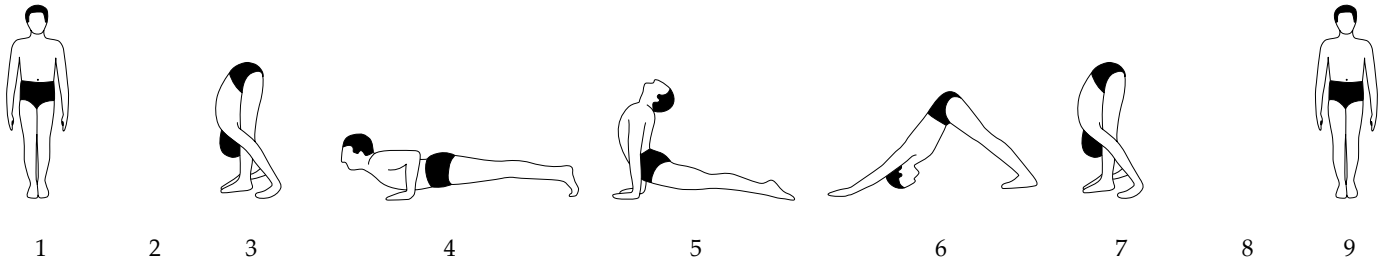


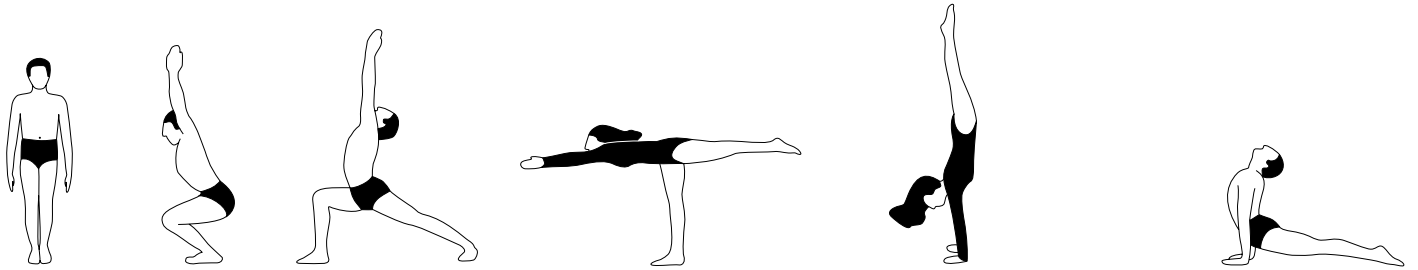
BACKBENDING PRACTICE, KAREN ALLGIRE, CIYT

Surya Namaskar Sun Salutation



- | | |
|---------------------------|--------------------------|
| 1. Tadasana | Mountain Pose |
| 2. Urdhva Hastasana | Upward Hands Pose |
| 3. Uttanasana | Intense Stretch Pose |
| 4. Chaturanga Dandasana | Four Limbed Staff Pose |
| 5. Urdhva Mukha Svanasana | Upward Facing Dog Pose |
| 6. Adho Mukha Svanasana | Downward Facing Dog Pose |
| 7. Uttanasana | Intense Stretch Pose |
| 8. Urdhva Hastasana | Upward Hands Pose |
| 9. Tadasana | Mountain Pose |

OR



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|----------------------------------|----------------------------------|---|---|--|---|
| Tadasana
Mountain Pose | Utkatasana
Fierce Pose | Virabhadrasana I
Warrior I Pose | Virabhadrasana III
Warrior III Pose | Adho Mukha Vrksasana
Downward Facing Tree Pose | Urdhva Mukha Svanasana
Upward Facing Dog Pose |
|----------------------------------|----------------------------------|---|---|--|---|

THEN



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|--------------------------------|--|--|---|
| Dhanurasana
Bow Pose | Purvottanasana
Intense Extension of the East Body Pose
<i>Can begin with bent knees</i> | Ustrasana
Camel Pose
<i>Can place a folded blanket over the heels</i> | Viparita Dandasana
Reversed Staff Pose
<i>Over a chair, feet on a block, hands holding the chair or elbows</i> |
|--------------------------------|--|--|---|



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| Urdhva Dhanurasana
Upward Bow Pose
<i>Hands on blocks, blanket under spine</i> | Adho Mukha Svanasana
Downward Facing Dog Pose
<i>Toes pointed slightly in</i> | Uttanasana
Intense Stretch Pose
<i>Feet hip width, lower back rounded</i> | Viparita Karani
Reversed Practice
<i>Blankets or bolster under pelvis</i> |
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