















Surya Namaskara A (Sun Salutation A)

Srividya
Vinyasa yoga teacher
Founder & teacher at 10 Elephants
Yoga
Website - 10elephantsyoga.com
Instagram handle - 10elephants

<p>3s</p>  <p>1. Mountain Pose • Tadasana Stand with your feet together. Gaze straight ahead. Exhale completely.</p>	<p>3s</p>  <p>2. Volcano Pose • Urdhva Hastasana Inhale - Raise your arms from the sides, join them in namaskara mudra over the head. Gaze upwards.</p>	<p>3s</p>  <p>3. Standing Forward Fold Pose • Uttanasana Exhale - fold forward, place palms on either sides of the feet.</p>
<p>3s</p>  <p>4. Upward Forward Fold Hands On Shins • Ardha Uttanasana Hands On Shins Inhale - half lift.</p>	<p>3s</p>  <p>5. Four Limbed Staff Pose • Chaturanga Dandasana Exhale - plant the palms, jump or step back into a low plank.</p>	<p>3s</p>  <p>6. Eight Limbed Pose • Ashtangasana Alternatively, you can bring your knees, chest and chin down on the mat.</p>

<p style="text-align: right;">3s</p>  <p>7. Upward Facing Dog Pose • Urdhva Mukha Svanasana Inhale - roll forward, move the chest through the arms. Gaze upwards.</p>	<p style="text-align: right;">15s</p>  <p>8. Downward Facing Dog Pose • Adho Mukha Svanasana Exhale, lift the hips upwards and backwards, towards the ceiling. hold for 5 breaths.</p> <p>Place the palms firmly on the ground. Spread all the fingers, press down on the fingertips, press down on the knuckles. Shift your weight back onto the feet.</p>	<p style="text-align: right;">3s</p>  <p>9. Upward Forward Fold Hands On Shins • Ardha Uttanasana Hands On Shins Inhale - jump or step front into a half-fold.</p>
<p style="text-align: right;">3s</p>  <p>10. Standing Forward Fold Pose • Uttanasana Exhale - forward fold.</p>	<p style="text-align: right;">3s</p>  <p>11. Volcano Pose • Urdhva Hastasana Inhale - Raise your arms from the sides, join them over the head. Gaze upwards.</p>	<p style="text-align: right;">3s</p>  <p>12. Mountain Pose • Tadasana Exhale - samasthiti</p>



Srividya is a Yoga Alliance (US & UK) certified Vinyasa yoga teacher. Her journey began in 2006 when she turned to yoga to heal a back injury, and she has never looked back since. While she has also been working in the finance sector for the past decade, her passion for yoga has only grown with every class she has taken and taught.

She started 10 Elephants Yoga to align her passion and her work. At the heart of it all is her belief that we should all "care for our bodies like we would in a world where mirrors didn't exist!". Her classes are structured with a strong regard for traditional yoga and its mindful practice. She hopes that her students too may find the clarity and peace yoga brought into her life.

Srividya currently lives in Bangalore, and teaches both in person and online at 10 Elephants Yoga.