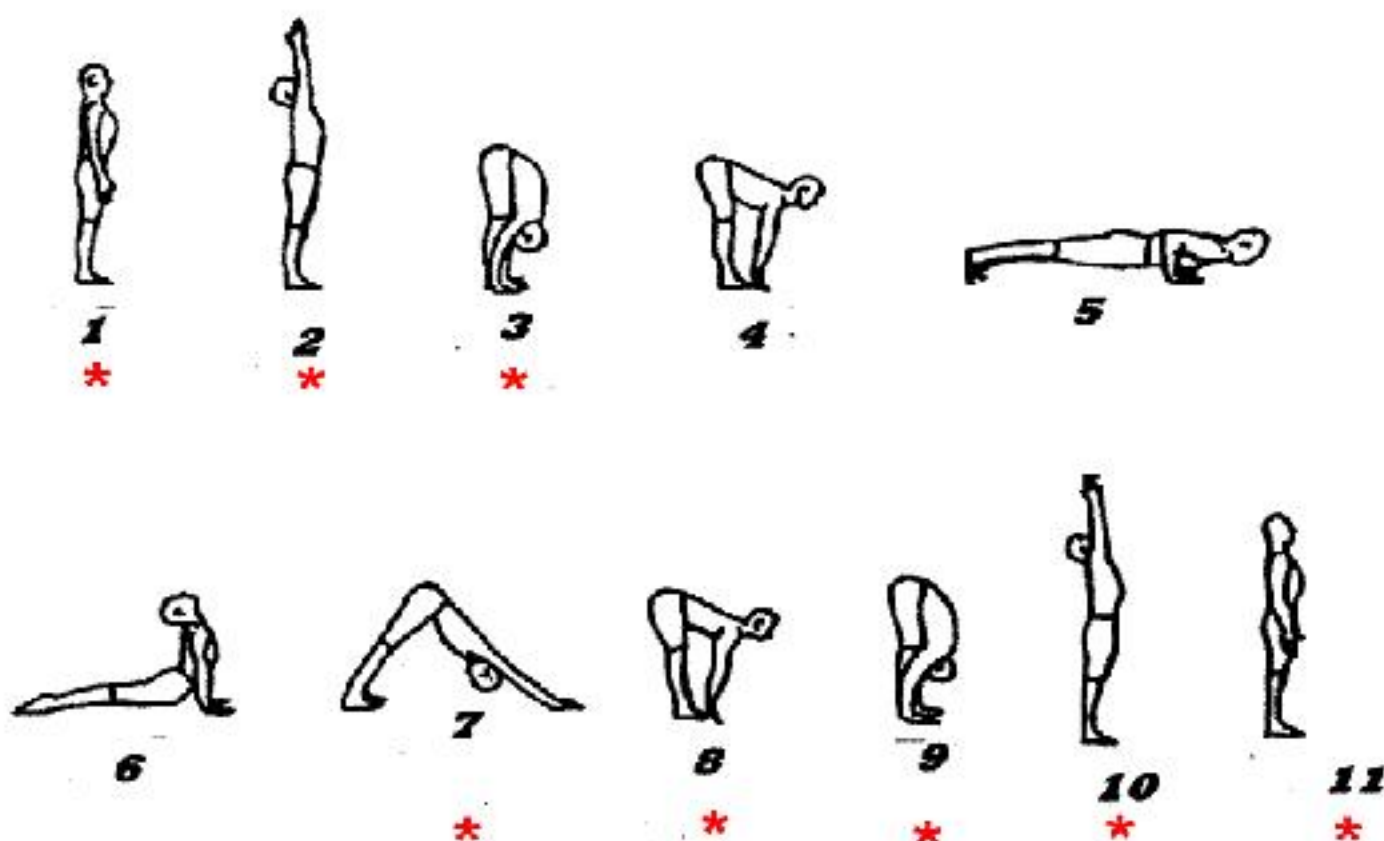


ASHTANGA YOGA

SUN SALUTATION A



- * 1. Stand tall, balance weight evenly.
- * 2. **INHALE** - Raise the hands, look to the thumbs, keep the shoulders down, face relaxed
- * 3. **EXHALE** - Swan dive into forward bend place the hands on the floor by the feet. Aim for length in the spine. (Modification - bend the knees or hands on shins)
- 4. **INHALE** - Create a strong triangle with the body, legs and arms. Gaze along the floor
- 5. **EXHALE** - Step back into a high push up position before bending the elbows and staying approx. two inches from the floor. Keep the elbows in. (Modification, knees to floor)
- 6. **INHALE** - Roll over the toes and arch up into upward dog. Look up. Weight supported on hands and the backs of the feet. Pull the hips through the gate created by the arms.
- * 7. **EXHALE** - Roll back over the toes into Downward Dog. Inverted triangle. Push the sitting bones towards the ceiling. Take weight into base of index fingers. Stay for 5 breaths. (Modification knees to floor).
- * 8. **INHALE** - Step up. Position as in step 4
- * 9. **EXHALE** - As in step 2.
- * 10. **INHALE** - As in step 2.
- * 11. **EXHALE** - As in step 1.

Aim for one movement per breath apart from in step 7.
Attempt to practice at least 5 Sun Salutations per day.

