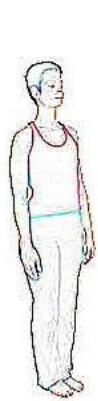
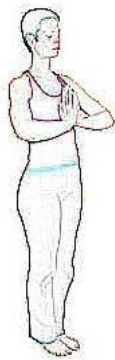


Saludo al Sol – Surya Namaskar



Inhalar
Tadasana



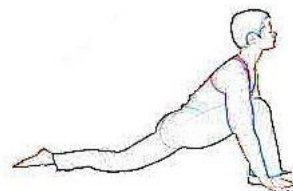
Exhalar
Pranamasana



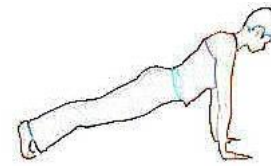
Inhalar
*Urdha
Hastasana*



Exhalar
Uttanasana



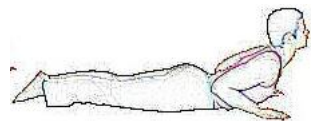
Inhalar
*Ashwa
Sanchalasana*



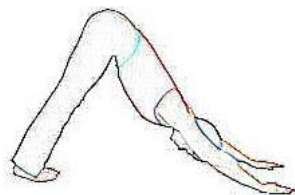
Retener



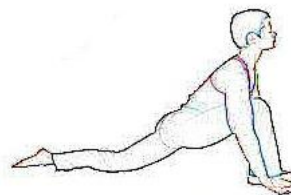
Exhalar
*Chatarunga
Dandasana*



Inhalar
Bhujangasana



Exhalar
*Adho Mukha
svanasana*



Inhalar



Exhalar



Inhalar



Exhalar



Inhalar

Saludo al Sol – Surya Namaskar

Orden	Āsana	Respiración	Semilla	Mantra	Chakra
1	Pranamasana	exhalar	om hrām	om mitrāya namaḥ	Anahata (corazón) verde
2	Hasta uttanasana	inhalar	om hrīm	om ravaye namaḥ	Vishuddhi (garganta) violeta
3	Padahastasana	exhalar	om hrūm	om sūryāya namaḥ	Swadhisthana (hueso púbico) anaranjado
4	Ashwa sanchalanasana	inhalar	om hraim	om bhānave namaḥ	Āgña (tercer ojo)
5	Parvatasana	exhalar	om hraum	om khagāya namaḥ	Vishuddhi (garganta) violeta
6	Ashtanga namaskara	suspender	om hraḥ	om puṣṇe namaḥ	Manipura (ombligo) rojo
7	Bhujangasana	inhalar	om hrām	om hiraṇya garbhāya namaḥ	Swadhisthana (hueso púbico) anaranjado
8	Parvatasana	exhalar	om hrīm	om marīcaye namaḥ	Vishuddhi (garganta) violeta
9	Ashwa sanchalanasana	inhalar	om hrūm	om ādityāya namaḥ	Āgña (tercer ojo)
10	Padahastasana	exhalar	om hraim	om savitre namaḥ	Swadhisthana (hueso púbico) anaranjado
11	Hasta uttanasana	inhalar	om hraum	om arkāya namaḥ	Vishuddhi (garganta) violeta
12	Pranamasana	exhalar	om hraḥ	om bhāskarāya namaḥ	Anahata (corazón) verde