



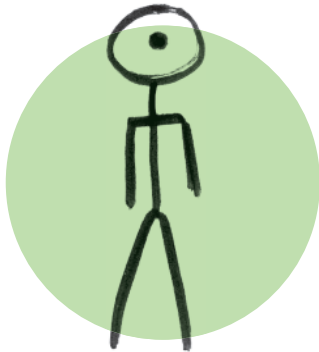
Earth Salutation

(Prithvi Namaskar)

by Tracy Southard, RYT500
www.TracySouthard.com

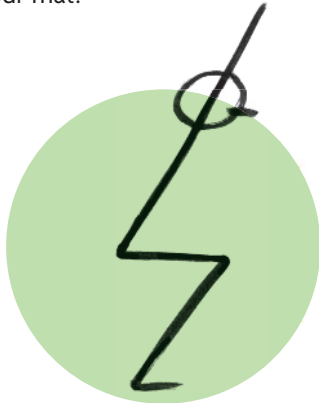
Designed to honor mother earth, this grounding sequence can be repeated several times at the start of a yoga practice. Be sure to warm up feet and low back before beginning. Start this sequence in the middle of your mat.

1



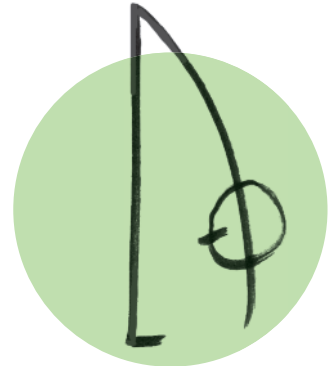
Tadasana
(Mountain Pose)

2



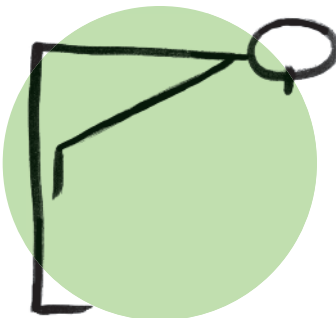
Utkatasana
(Chair Pose)

3



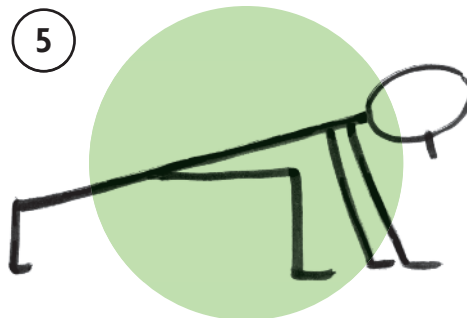
Uttanasana
(Forward Fold)

4



Lengthen spine & neck

5



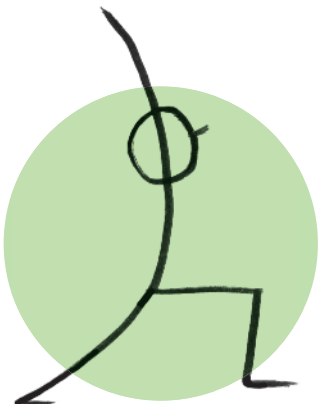
Step right leg back into...
Lunge

6



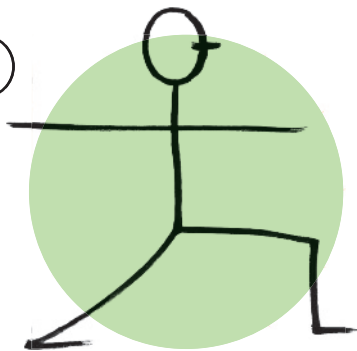
Virabhadrasana I
(Warrior I Pose)

7



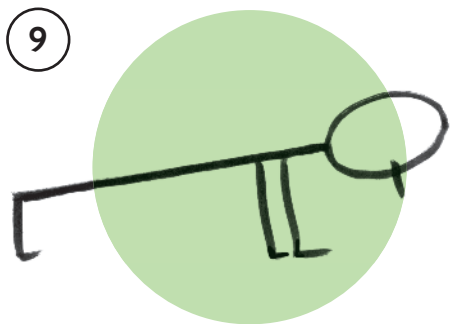
Virabhadrasana II
(Warrior II Pose)

8



Virabhadrasana I
(Warrior I Pose)

9



Plank
(Bridge Pose)





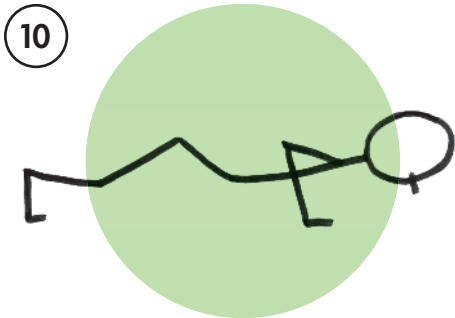
Earth Salutation

(Prithvi Namaskar)

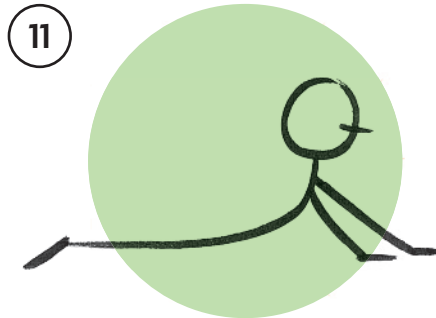
Y O G A

by Tracy Southard, RYT500

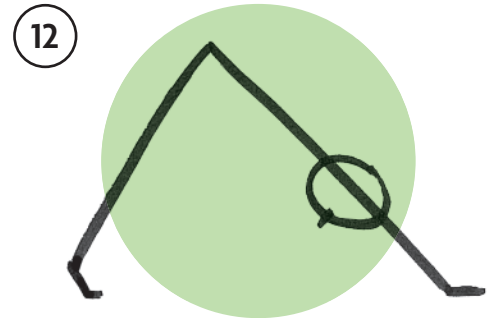
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Ashtangasana (Grasshopper Pose)
or **Chaturanga Dandasana**



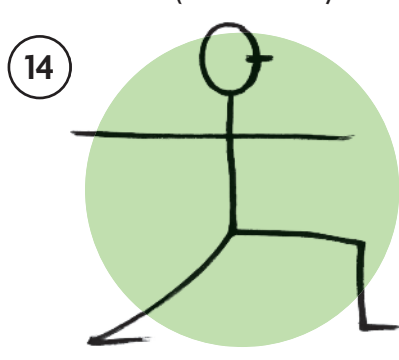
Bhujangasana
(Cobra Pose)



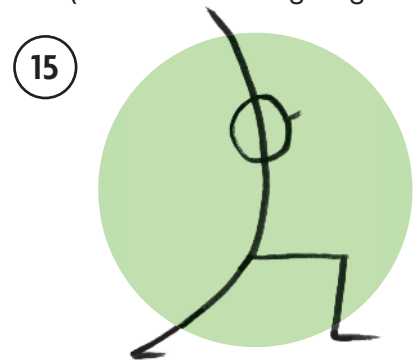
Adho Mukha Svanasana
(Downward-Facing Dog Pose)



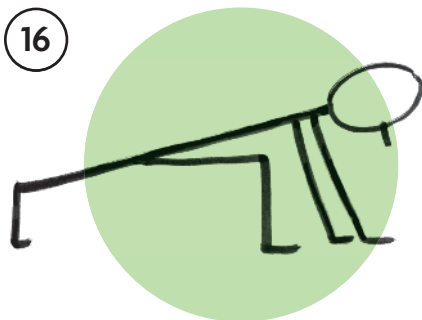
step right leg forward into...
Virabhadrasana I (Warrior I)



Virabhadrasana II (Warrior II)



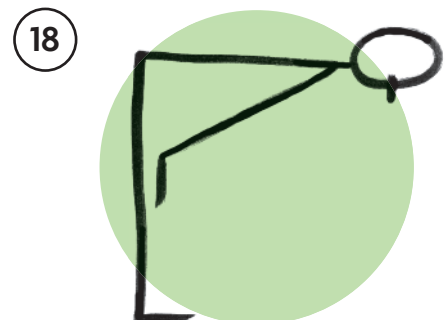
Virabhadrasana I (Warrior I)



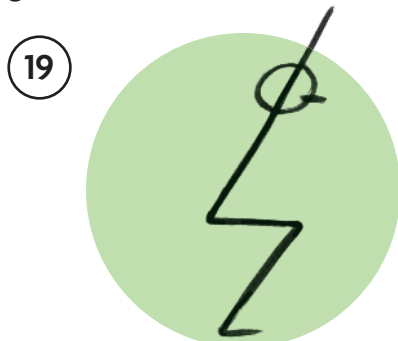
Lunge



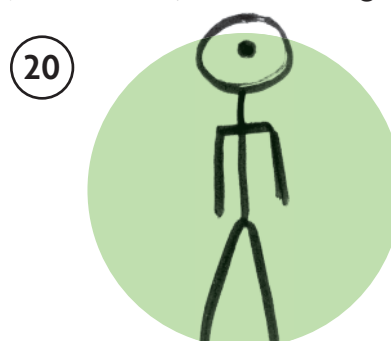
Uttanasana (Forward Fold)



lengthen spine & neck



Utkatasana (Chair Pose)



Tadasana (Mountain Pose)