

Sun Power Series 2

The classical Sun Power Series 2 as practiced in Sun Power Yoga.



<p>Inhale. Exhale: Isis</p>	<p>Inhale: Extended mountain pose</p>	<p>Exhale: Swan dive into forward fold</p>	<p>Inhale: Gazing pose</p>	<p>Retain breath: Plank</p>	<p>Exhale: Caturaṅga</p>
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<p>Inhale: Upward facing dog</p>	<p>Exhale: Downward facing dog</p>	<p>Inhale: Right leg forward warrior 1</p>	<p>Exhale: Warrior 2. Inhale: Back palm up</p>	<p>Exhale: Come down through caturaṅga</p>	<p>Inhale: Upward facing dog</p>
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Sun Power Series 2



<p>Exhale: Downward facing dog</p>	<p>Inhale: Left leg forward warrior 1</p>	<p>Exhale: Warrior 2. Inhale: Back palm up</p>	<p>Exhale: Come down through caturaṅga</p>	<p>Inhale: Upward facing dog</p>	<p>Exhale: Downward facing dog. Inhale</p>
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<p>Exhale: Forward fold</p>	<p>Inhale: Gazing pose</p>	<p>Exhale: Forward fold</p>	<p>Inhale: Fierce pose. Exhale</p>	<p>Inhale: Extended mountain pose</p>	<p>Exhale: Namaste</p>
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