





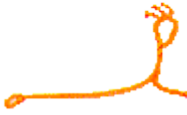







# Sun Salutation (Surya Namaskar)

Surya Namaskar, the Sun Salutation, is a series of 12 postures performed in a single, graceful flow. Each movement is coordinated with the breath. Often used as a warm up, the Sun Salutation builds strength and increases flexibility. A single round consists of two complete sequences, one for the right side of the body and the other for the left.

<p><b>1. Mountain</b></p>  <p>Begin by standing in Mountain pose, feet about hip width apart, hands either by your sides or in prayer position. Take several deep breaths.</p>	<p><b>2. Hands up</b></p>  <p>On your next inhale, in one sweeping movement, raise your arms up overhead and gently arch back as far as feels comfortable and safe.</p>	<p><b>3. Head to knees</b></p>  <p>As you exhale, bend forward, bending the knees if necessary, and bring your hands to rest beside your feet.</p>	<p><b>4. Lunge</b></p>  <p>Inhale and step the right leg back</p>
<p><b>5. Plank</b></p>  <p>Retain breath and step the left leg back into plank position. Hold the position briefly, then...</p>	<p><b>6. Stick</b></p>  <p>Exhale and lower yourself as if coming down from a pushup. Only your hands and feet should touch the floor. (Or knees, chest, chin touch floor).</p>	<p><b>7. Upward Dog</b></p>  <p>Inhale and stretch forward and up, bending at the waist. Use your arms to lift your torso, but only bend back as far as feels comfortable and safe. It's okay to keep your arms bent at the elbow.</p>	<p><b>8. Downward dog</b></p>  <p>Exhale, lift from the hips and push back and up.</p>
<p><b>9. Lunge</b></p>  <p>Inhale and step the right foot forward.</p>	<p><b>10. Head to knees</b></p>  <p>Exhale, bring the left foot forward and step into head-to-knee position.</p>	<p><b>11. Hands up</b></p>  <p>Inhale and rise slowly while keeping arms extended.</p>	<p><b>12. Mountain</b></p>  <p>Exhale, and in a slow, sweeping motion, lower your arms to the sides. End by bringing your hands up into prayer position. Repeat the sequence, stepping with the left leg.</p>