

# Sun Salutation Pose #1

## Mountain Pose 1

**FITNESS**  
**FLEXIBILITY**  
**STRENGTH &**  
**ENDURANCE**  
YOGA

- Stand upright with feet together and look straight ahead, hands alongside body and palms forward.
- Lift abdomen inward and upward.
- Activate quadriceps and evenly distribute weight on both feet.



STANDARDS ADDRESSED:

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MS SKILL CARD

\*Resource: Maté Schissler (White Lotus Foundation Yoga Teacher Certification)

# Sun Salutation Pose #2

## Mountain Pose 2

**FITNESS**  
**FLEXIBILITY**  
**STRENGTH &**  
**ENDURANCE**  
YOGA

- Press palms together and raise hands up above head.
- Look straight up toward hands.
- Extend hands up toward ceiling keeping elbows in toward midline of body, dropping shoulders down and away from ears.



STANDARDS ADDRESSED:

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\*Resource: Maté Schissler (White Lotus Foundation Yoga Teacher Certification)

# Crescent Lunge

Standing Pose

**FITNESS**  
**FLEXIBILITY**  
**STRENGTH &**  
**ENDURANCE**  
YOGA

- Stand at front of mat in Mountain Pose 1.
- Step backward and straighten back leg.
- Keep torso upright, bending front knee to 90°, keeping hips square.
- Raise arms overhead, palms in. Drop shoulders and look forward.
- Keep front knee directly over ankle.



STANDARDS ADDRESSED:

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# Eagle Pose

Standing Pose

**FITNESS**  
**FLEXIBILITY**  
**STRENGTH &**  
**ENDURANCE**  
YOGA

- Stand at front of mat in Mountain Pose 1.
- Stand upright, bend knees slightly.
- Lift R foot and cross R thigh over L leg. Hook R foot behind L calf.
- Wrap R arm under L, bending elbows.
- Raise forearms, lifting elbows and bring palms together.



STANDARDS ADDRESSED:

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# Warrior Pose 1

Standing Pose

- Stand at front of mat in Mountain Pose 1.
- Lift arms above head and slightly arch back.
- Bend forward and fold torso towards thighs, bringing hands toward mat.
- Press hands on mat and bring R foot to the back of the mat (knee is bent 90°), and look up.
- Sweep arms up alongside ears, drawing torso up and over the hips. Keep hips square and sink into bent knee. (Do not allow knee to bend past ankle.)
- Hold for 5 deep breaths, looking up, with arms and hands firm and shoulders down.
- Place hands on either side of feet, move into Plank, then push back into Downward Dog.
- Repeat with L foot back.

STANDARDS ADDRESSED:

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**FITNESS**  
**FLEXIBILITY**  
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# Butterfly Pose

Seated Pose

- Sit with legs extended in front.
- Bend knees, pulling heels toward pelvis.
- Lower knees to sides, soles of feet together.
- Bend forward from hips, lowering head toward feet.
- Use elbows to press knees down.

STANDARDS ADDRESSED:

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**FITNESS**  
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