

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