



SURYA «A»						
	Tadasana (Expir)	Urdvha Hastasana (Inspir)	Uttanasana (Expir)	Ardha Uttanasana (Inspir)	Chaturanga Dandasana (Expir)	Urdvha Mukha Svanasana (Inspir)
	Adho Mukha Svanasana (Expir)	Saut (Fin d'expir)	Ardha Uttanasana (Inspir)	Uttanasana (Expir)	Urdvha Hastasana (Inspir)	Tadasana (Expir)
SURYA «B»						
	Tadasana (Expir)	Utkatasana (Inspir)	Uttanasana (Expir)	Ardha Uttanasana (Inspir)	Chaturanga Dandasana (Expir)	Urdvha Mukha Svanasana (Inspir)
	Adho Mukha Svanasana (Expir)	Virabhadrasana 1 (Inspir)	Chaturanga Dandasana (Expir)	Urdvha Mukha Svanasana (Inspir)	Adho Mukha Svanasana (Expir)	Virabhadrasana 1 (Inspir)
	Chaturanga Dandasana (Expir)	Urdvha Mukha Svanasana (Inspir)	Adho Mukha Svanasana (Expir)	Ardha Uttanasana (Inspir)	Uttanasana (Expir)	Utkatasana / Tadasana (Inspir / Expir)