

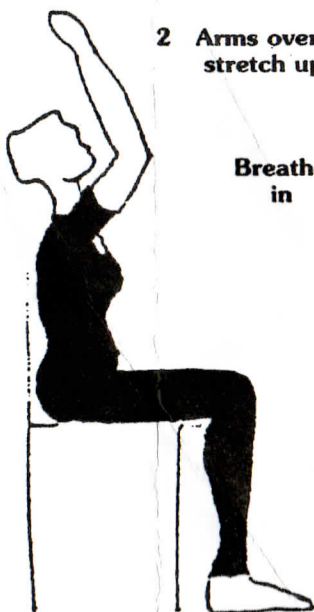
# CHAIR SURYA NAMASKAR

Hands in Namaste



Breathe out

2 Arms overhead stretch up



Breathe in

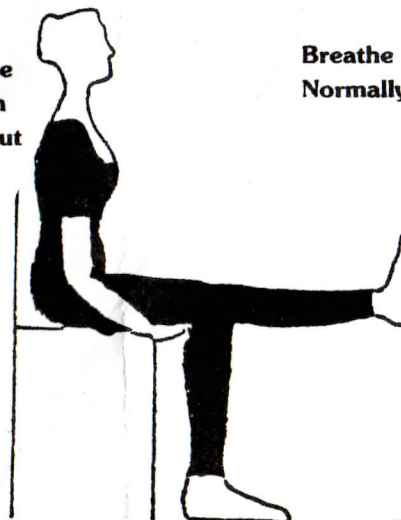
3. Hold chair

Breathe out



4. RETURN TO POSITION 1

Breathe IN then right out



5. Left leg out  
6. Right leg out  
Circle foot both ways

Breathe Normally



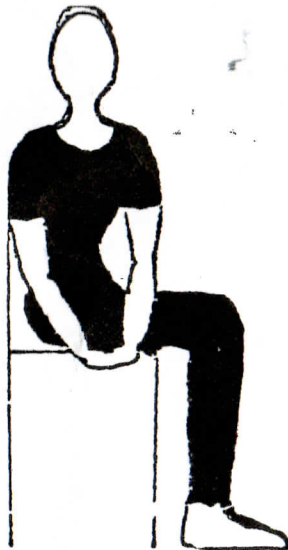
7. Both legs out



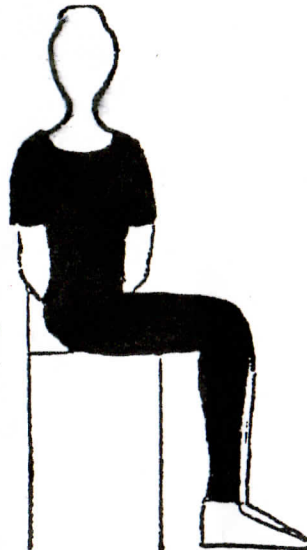
8. Cobra



9. Twist right



10. Twist left



11. Relax forward



Breathe out

12. Into Namaste



Breathe in and relax

Breathe normally

