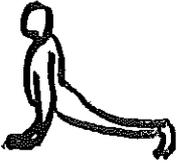
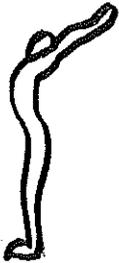
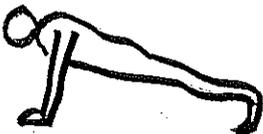


Surya Namaskar – The Salute to the Sun

<p>1. In prayer position (namaste) from Mountain Posture (taḍasana)</p>  <p>Breath In Breath Out</p>	<p>7. Breath In Hammock</p> 
<p>2. Breath In Sunburst</p> 	<p>8. Breath Out Dog</p> 
<p>3. Breath Out Forward Bend (Uttanasana)</p> 	<p>9. Breath In R/L foot forward</p> 
<p>4. Breath In Take R/L leg back</p> 	<p>10. Breath Out Forward Bend (Uttanasana)</p> 
<p>5. Hold Breath Plank</p> 	<p>11. Breath In Sunburst</p> 
<p>6. Breath Out Knees, chest, chin (caterpillar)</p> 	<p>12. Breath Out Namaste</p> 

This exercise is practised as a continuous flowing motion and was traditionally performed in the early morning facing the sun.

Each position counteracts the one before stretching the body in a different way and alternately expanding and contracting the chest.

The Salute to the Sun aids flexibility of the spine and joints, regulates the breath and focuses the mind. It firms and tones the whole body, lubricating the joints and warming the muscles. It helps to combat depression. It is very energising and particularly benefits the circulatory and lymphatic systems.

Perform 1-11 taking the right leg back, then 3-12 taking the left leg back. This is one complete round of the Salute to the Sun.

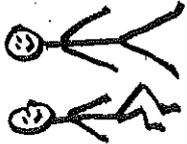
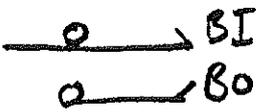
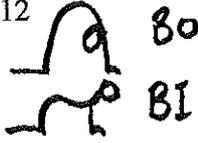
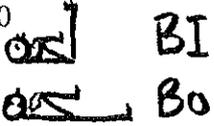
The Salute to the Sun should be avoided by those suffering from chronic fatigue. It is not advised during the second and third trimesters of pregnancy.

As in all your yoga, work within your own comfortable body limits and modify postures in the sequence where this is appropriate for you.

Home lesson plan

This lesson plan is designed to be practised as a whole or in sections depending on the time you have available. 1-11 should take about 30 minutes. 1-14 should take around 40 minutes. The whole plan should take about 1 hour. As always, take your time, work with your breath and listen to your body so you do not overstrain. Perform alternative postures where this is appropriate for you.

Occasionally vary the program by adding an inverted posture, such as the shoulderstand or lying with legs up the wall. Also include some breathing techniques such as the nine pacifying breaths, alternate nostril breathing, cleansing breath or the full yogic breath.

1 	Supine relaxation (Savasana) else semi-supine	11 	Cat stretch
2 	Stretch arms and legs	12 	Cat
3 	Crocodile twist. Knees and feet glued together else hip width apart	13 	Dog
4 	Bridge, pelvic tilt first	14 	Sphinx
5 	Supine side stretch	15 	Mountain posture (tadasana)
6 	Supta badha konasana	16 	Tree balance (vrksasana)
7 	Alternate knee to chest then head to knee (supta pawanmuktasana)	17 	Squat
8 	Cradle foot and open hip	18 	Triangle (trikonasana)
9 	Sitting, knee to floor	19 	Relaxed forward bend
10 	Straight leg raise, other knee stays on chest	20 	Salute to the Sun Surya namaskar See separate sheet