

Sun Salutation C

Sūrya Namaskāra C • Daniel’s class-note sequence

20 entries transcribed from the notebook. Teacher-specific study material alongside traditional Sun A and B.
Breaths are copied as written. * Entries 17–19 need confirmation. (?) The final pose is a possible reading.
Gazes are suggested additions, except thumbs at entry 1. No holds or repeat counts were written.

Read left → right, then down. Side labels refer to your body. Photos illustrate shapes, not transitions.

1 • Ekam Centre / both  Ūrdhva Namaskāra Upward salute Inhale Gaze: Thumbs	2 • Dve Centre / both  Uttānāsana Standing forward fold Exhale Gaze: Tip of nose	3 • Trīṇi Centre / both  Ardha Uttānāsana Halfway lift Inhale Gaze: Third eye	4 • Catvāri Centre / both  Caturaṅga Daṇḍāsana Four-limbed staff Exhale Gaze: Tip of nose
5 • Pañca Centre / both  Ūrdhva Mukha Śvānāsana Upward-facing dog Inhale Gaze: Third eye	6 • Ṣaṭ Centre / both  Adho Mukha Śvānāsana Downward-facing dog Exhale Gaze: Navel	7 • Sapta Centre / both  Utkāṭāsana Chair pose Inhale Gaze: Thumbs	8 • Aṣṭau Centre / both  Uttānāsana Standing forward fold Exhale Gaze: Tip of nose
9 • Nava Centre / both  Ardha Uttānāsana Halfway lift Inhale Gaze: Third eye	10 • Daśa Centre / both  Caturaṅga Daṇḍāsana Four-limbed staff Exhale Gaze: Tip of nose	11 • Ekādaśa Centre / both  Ūrdhva Mukha Śvānāsana Upward-facing dog Inhale Gaze: Third eye	12 • Dvādaśa Centre / both  Adho Mukha Śvānāsana Downward-facing dog Exhale Gaze: Navel
13 • Trayodaśa Right side  Vīrabhadrāsana A Warrior I Inhale Gaze: Thumbs	14 • Caturdaśa Left side  Vīrabhadrāsana A Warrior I Exhale Gaze: Thumbs	15 • Pañcadaśa Left side  Vīrabhadrāsana B Warrior II Inhale Gaze: Left front-hand fingertips	16 • Ṣoḍaśa Right side  Vīrabhadrāsana B Warrior II Exhale Gaze: Right front-hand fingertips
17 • Saptadaśa Centre / both  Caturaṅga Daṇḍāsana Four-limbed staff Inhale * — unconfirmed Gaze: Tip of nose	18 • Aṣṭādaśa Centre / both  Ūrdhva Mukha Śvānāsana Upward-facing dog Exhale * — unconfirmed Gaze: Third eye	19 • Ekonaviṃśatiḥ Centre / both  Adho Mukha Śvānāsana Downward-facing dog Inhale * — unconfirmed Gaze: Navel	20 • Viṃśatiḥ Centre / both  Daṇḍāsana (?) Seated staff — reading unconfirmed Exhale Gaze: Tip of nose, if Daṇḍāsana

SOURCE NOTES • KEEP WITH THIS MAP

* 17–19 read inhale → exhale → inhale. Usual linking breaths: exhale → inhale → exhale. Confirm with your teacher.
(?) Entry 20 appears to read Daṇḍāsana; its image and gaze illustrate that possibility. Final pose and entry unconfirmed.
Soft gaze, comfortable neck, steady breathing. Modify, omit or rest. Follow only transitions you have learned.