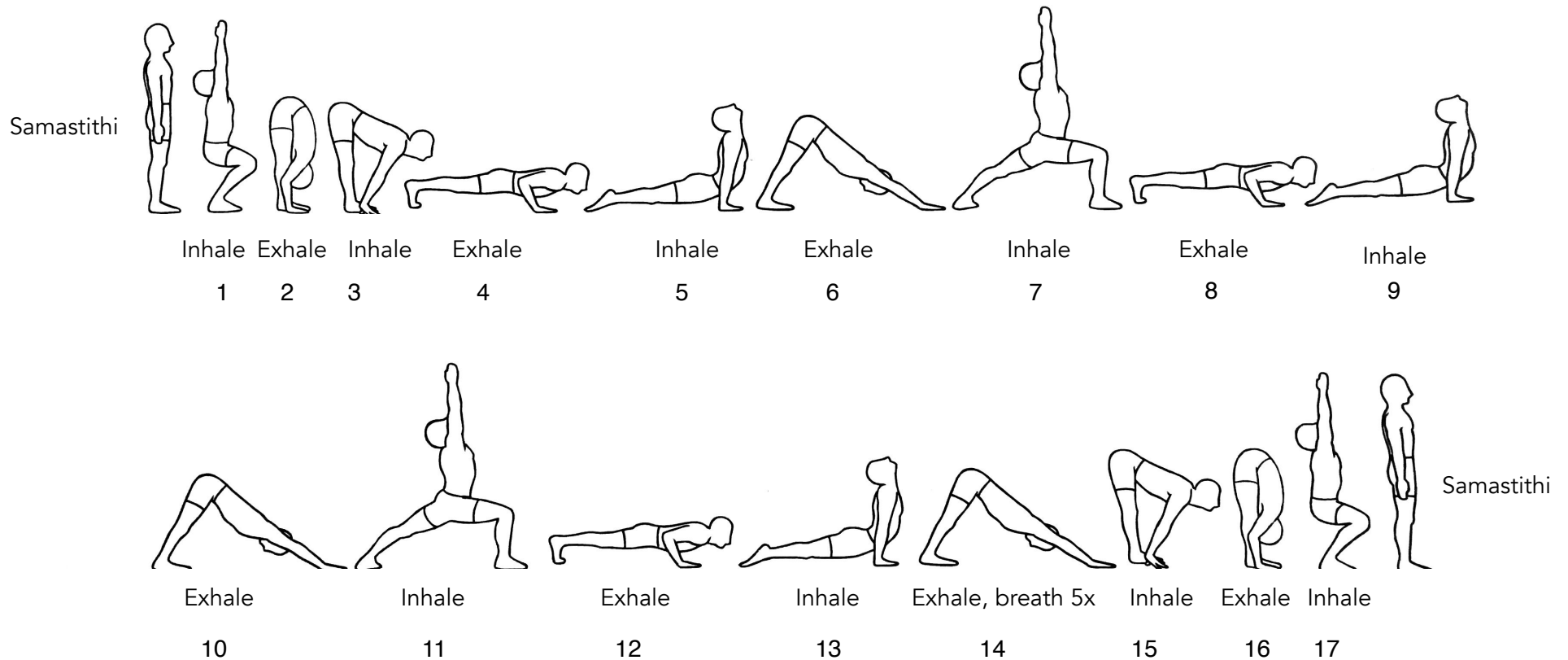


Suryanamaskara B



The Suryanamaskara (or Sun Salute) B is best done after the Suryanamaskara A, early in the morning, before you have eaten. It is a breathing/movement practice. Do not hold your breath. Begin and end at equal standing pose (samastithi.) Take your time. Follow your own full and free breath. Inhale into the first position, exhale into the second position, inhale into the third position, etc. You move upwards as you inhale, and downwards as you exhale. You will rest/stay in the last Down Dog (the 14th position) for 5 full breaths before inhaling to the 15th position and completing the sequence. Do this five times each day, and you will experience improvements in your wellbeing. As always, it is best to practice yoga under the guidance of a qualified Ashtanga teacher, so that you can be assured of doing this posture sequence safely and correctly.