

Surya Namaskar- Stepping				
 Tadasana	 Urdhva hastasana	 Uttanasana	 Lunge	 Adho mukha svanasana
 Straight arm chaturunga	 Adho mukha virsasana	 Urdhva mukha svanasana	 Adho mukha svanasana	 Lunge
 Uttanasana	 Urdhva hastasana	 Tadasana		