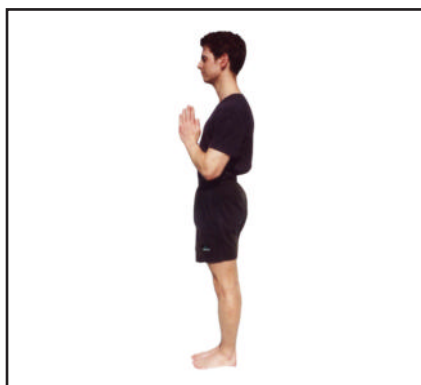


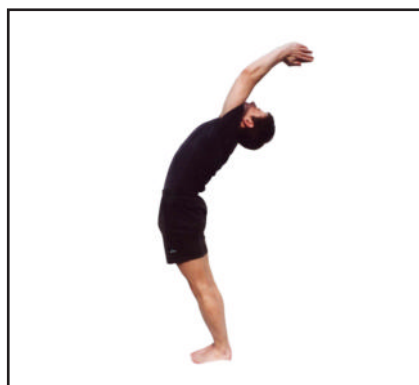
Sun POWER Yoga



SUN POWER SERIES BASIC STRUCTURE (WITH VARIATIONS)



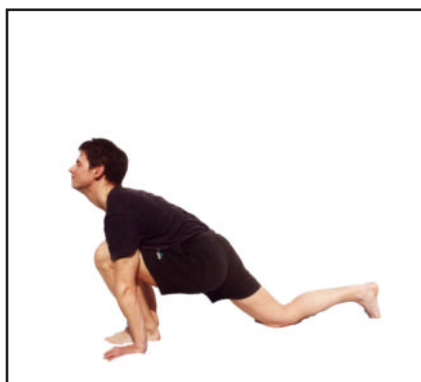
1. Tadasana. Inhale. Exhale palms together.



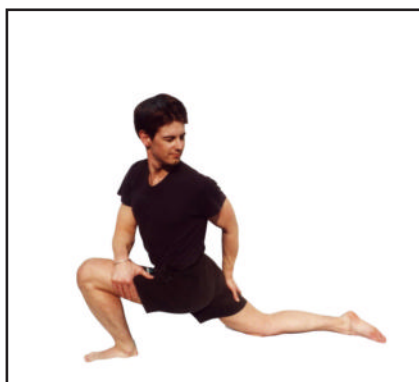
2. Inhale. Arch gently back.



3. Exhale. Head to knee.



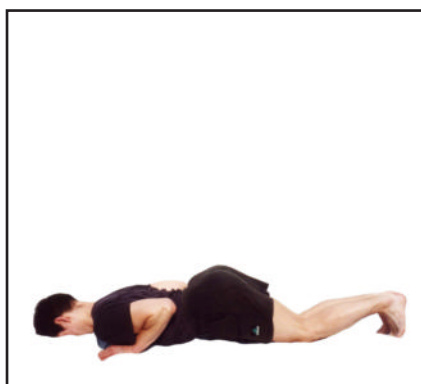
4. Inhale. Right leg back. Knee down, hips forward, head back.



5. Sit up, exhale into twist to the left. Take 2 whole breaths.



6. Inhale into Plank.



7. Exhale into Chataranga.



8. Inhale into Cobra



9. Exhale dog pose (Hold for 5 breaths opp.)

Sun POWER Yoga



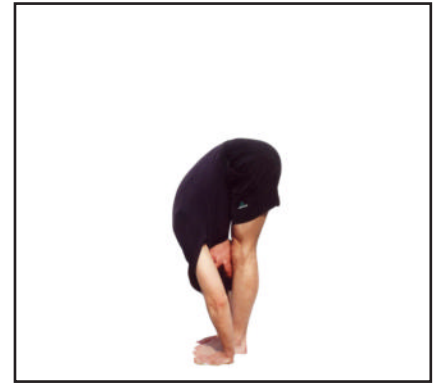
SUN POWER SERIES BASIC STRUCTURE *Cont'd*



10. Inhale, bring right leg forward, hips down, head up.



11. Exhale & inhale palms together into Crescent Moon. (Hold 2 full breaths. opp.)



12. Exhale. Stretch forward head to knee.



13. Inhale. Stretch forward and...



14. Arch gently back.



15. Exhale. Lower arms into Tadadsana.

Repeat to the left. Taking left leg back. Then left leg forward to come back up.

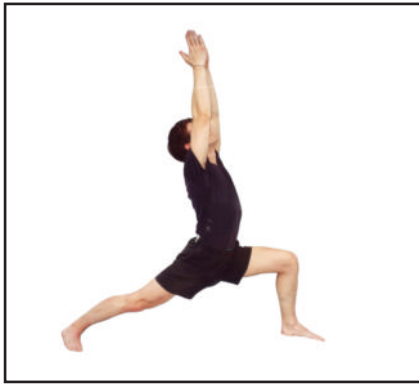
ADD VARIATIONS 1A - 7A

Add after Dog pose turning out the left foot, take right foot through into warrior etc. Repeat other side, turn out right foot step through left.

Sun POWER Yoga



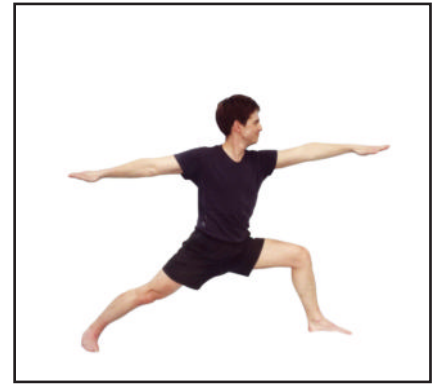
SUN POWER SERIES BASIC STRUCTURE **VARIATIONS**



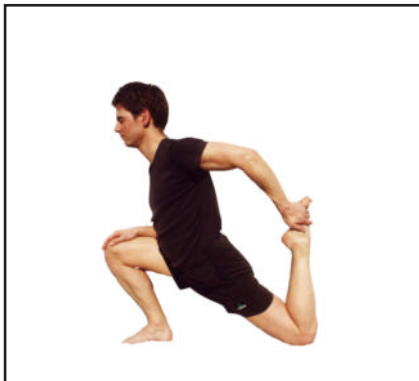
1A.



2A.



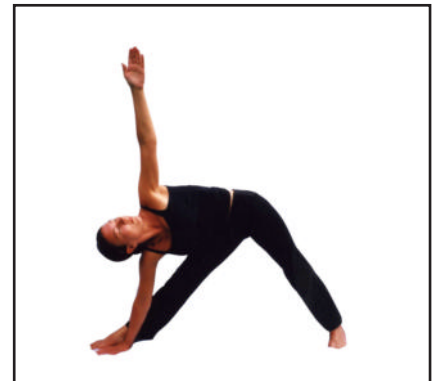
3A.



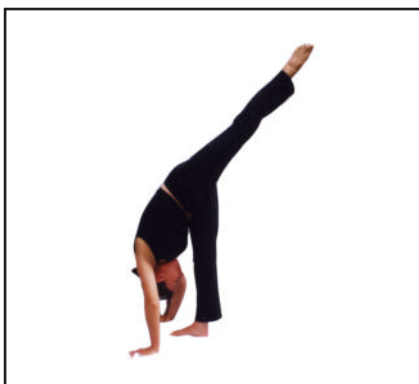
4A.



5A.



6A.



7A.