

Sun Salutation

Important: Remember to breathe! The rule of thumb concerning breathing in yoga is to breathe in on the backward bends and breathe out on the forward bends. Be sure to check with your doctor before beginning any exercise practice, especially if you have any health issues.



1. Stand straight with feet a hip width apart with palms together in front of your chest.



2. Keeping palms together raise hands overhead. Push hips forward and bend backwards (remember only as far as comfortable).



3. Come up and bend your body forward bending at your hips while raising your tailbone. Bring palms or fingertips to the floor next to your feet.



4. Bend left leg and position right leg back in a lunge position.



5. Bring left foot back next to right foot, keeping arms straight.



6. Bend knees and lower knees, chest, and chin to the floor.



7. Sweep your chest and chin upward, straighten your arms



8. Lift the tailbone, allowing your hips to rise, keep palms and feet on the floor.



9. Bend right leg bringing the left foot back into a lunge position.



10. Straighten right leg bring the left foot forward beside the right foot; keep palms to the floor while raising the tailbone.



11. Slowly come up bringing palms overhead. Push hips forward and bend back.



12. Come back to standing position with palms together in front of your chest.

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