



Sun Salutation Postures

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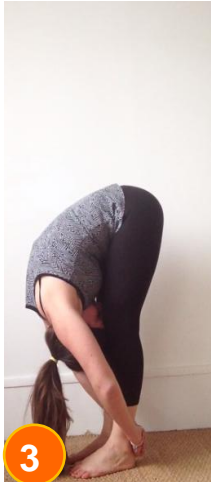
1

Greeting
Exhale



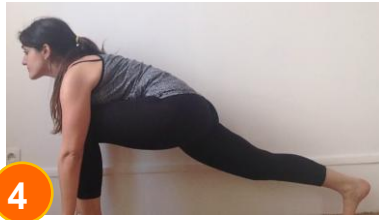
2

Half Moon
Inhale



3

Forward Bend
Exhale



4

Left Lunge
Inhale



5

Plank
Breath Freely



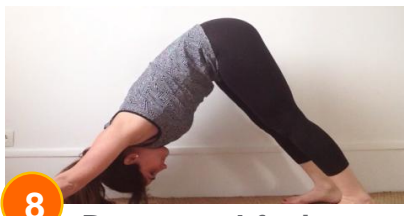
6

Low Plank
Exhale



7

Upward-facing Dog
Inhale



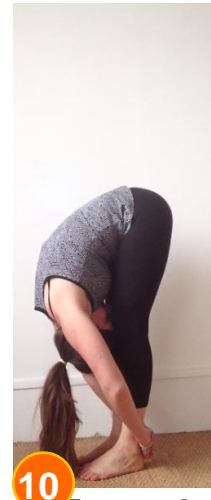
8

Downward-facing Dog
Exhale



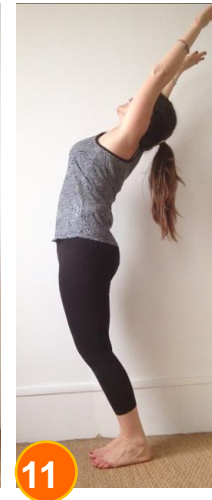
9

Right Lunge
Inhale



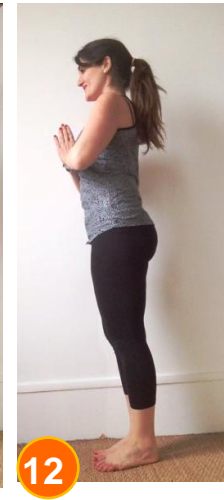
10

Forward Bend
Inhale



11

Half Moon
Exhale



12

Greeting
Exhale