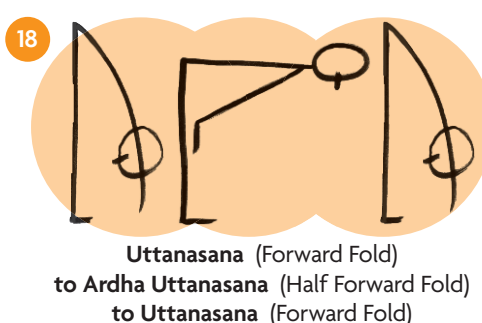
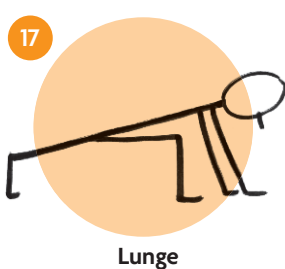
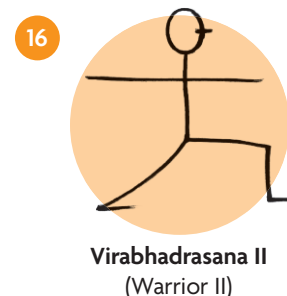
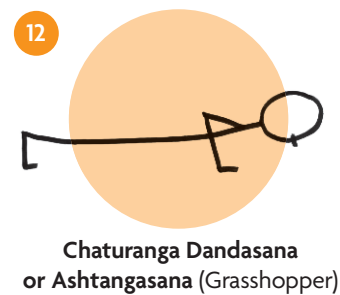
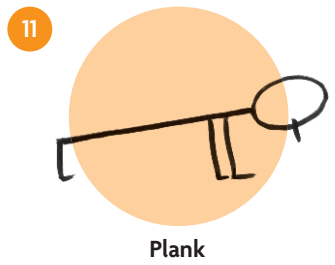
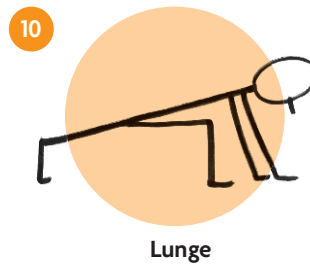
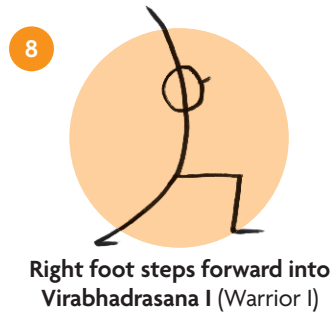
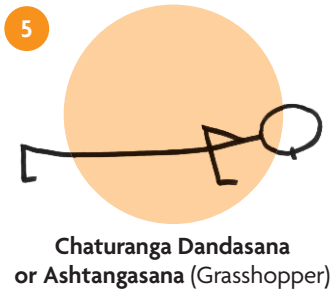
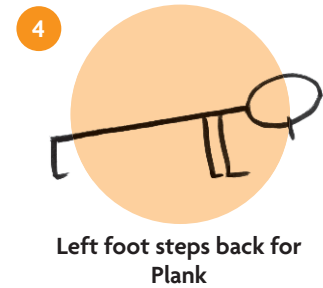
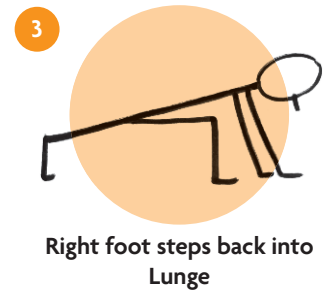
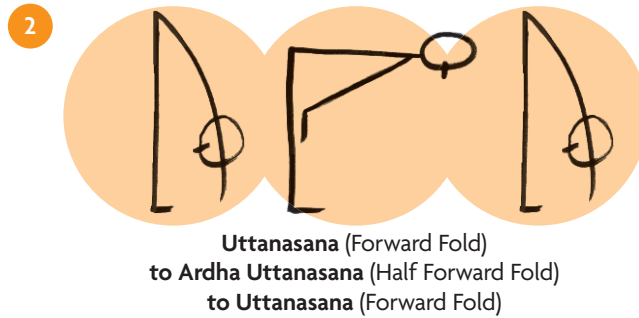
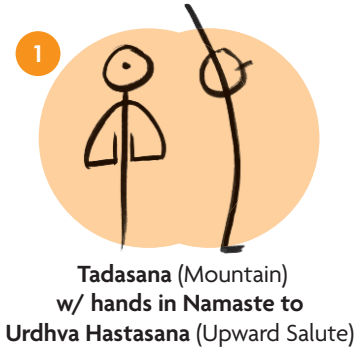


# Sun Salutation

Honoring the sun, this **Sun Salutation (Sidana Surya Namaskar)** variation is a great way to energize your body & increase stamina. Make it a moving meditation & move through the poses with your breath dynamically – moving on an inhale, moving again on an exhale.



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

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