

YOGA WITH STEPH - SUN SALUTATIONS

Understanding Yoga & Deepening Your Practice

This handout provides information on Sūrya Namaskāra A (Sun Salutation A)

SŪRYA NAMASKĀRA (SUN SALUATION)

Sūrya Namaskāra is a moving meditation and a ritual of gratitude.

- Sūrya (सूर्यार) = Sun
- Namaskāra (नमस्कार) = Salutation or reverence

Pronounced SOOR-yah nah-mas-KAA-rah.

There are many variations of Sūrya Namaskāra including versions A and B. Below is the basic version that we will use in class - but it will change depending on the context in which we are practicing it.

