

**Vinyasa Positions and Modifications  
Surya Namaskara**

<b>Surya Namaskara A</b>	<b>Vinyasa #</b>	<b>Breath</b>	<b>Posture End Point</b>	<b>Posture Modification</b>	<b>Gaze End Point</b>
Complete 5 times	0	exhale	equal standing, arms down		horizon
	1	inhale	arms up		thumbs
	2	exhale	fold		nose
	3	inhale	head up		between eyebrows
	4	exhale	jump back, chaturanga	step to plank	forward
	5	inhale	up dog	hold plank	between eyebrows
	6	exhale	down dog, hold 5 breaths	childs pose, 5 breaths	navel (or legs)
	7	inhale	jump forward, head up	step forward, head up	between eyebrows
	8	exhale	fold		nose
	9	inhale	stand, arms up		thumbs
	0	exhale	equal standing, arms down		horizon

<b>Surya Namaskara B</b>	<b>Position #</b>	<b>Breath</b>	<b>Posture End Point</b>	<b>Modification</b>	<b>Gaze End Point</b>
Complete 3 to 5 times	0	exhale	equal standing, arms down		horizon
	1	inhale	squat, arms up		thumbs
	2	exhale	fold		nose
	3	inhale	head up		between eyebrows
	4	exhale	jump back, chaturanga	step to plank	forward
	5	inhale	up dog	hold plank	between eyebrows
	6	exhale	down dog		navel (or legs)
	7	inhale	right foot forward, warrior		thumbs
	8	exhale	chaturanga	step to plank	forward
	9	inhale	up dog	hold plank	between eyebrows
	10	exhale	down dog		navel (or legs)
	11	inhale	left foot forward, warrior		thumbs
	12	exhale	chaturanga	step to plank	forward
	13	inhale	up dog	hold plank	between eyebrows
	14	exhale	down dog, hold 5 breaths	childs pose, 5 breaths	navel (or legs)
	15	inhale	jump forward, head up	step forward, head up	between eyebrows
	16	exhale	fold		nose
	17	inhale	squat, arms up		thumbs
0	exhale	equal standing, arms down		horizon	

