

## Sun Salutation B



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Samasthiti – Stand with both feet together, legs active, and a long spine.

- 1 Inhale
  - 2 Exhale
  - 3 Inhale
  - 4 Exhale (Option: Move into plank posture and use the inhale to create alignment from head-to-heel and then descend on an exhale)
  - 5 Inhale
  - 6 Exhale
  - 7 Inhale – Warrior 1 with right leg forward  
(ideally using one inhale to move from Downward-facing Dog to Warrior 1. Option: Lunge forward on an inhale, exhale to set your posture and alignment, and then use an inhale to move into Warrior 1)
  - 8 Exhale
  - 9 Inhale
  - 10 Exhale
  - 11 Inhale – Warrior 1 with left leg forward
  - 12 Exhale
  - 13 Inhale
  - 14 Exhale – Remain in Downward-facing Dog for 5 breaths (Step or jump forward on an exhale to move into #15)
  - 15 Inhale
  - 16 Exhale
  - 17 Inhale
- Samasthiti