Yoga Where You Go: A Simple Yoga Sequence

Half Sun Salutation *(Ardha Surya Namaskar)*

**Step 1** - Tadasana (Mountain Pose)
Distribute your weight evenly over both feet, set the insides of the feet parallel to each other. Stand tall and broaden the collarbones. Bring your arms to your sides.

**Step 2** - Urdvha Hastasana (Upward Salute)
Inhale and stretch your arms out to the side and up overhead as you send the shoulders down your back.

**Step 3** - Uttanasana (Standing Forward Bend)
As you Exhale, fold, at your hip crease, over the legs and relax the arms toward the floor.

**Step 4** - Ardha Uttanasana (Half Standing Forward Bend)
Inhale and lift halfway to a flat back. Exhale and fold forward to Uttanasana.

**Step 5** - Urdvha Hastasana (Upward Salute)
As you Inhale, reverse your fold and return to stand with your arms stretched overhead. Exhale and bring your arms to your sides - Tadasana.

*Pictures used are from yogajournal.com and were taken by photographer David Martinez.*