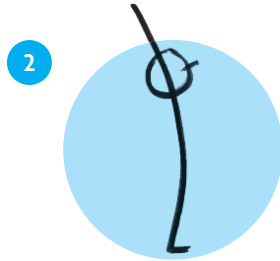


# Ocean Salutation

Devised to honor the ocean & sea, this variation of **Ocean Salutation (Samudra Namaskar)** combines poses & rolling movements to emulate the waves of the ocean. It is beneficial for building strength & flexibility, connecting to the breath & helping to quiet the mind.



1  
**Tadasana (Mountain)**  
w/ hands in Namaste



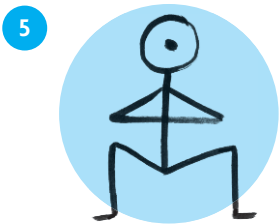
2  
**Urdhva Hastasana**  
(Upward Salute) bending back



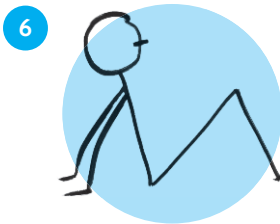
3  
arms out by side,  
swan dive into...



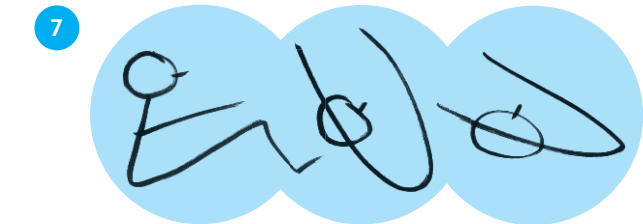
4  
**Uttanasana**  
(Forward Fold)



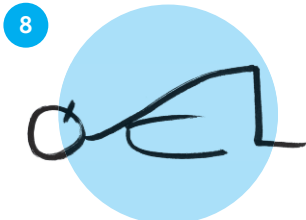
5  
**Malasana**  
(Monkey Squat)



6  
carefully lower down to floor



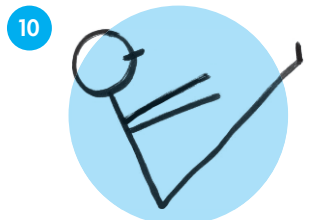
7  
roll forward & back



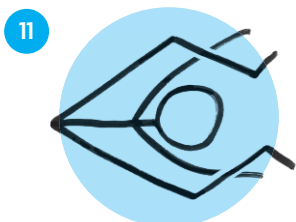
8  
**Setu Bandha Sarvangasana**  
(Bridge)



9  
roll forward & back



10  
**Navasana**  
(Boat)



11  
weave arms underneath legs  
to outside of feet for  
**Tortuga (Turtle)**



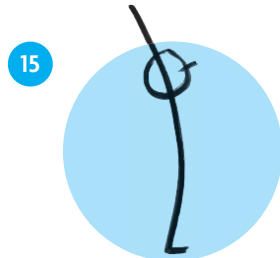
12  
**Malasana**  
(Monkey Squat)



13  
**Uttanasana**  
(Forward Fold)



14  
arms out by side,  
reverse swan dive into



15  
**Urdhva Hastasana**  
(Upward Salute) bending back



16  
**Tadasana (Mountain)**  
w/ hands in Namaste

by Tracy Southard, C-IAYT, RYT500 | [TracySouthard.com](http://TracySouthard.com)

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