



Team BWS

# Sun Salutation Routine

Go through the poses at your own pace

1 Mountain



2 Upward Salute



3 Standing Fold



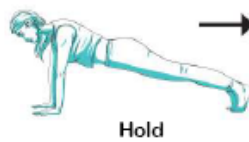
4 Half Lift



5 Low Lunge (right)



6 Plank



7 Chaturanga



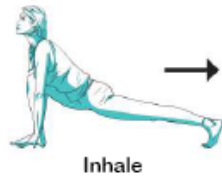
8 Upward Dog



9 Down Dog



10 Low Lunge (left)



11 Standing Fold



12 Upward Salute



13 Mountain



Humility    Enjoyment    Resilience    Respect    Discipline