

The 12 Surya Namaskar Poses



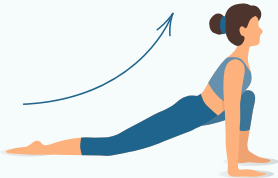
1. Prayer pose



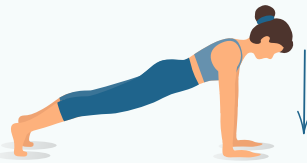
2. Raised arms pose



3. Standing forward bend



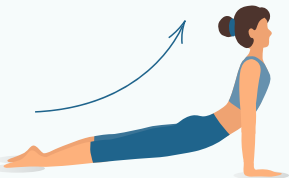
4. Equestrian pose



5. Stick pose



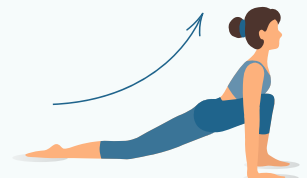
6. Eight-limbed salutation



7. Cobra pose



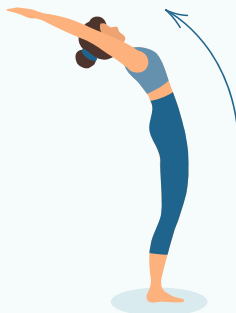
8. Mountain pose



9. Equestrian pose



10. Standing forward bend



11. Raised arms pose



12. Prayer pose