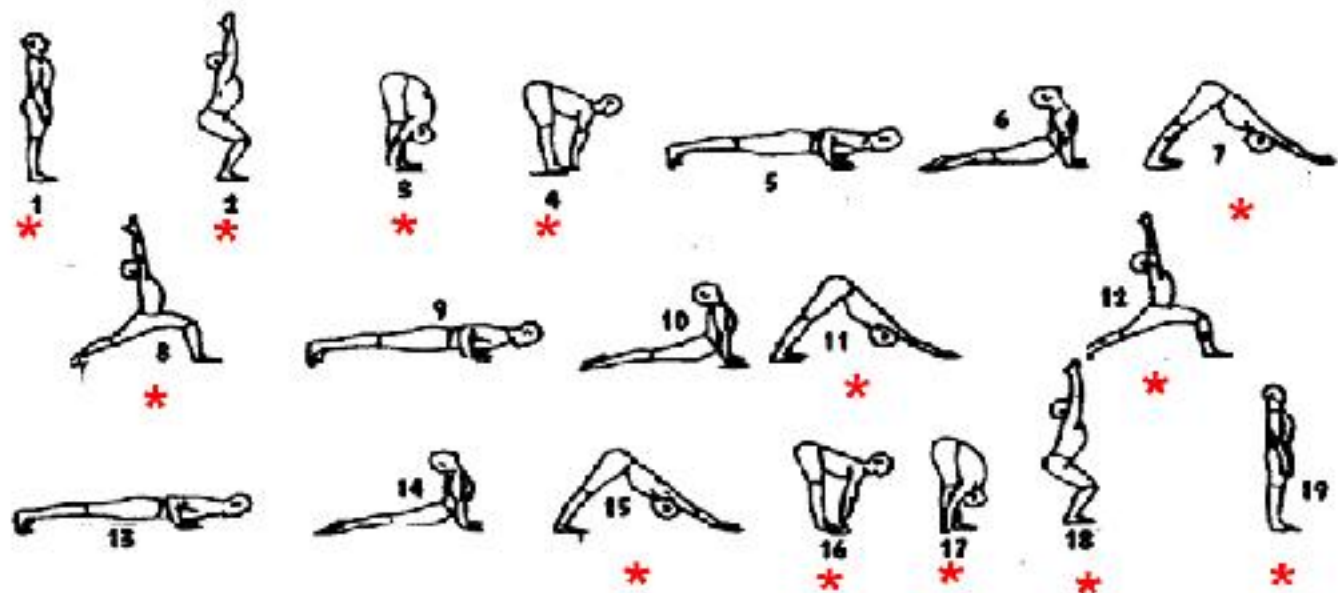


ASHTANGA YOGA

SUN SALUTATION B



- * 1: stand with both feet together. Legs active. Spine long. Breath deep.
- * 2: **INHALE:** As you bend your knees and raise both arms. Fill the lungs fully. Gaze at the thumbs.
- * 3: **EXHALE:** Fold forward. Take the chest towards the knees as you straighten the legs.
- * 4: **INHALE:** Lengthen the spine as you take your gaze to the horizon.
- 5: **EXHALE:** either step or jump back. Lower down from a high push up position. You may hover one inch from the floor or take your torso fully down to the earth.
- 6: **INHALE:** Straighten the arms and roll onto the tops of the feet. Engage the legs. Lift the chest high.
- * 7: **EXHALE:** As you push your hips up. Lengthen the spine from your sacrum through the top of your head.
- 8: **Begin INHALING** as you pivot the left heel in and press the outer edge of the foot down. Step forward with your right foot. Place it between or near your hands.
- 9: **EXHALE:** as you place your hands on the floor and lower your body down to plank position. Either hover one inch from the floor or come all the way down.
- 10 **INHALE:** as you push the hips up. Lengthen the spine from your sacrum through the top of your head.
- * 11: **EXHALE:** As in step 7
- * 12: **INHALE:** as you pivot the right heel in and press the outer edge of the foot down. Step forward with your left foot. Place it between or near your hands.
- 13: **EXHALE:** As in step 9
- 14 : **INHALE:** Upward Dog -As in step 10
- * 15: **EXHALE:** Downward Dog - As in steps 7 and 11. (This time -hold for 5 breaths)
- * 16: **INHALE:** As you either jump or walk the feet toward the hands. Lengthen the spine as you gaze to the horizon.
- * 17: **EXHALE:** Fold forward lowering the chest toward the knees. Gaze to the toes.
- * 18: **INHALE:** Bend the knees and raise both hands. Gaze at the thumbs.
- * 19: **EXHALE:** Samasthiti.

Aim to practice 3 x Sun Salutation A and 2 x Sun Salutation B per day.

