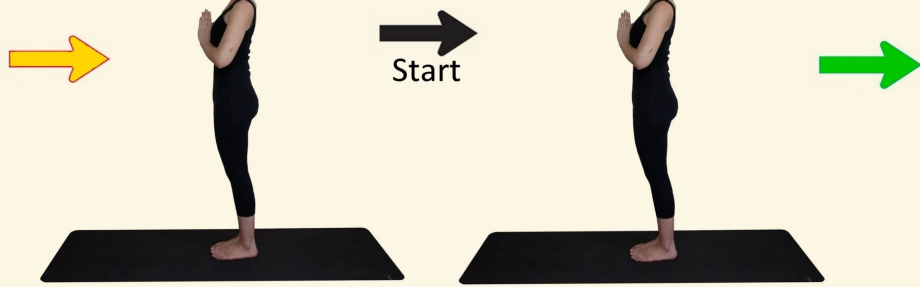


Inhale →

→ Exhale



<http://pranayoga.co.in>

Breathing is important in Suryanamaskar. The arrow shows where you should inhale or exhale. Breathe normally if you are staying in the posture, otherwise move with the breath. It has 24 steps, we have shown 12, steps 13-24 are the same except the lunge (posture 4 & 9) is from the other leg. A shortened version would be to do the lunge with alternate legs