

# sun salutes



## [one]

Stand in Tadasana (mountain pose) at the front of your mat. Feel the weight evenly balanced on the two feet. Try to feel the length that is possible in the spine, without becoming stiff. Feel the crown of the head parallel to the ceiling. Start to feel the breath rising into the ribcage on the inhale, and leaving on the exhale.

Start to consciously lengthen, slow down and even out the rhythm of your breath to a comfortable, sustainable length for you.



## [two]

Inhale as you raise the arms out to the sides, and up over the head, with the palms together at the top.



## [three]

Exhale as you come forwards. If the hands won't reach the floor, bend the knees.



## [four]

Inhale as you look forwards, and lengthen the front of the waist.



## [five]

Exhale as you step the right foot back, right knee on the floor.



## [six]

Inhale as you lift the arms and look up.



## [seven]

Exhale as you take the arms down, hands beneath the shoulders,

and fold forwards from the hips. Make sure that you do not feel a stretch into the knee; if you do, lift the chest as high away from the floor as necessary so that you don't. Stay here for a few breaths, without pushing.



**[eight – a]**

Exhale as you step the right foot back coming onto all fours



**[nine – a]**

Inhale as you lift the tail and drop the chest between the thumbs...



**[ten – a]**

Coming up in to cobra, belly button on the floor.

**Alternatively you could replace 8a, 9a and 10a with the following 8b, 9b and 10b\***

\* Do not attempt 8b-10b unless you are very strong in the lower back.

Unless you can hold the front and back of the waist in a straight, parallel line in the plank and in Chaturanga, you will be damaging your lower back in these postures. To build the strength required to practice beneficially and sustainably, practice 8a-10a.



**[eight – b]**

Exhale as you step back into the plank, take an inhale and then....



**[nine – b]**

Exhale as you bend the elbows in to the side ribs, coming into Chaturanga Dandasana.



**[ten – b]**

Inhale, roll over the length of the tops of your feet (this is not the same as just turning the feet over!) coming into Up-face dog.



**[eleven]**

Exhale into down-face dog. Take five breaths here with an eye focus between the heels. Then inhale, look forwards between the thumbs, and...



**[twelve]**

Exhale as you step the right foot back between the thumbs, left knee on the floor.



**[thirteen]**

Inhale, take the arms up



**[fourteen]**

Exhale take the arms out to the sides, palms beneath the shoulders, and let the body hang. Do not strain. (see fig.7. instructions.)



**[fifteen]**

15. Step the feet together at the front of the mat. Fold forwards, and try to keep the knees straight this time, using the support of the hands on the legs rather than the floor if they don't reach. Stay here for a few breaths.



**[sixteen]**

Inhale as you come up to standing, lifting the arms up and out to the sides, palms together at the top



**[seventeen]**

Exhale taking the arms back down into Tadasana. Take as many breaths to rest, as you need to. Then begin again to do the other side (stepping the left foot back and the left foot back in again this time.)

