

Drishti:

-forward

Assists:

- drop knees to floor for support
- elbows in
- hold elbows next to ribs when lowering down
- keep fist on stomach to engage uddiyana



Upward Facing Dog-Urdhva Mukha Svanasana

Alignment:

- from a low pushup position, press chest through your arms
- keep hands under shoulders
- thighs/knees may be placed on floor for support
- move chest and torso in a forward direction
- bend back, keeping spine in line with neck and moving upward
- Cobra option

Drishti:

-forward direction

Assists:

- hold hips up
- lift thighs
- press through tops of feet
- adjust feet to hip width if moved
- align neck with spine



To complete Sun Salutation A:

- jump forward
- come to a Halfway Lift
- standing forward bend
- end in Mountain Pose