



HOUSE OF ANANDA

SŪRYA NAMASKĀRA B



Sun Salutation B • 17 vinyasas

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

1 Ekam

Utkāṭāsana

Chair pose

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

Gaze: navel



7 Sapta

Vīrabhadrāsana I

Warrior I • RIGHT foot forward

INHALE

Gaze: thumbs



8 Aṣṭau

Caturaṅga Daṇḍāsana

Four-limbed staff pose

EXHALE

Gaze: nose



9 Nava

Ūrdhva Mukha Śvānāsana

Upward-facing dog

INHALE

Gaze: third eye



10 Daśa

Adho Mukha Śvānāsana

Downward-facing dog

EXHALE

Gaze: navel



11 Ekādaśa

Vīrabhadrāsana I

Warrior I • LEFT foot forward

INHALE

Gaze: thumbs



12 Dvādaśa

Caturaṅga Daṇḍāsana

Four-limbed staff pose

EXHALE

Gaze: nose



13 Trayodaśa

Ūrdhva Mukha Śvānāsana

Upward-facing dog

INHALE

Gaze: third eye



14 Caturdaśa

Adho Mukha Śvānāsana

Downward-facing dog

EXHALE • STAY 5 BREATHS

Gaze: navel



15 Pañcadaśa

Ardha Uttānāsana

Halfway lift

INHALE

Gaze: third eye



16 Ṣoḍaśa

Uttānāsana

Standing forward fold

EXHALE

Gaze: nose



17 Saptadaśa

Utkāṭāsana

Chair pose

INHALE

Gaze: thumbs



RETURN TO SAMASTHITI

Exhale, straighten your legs and lower your arms.



At vinyasa 14, stay for 5 full inhale-exhale cycles. Keep breathing.

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