

Surya Namaskar A



Meditation
in movement
for Chakras to
align & stillness
of the mind.

**This is
yoga**



ASHTANGA YOGA INCLUDING MODIFICATIONS
*PROPS ENCOURAGED

Asanas courtesy of Devvrat / Alignment prepared by Sunil Gupta

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Samasthiti: Equal Standing Pose



01. Toes touching, heels apart or Feet hip-width distance apart.
02. Engage Quadriceps and feel knee caps raise.
03. Engage Ab Lock so that the navel is headed toward the spine, your lower ribcage will lift thus expanding the Chest cavity.
04. Slight push your pelvis forward using the Muldara lock.
05. Inhale shoulders up towards ears, exhale them back & down, this will open the Chest.
06. Head is facing forward, Chin down slightly and Neck neutral.
07. Arms to the side, a little away from the Ribs, Finger engaged.

Urdhva Hastasana: Upward Salute Pose

INHALE



Maintaining steps 01 through 05 - whole body engaged.

06. Raise arms above head in prayer position or shoulder distance apart. Elbows should be straight with a slight upper back bend.
07. Head should look up with the ears in between the arms.

Uttanasana: Standing Forward Fold

EXHALE



Maintaining steps 01 through 04 - lower half body engaged.

05. Hinge your upper body forward & down. Use toes to bare the weight and maintain straight back with Ab/Pelvic lock. **MODIFICATION: Have your belly meet the tops of your thighs by bending your legs to maintain the straight back and fold forward as best and comfortable as you can.**
06. Head/Neck are passive. Hands are flat on the outside of feet.

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Ardha Uttanasana: **Half Forward Fold** ————— **INHALE**

Maintaining steps 01 through 04 - lower half body engaged.



05. Lift your upper body so you are on your fingertips and look forward. Ab/Pelvic locks are engaged. **MODIFICATION: Have your belly meet the tops of your thighs by bending your legs to maintain the straight back and lift forward as best and comfortable as you can.**
06. Shoulders are back and depressed so the chest can open.

Adho Mukha Svanasana: **Downward Dog** ————— **EXHALE**

STEP, HOP OR JUMP BACK, maintaining steps 01 through 04 - lower half body engaged. **+ INHALE**



05. Ab/Pelvic locks are engaged. **MODIFICATION: Have your belly meet the tops of your thighs by bending your legs to maintain the straight back, make sure to keep forward and down with straight arms as best you can.**
06. Shoulders are externally rotated so the back can open up.
07. Head and Neck should be passive.

Chaturanga Dandasana: **4 Limb Staff pose** ————— **EXHALE**

Maintaining steps 01 through 04 - lower half body engaged.



05. Ab/Pelvic locks are engaged. Buttocks is relaxed. **MODIFICATION: Knees may touch the ground to alleviate the pressure or whole body can be one the ground if need be.**
06. Shoulders should be tight to the Side Ribs, back and depressed so that the Chest is open.
07. Head facing slightly up, passively.

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Urdhva Mukha Svanasana: **Upward Dog** ————— **INHALE**

Maintaining steps 01 through 04 - lower half body engaged.



05. Ab/Pelvic locks are engaged. Tops of big toes pushing the ground will lift Knees and Quadriceps, Buttocks should **not** be engaged. **MODIFICATION: If whole body is on the ground, only lift the Chest/Abdominals, make sure the pelvic stays on the ground.**
06. Shoulders should be tight to the Side Ribs, back and depressed so that the Chest is open.
07. Head facing forward or slightly up, passively.

Adho Mukha Svanasana: **Downward Dog** ————— **EXHALE**

Maintaining steps 01 through 04 - lower half body engaged.



05. Ab/Pelvic locks are engaged. **MODIFICATION: Have your belly meet the tops of your thighs by bending your legs to maintain the straight back, make sure to keep forward and down with straight arms as best you can.**
06. Shoulders are externally rotated so the back can open up.
07. Head and Neck should be passive.

Ardha Uttanasana: **Half Forward Fold** ————— **INHALE**

STEP, HOP OR JUMP FORWARD, maintaining steps 01 through 04 - lower half body engaged.



05. Lift your upper body so you are on your fingertips and look forward. Ab/Pelvic locks are engaged. **MODIFICATION: Have your belly meet the tops of your thighs by bending your legs to maintain the straight back and lift forward as best and comfortable as you can.**
06. Shoulders are back and depressed so the chest can open.

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Uttanasana: Standing Forward Fold ————— EXHALE



Maintaining steps 01 through 04 - lower half body engaged.

05. Hinge your upper body forward & down. Use toes to bare the weight and maintain straight back with Ab/Pelvic lock. **MODIFICATION: Have your belly meet the tops of your thighs by bending your legs to maintain the straight back and fold forward as best and comfortable as you can.**
06. Head/Neck are passive. Hands are flat on the outside of feet.

Urdhva Hastasana: Upward Salute Pose ————— INHALE



Maintaining steps 01 through 05 - whole body engaged.

06. Raise arms above head in prayer position or shoulder distance apart. Elbows should be straight with a slight upper back bend.
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Samasthiti: Equal Standing Pose ————— EXHALE



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