



Breathing is important in Surya Namaskar. The arrow shows where you should inhale or exhale. Breathe normally if you are remaining in the posture, otherwise move with the breath. Surya namaskar has 24 steps, we have shown only 12 steps, and the steps 13-24 are similar except the lunge is from the other leg. A shortened version would be to do the lunge with alternate legs.