

Kneeling Sun Salutation Guide Page One



Position One

Sit back on heels, **Vajrasana/Thunderbolt Pose**. Bring palms together in front of the chest and focus on the breath.

Modification: Modify by sitting on a block or blanket or by rolling up a blanket in between the legs.



Position Two - Inhale

Start to lift up on the knees, lift hands above head and gaze up.

Modification: Modify by padding up your knees.



Position Three - Exhale

Lower the arms and sit back towards the heels into **Balasana/Childs Pose**. Arms out in front on the floor and palms down.



Position Four - Inhale

Come into all fours position for **cat** tilt, tilt pelvis and sitbones, lift chest and head. Wrists under shoulders, knees under hips, hip distance apart.



Position Five - Exhale

Tuck toes under, lift knees away from the floor and push up into **Adho Mukha Svanasana/Downward Dog** pose.

Modification: Modify for **Uttana Shishosana/Puppy Pose** with knees down and arms out in front.



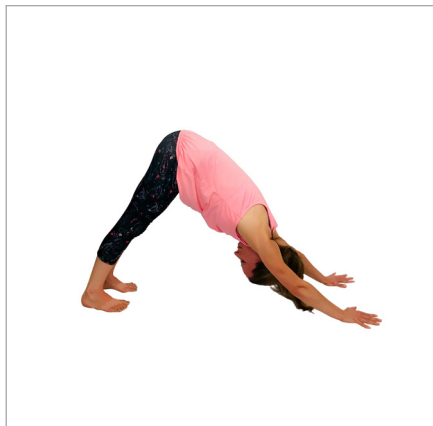
Position Six - Inhale

Lower body forward and down and arch the back into **Urdhva Mukha Svanasana/Upward Dog** with toes tucked, arms straight, knees off the floor and hips lowered looking up.

Modification: Modify to all fours, lower down to the floor and push up into a **Sphinx** or **Cobra**.



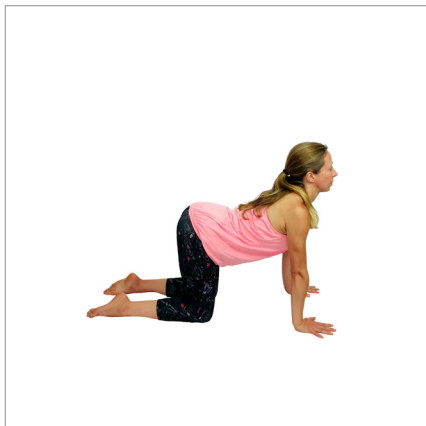
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Position Seven - Exhale

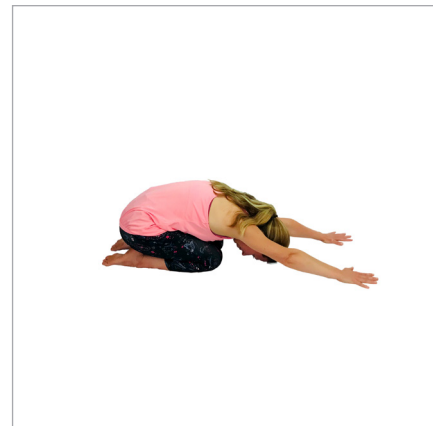
Push back down into **Adho Mukha Svanasana/Downward Dog Pose**.

Modification: You can modify this using **Uttana Shishosana/Puppy Pose**.



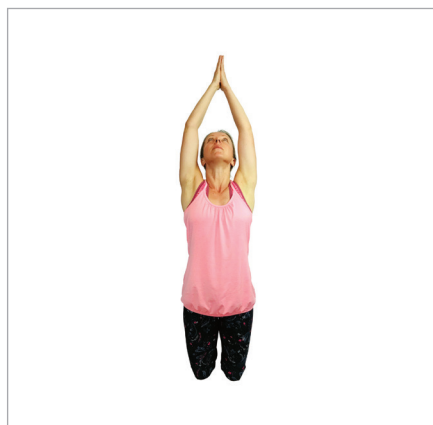
Position Eight - Inhale

Come into all fours position with knees down and untuck toes for **cat tilt**, tilt pelvis and sitbones, lift chest and head. Wrists under shoulders, knees under hips, hip distance apart.



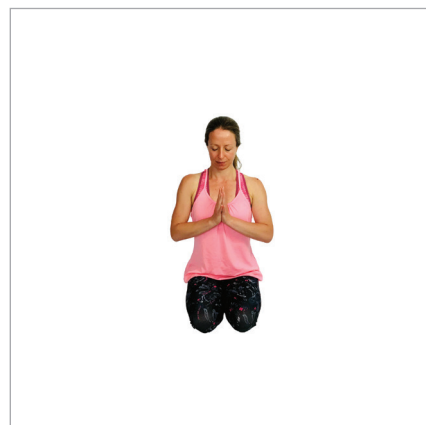
Position Nine - Exhale

Push back into **Balasana/Childs Pose**, Lower the arms and sit back towards the heels with the arms out in front and palms down.



Position Ten - Inhale

Start to bring hands back into chest, lift up on the knees, lift hands above head and gaze up.



Position Eleven

Sit back on heels, **Vajrasana/Thunderbolt Pose** bring palms together in front of the chest and focus on the breath.

Modification: Modify by sitting on a block or blankets or by rolling up a blanket in between the legs.

This counts as one round of the Kneeling Sun Salutation.

Get to know the sequence and start to focus on the inhale and exhale as you go through the postures.

This is great to practice at home when you get some spare time.

Have a look over on the website to watch Vicky going through the sequence.