



Amrit Yoga™ Warm Up

Surya Namaskar - Sun Salutation

Asatoma sadagamaya□
Tamasoma jyotir gamaya
Mrityorma amritam gamaya□

Lead me from the unreal to the real
Lead me from darkness to light
Lead me from time-bound consciousness to the timeless state of being



Preparation
Pose



Inhale; press into feet and extend through the chest, crown and fingers. Press hips forward for a slight backbend.



Exhale; fold down. Press forehead toward knees.



Inhale; step back right into lunge, front knee over ankle.



Exhale; step back left; shoulders over wrists.



Press tailbone toward ceiling; lower knees, chest and chin to the floor.



Inhale; press into palms into upward dog; extend through crown.



Exhale into downward dog; press into hip creases.



Inhale; step up right into lunge



Exhale; step up left, extend tailbone toward ceiling.



Inhale, press palms together and rise into backbend.



Prepare for round on opposite side.