













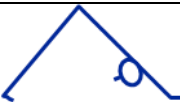








## Sun Salutation

	<p>Standing or Mountain posture.            Feet hip width apart. Balance even between right and left foot. Knees slightly soft. Tail slightly tucked and core muscles slightly engaged. Place your attention in your spine and follow the natural curves of your spine bottom to top visualising the spaces between each of the vertebrae. Have your chin parallel with the ground or slightly lowered so there is length in the back of the neck. Crown of the head lifting towards the ceiling. Once you have attained that upright posture, check it feels strong but comfortable. Close the eyes and focus on your breath. Thinking length and lightness each time your breath in and softness/release each time your breath out.</p>	<p>2-3 minutes            Longer if poss.</p>
	<p>Now bring hands into prayer position</p>	<p>One whole breath</p>
	<p>Breathe in to raise the arms towards the ceiling/sky</p>	
	<p>Breathe out bending the knees into forward fold</p>	
	<p>Breathe in stepping the right foot back into lunge</p>	
	<p>Breathe out stepping the left foot back into down facing dog</p>	
	<p>Breathe in to swing the upper body forward between the arms into a straight armed plank.</p>	
	<p>The drop into cobra breathing out then in</p>	
	<p>Breathe out as you tuck the toes under pushing up into down facing dog</p>	

	Breathe in stepping the right foot forward into lunge	
	Breathe out bringing the left foot forward into forward fold.	
	Breathe in while bending the knees and coming up to standing with arms over head	
	Then bring hands back to prayer position while breathing out.	Prepare for next side
	Breathe in to raise the arms towards the ceiling/sky	
	Breathe out bending the knees into forward fold	
	Breathe in stepping the left foot back into lunge	
	Breathe out stepping the right foot back into down facing dog	
	Breathe in to swing the upper body forward between the arms into a straight armed plank.	
	The drop into cobra breathing out then in	

	<p>Breathe out as you tuck the toes under pushing up into down facing dog</p>	
	<p>Breathe in stepping the left foot forward into lunge</p>	
	<p>Breathe out bringing the right foot forward into forward fold.</p>	
	<p>Breathe in while bending the knees and coming up to standing with arms over head</p>	
	<p>Then bring hands back to prayer position while breathing out.</p>	