Sirsasana

Mariachyasana C

Pascimottanasana

Light Abdominals

Setu Bhandā Dandasana

Thread the Needle

Simple Twist

Savasana

Notes:

This sequence provides an opportunity for beginners to explore the fundamentals of Surya Namaskar A. Take the time to patiently instruct the details of the key asanas of SNA—Tadasana, Utthita Hastasana, Uttanasana, Ardha Uttanasana, Caturuanga Dandasana, Urdvha Mukha Svanasana (for beginners modify with Bujangāsana), Adho Mukha Svanasana, Uttanasana, Ardha Uttanasana, ...use props, show modifications.