

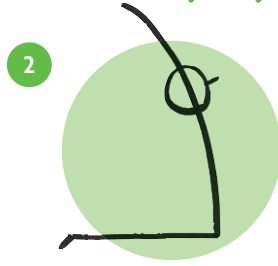
Earth Salutation

Designed to honor mother earth, this grounding **Earth Salutation (Prithvi Namaskar)** variation can be repeated several times at the start of a yoga practice. It is both nurturing & great for focusing the mind.



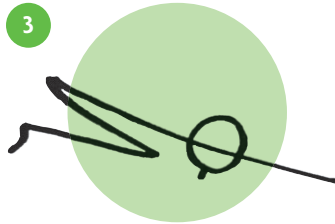
1

Vajrasana (Hero's Pose)
w/ hands in Namaste



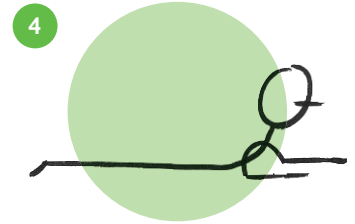
2

rise up & bend back for
Ustrasana variation
(Camel variation)



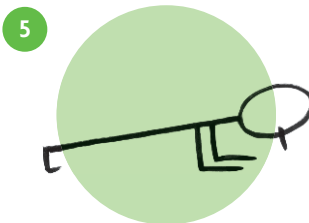
3

Balasana
(Child's Pose)



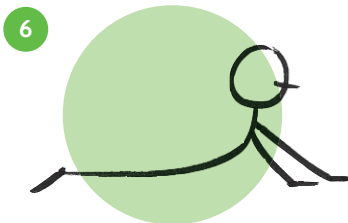
4

Sphinx



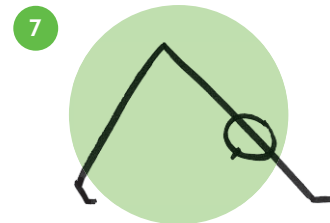
5

curl toes under & lift up into
Forearm Plank



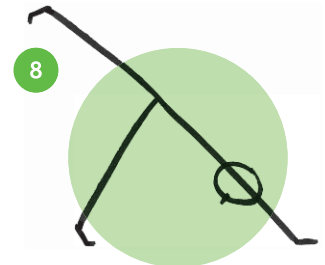
6

Bhujangasana
(Cobra)



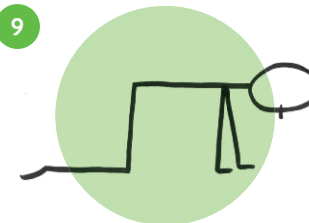
7

Adho Mukha Svanasana
(Downward-Facing Dog)



8

Eka Pada Adho Mukha Svanasana
(3-Legged Dog)
on both sides



9

lower down to Table,
curl toes under, roll over toes
& sit back for...



10

Dandasana
(Staff Pose)



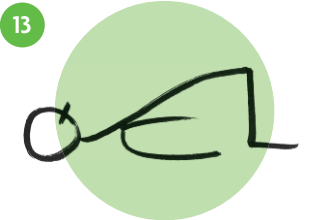
11

Janu Sirsasana
(Head-to-Knee Forward Fold)
on both sides



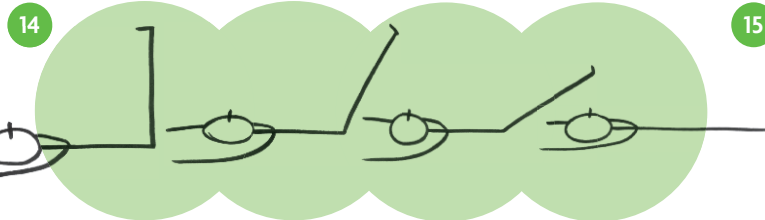
12

Upavistha Konasana
(Wide-Angle Seated Forward)



13

Setu Bandha Sarvangasana
(Bridge Pose)



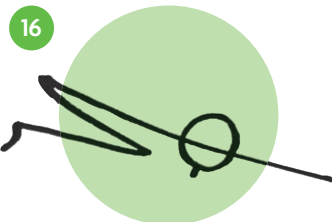
14

Urdhva Prasarita Padasana (Upward Extended Feet Pose)
start w/ legs at 90°, lower legs to 60°, to 30° & then rest legs on floor;
then reverse it – raise legs up to 30°, to 60° to 90°



15

Ustrasana
(Camel)



16

Balasana
(Child's Pose)



17

Vajrasana (Hero's Pose)
w/ hands in Namaste

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