

HOUSE OF ANANDA

SŪRYA NAMASKĀRA A

Sun Salutation A • 9 vinyasas

Begin in Samasthiti (equal standing). Exhale before starting.

1

Ekam



**Ūrdhva
Namaskāra**

Arms raised

INHALE

Gaze: thumbs

2

Dve



Uttānāsana

Standing
forward fold

EXHALE

Gaze: nose

3

Triṇi



**Ardha
Uttānāsana**

Halfway lift

INHALE

Gaze: third eye

4

Catvāri



**Caturaṅga
Daṇḍāsana**

Four-limbed staff pose

EXHALE

Gaze: nose

5

Pañca



**Ūrdhva Mukha
Śvānāsana**

Upward-facing dog

INHALE

Gaze: third eye

6

Ṣaṭ



**Adho Mukha
Śvānāsana**

Downward-facing dog

EXHALE • STAY 5 BREATHS

Gaze: navel

7

Sapta



**Ardha
Uttānāsana**

Halfway lift

INHALE

Gaze: third eye

8

Aṣṭau



Uttānāsana

Standing
forward fold

EXHALE

Gaze: nose

9

Nava



**Ūrdhva
Namaskāra**

Arms raised

INHALE

Gaze: thumbs

After vinyasa 9: exhale and lower your arms to Samasthiti.
At vinyasa 6, stay for 5 full inhale-exhale cycles. Keep breathing.

Drishti = gaze. Gaze cues follow your teacher's sequence.