

→ Inhale

Exhale →



Breathing is important in Chandra Namaskar. The arrow shows where you should inhale or exhale. Breathe normally if you are staying in the posture, otherwise move with the breath. Chandra namaskar has 28 steps. We have shown only half round and the steps from 15-28 are the same except the lunge (posture 4,5,10 & 11) is from the other leg. A shortened version would be to do lunge with alternate legs