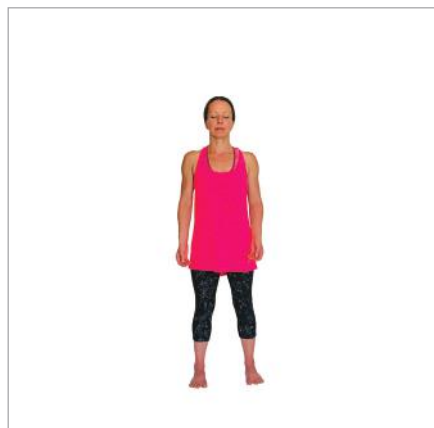




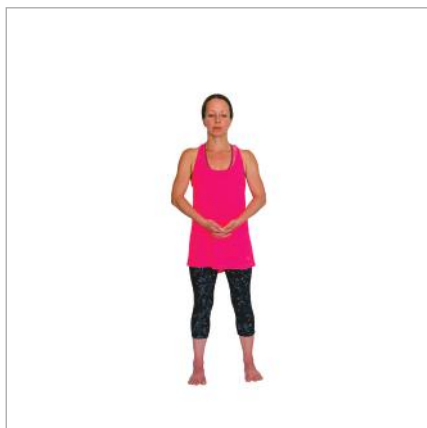
Earth Salute Sequence Guide Page One

Phase One



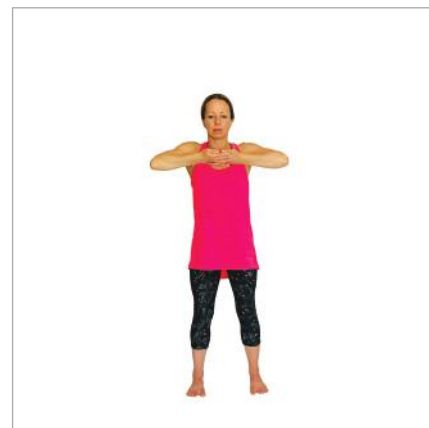
Step 1

Stand with the feet hip distance apart. Shoulders relaxed and arms and hands down by the side of the body. Spend a few minutes focusing on the breath.



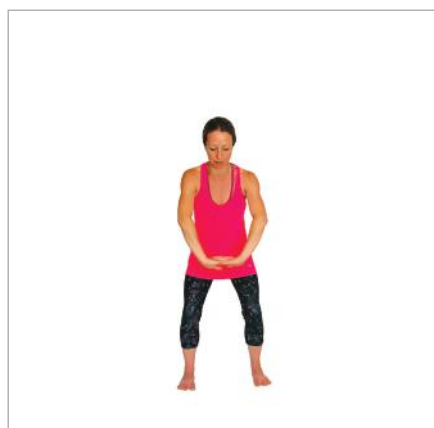
Step 2

Interlock the hands, palms facing up and in front of the lower abdomen, soften the knees.



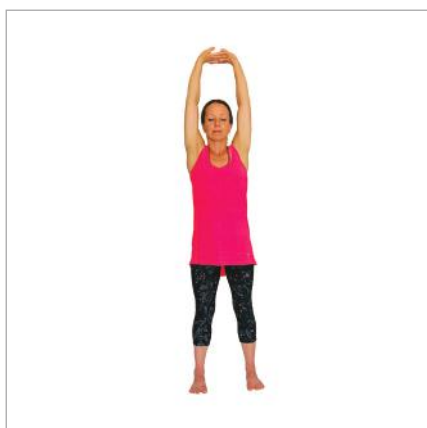
Step 3

Inhale: Raise the hands up to the throat. Lengthen your legs.



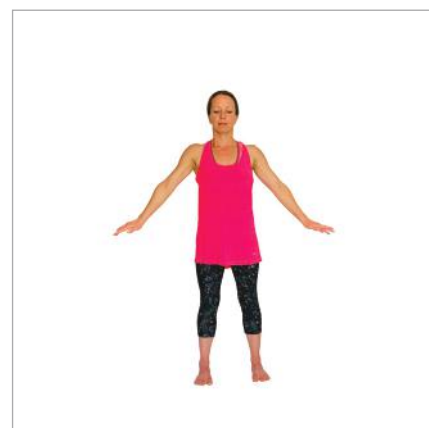
Step 4

Exhale: Palms face down lower down to in front of abdomen. Soften the knees.



Step 5

Inhale: As the arms start to straighten palms lift to the front and up and over the head. Lengthen your legs.



Step 6

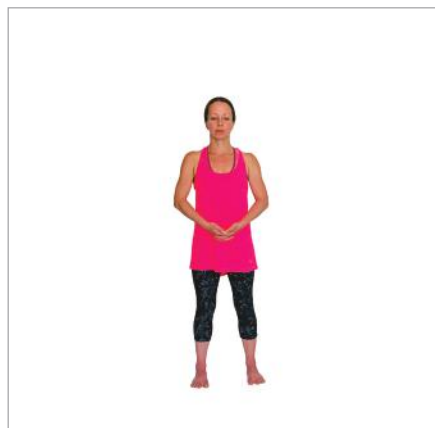
Exhale: Release fingers and arms and hands out to the side bringing all the way down. Soften the knees.

Repeat steps 2 - 6, allowing the hands to clasp together straight after step 6. Work through three to five rounds.



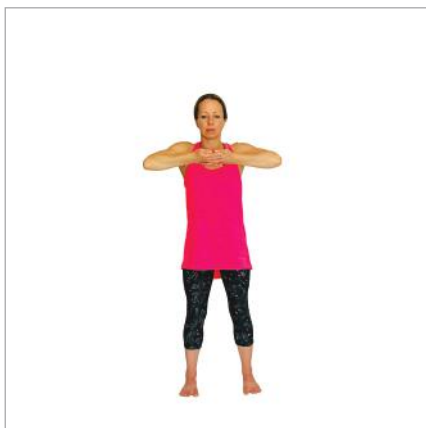
Earth Salute Sequence Guide Page Two

Phase Two



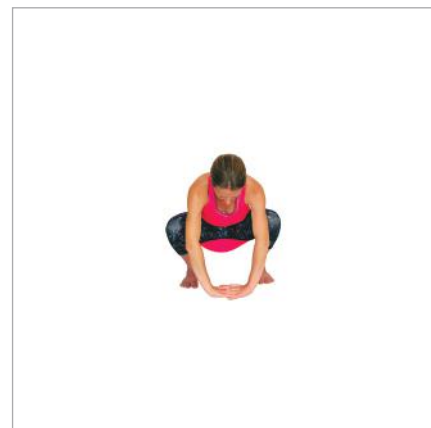
Step 1

Move feet apart a bit wider than hip distance apart hands still interlocked, take a couple of breaths.



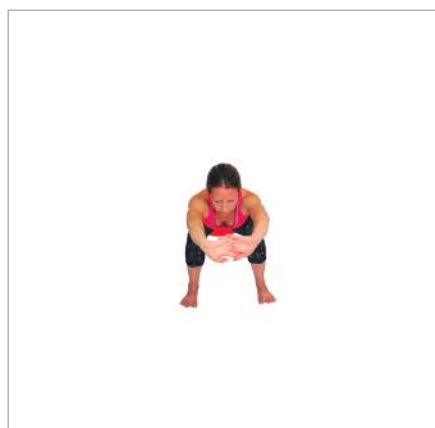
Step 2

Inhale: Raise the hands up to the throat. Lengthen your legs.



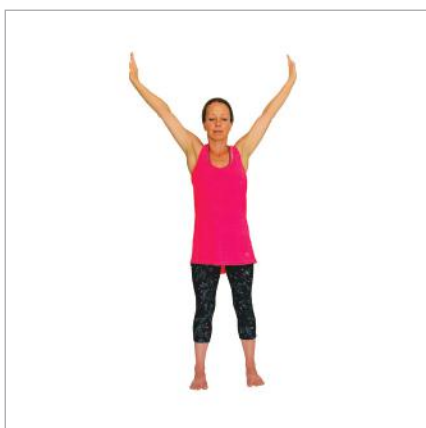
Step 3

Exhale: Bending the knees, palms face down lower down this time in to a low squat position, looking down. Palms towards the floor. Modify by allowing the squat to be higher and not lowering down.



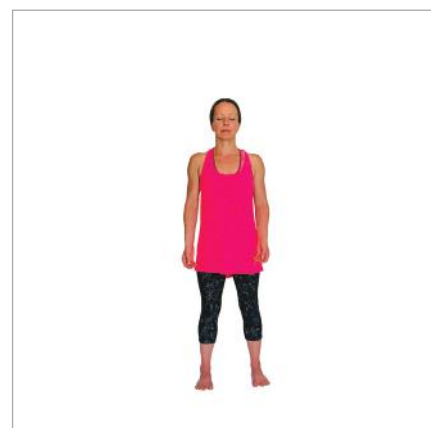
Step 4

Inhale: Palms start to face forward, lift arms looking up and move arms up above head with palms up, looking forward. Lengthen the legs.



Step 5

Exhale: Release fingers and arms and hands out to the side bringing all the way down. Soften your knees.



Step 6

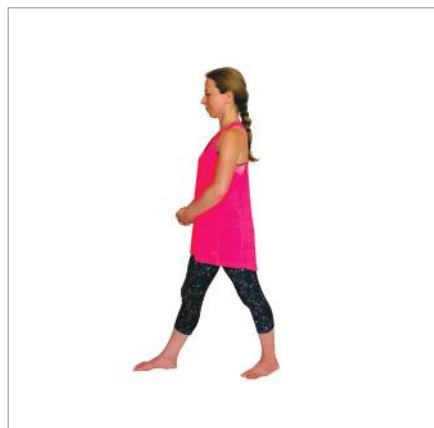
Come back into a resting position.

Repeat steps 2 - 5, allowing the hands to clasp again straight after step 5. Work through three to five rounds.



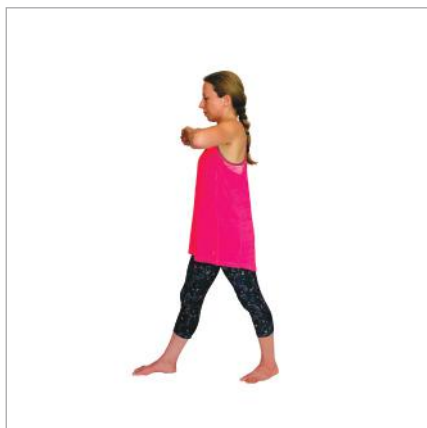
Earth Salute Sequence Guide Page Three

Phase Three/Four



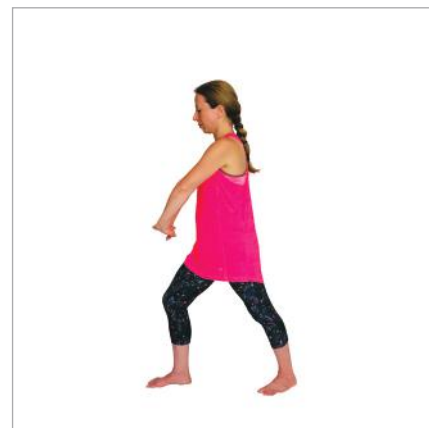
Step 1

Keep the hands interlocked, turn the right foot all the way out and the left foot in slightly. Take a few breaths.



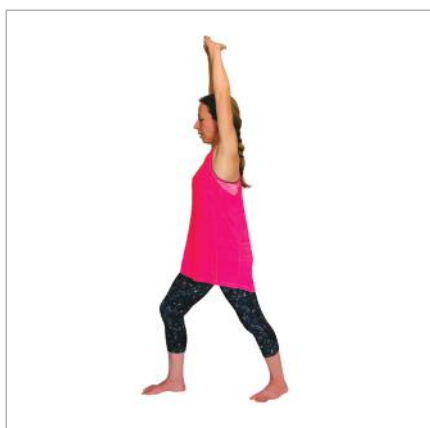
Step 2

Inhale: Raise the hands up to the throat. Lengthen your legs.



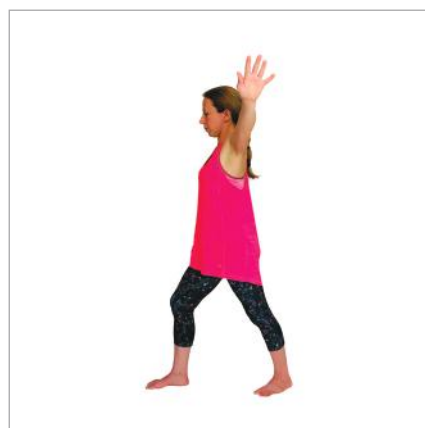
Step 3

Exhale: Turn the palms down, bend the right knee and lower the palms down, lengthening the armst.



Step 4

Inhale: Keep the right knee bent, as the arms start to straighten, palms lift to the front and up and over the head.



Step 5

Exhale: Release the fingers and take the arms and hands out to the side, bringing all the way down. Lengthen right leg.

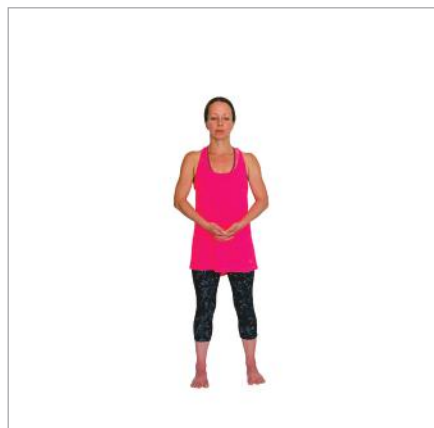
Repeat steps 2 - 5 allowing the hands to clasp again straight after step 5. Work through three to five rounds.

Turn the feet back to the centre, keep hands interlocked. Take a few breaths and then repeat the sequence on the opposite side.



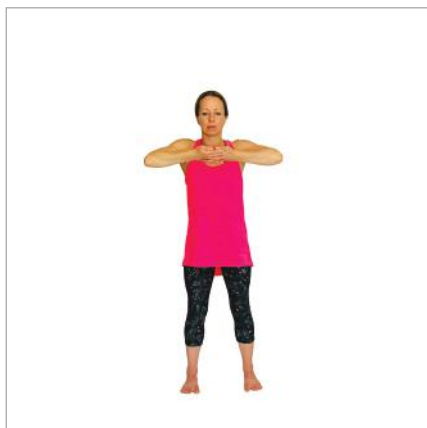
Earth Salute Sequence Guide Page Three

Phase Five



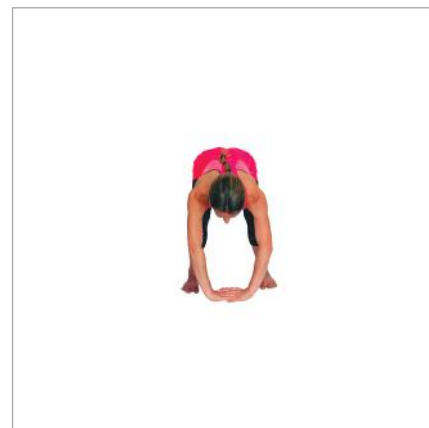
Step 1

Move feet apart a bit wider than hip distance apart hands still interlocked, take a couple of breaths.



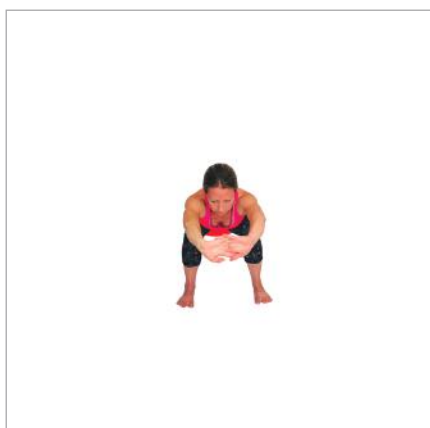
Step 2

Inhale: Raise the hands up to the throat. Lengthen your legs.



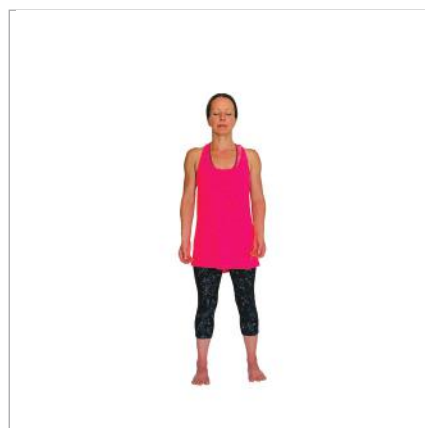
Step 3

Exhale: Bending the knees, keep a lengthened spine, come forward into a forward fold, palms facing down towards the floor. Look down. Modify by only folding forward half way.



Step 4

Inhale: Palms start to face forward, lift arms looking up and move arms up above head with palms up, looking forward. Lengthen the legst.



Step 5

Exhale: Release fingers and arms and hands out to the side bringing all the way down. Soften your knees.

Repeat steps 2 - 5 allowing the hands to clasp again straight after step 5. Work through three to five rounds.

There's an accompanying guide on the website at <https://yoga-herts.co.uk/blog/earth-sequence-guide/> to help you with this sequence too.