

1. SunA Acronyms and Counting

- T
 - ekam (A)
- MTN
 - dve (A)
- FF
 - trini (A)
- HL
 - catvari (A)
- C
 - pancha (A)
- UD
 - sat (A)
- DD
 - sapta (A)
- HL
 - ashtau (A)
- FF
 - nava (A)
- MTN
 - dasha (A)
- T

2. SunA Longform

- **tadasana**

- inhale (A)
- raise arms up (A)

- **mountain**

- exhale (A)
- swan dive arms out (A)

- **forward fold**

- inhale (A)

- **half lift**

- step back (A)

- **plank**

- exhale (A)
- lower down (A)

- **chaturanga**

- inhale (A)

- **up dog**

- exhale (A)

- **down dog**

- hold 5 breath (A)
- step forward (A)
- inhale (A)

- **half lift**

- exhale (A)

- **forward fold**

- rise up (A)

- **mountain**

- exhale (A)
- hands to heart center (A)

- **tadasana**