




Sun Salutation Guide

Sequence One – Full Postures


Step 1



**Mountain Pose
Tadasana**

Few rounds of normal breathing.


Step 2



**Upward Salute
Urdhva Hastasana**

Inhale: Raise arms overhead.


Step 3



**Standing Forward Bend
Uttanasana**

Exhale: Hinge at hips, soft knees, come forward, hands to floor beside feet.


Step 4



**Low Lunge
Anjaneyasana**

Inhale: Step back with right foot into a lunge, tuck toes under and lift head and chest.


Step 5



**Plank Pose
Phalakasana**

Retain Breath: Step left foot back to join right foot, shoulders forward over wrists.

Step 6



**Knees Chin Chest Pose
Ashtanga Namaskara**


Exhale: Lower knees, chest and chin to the ground.



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Sequence One – Full Postures


Step 7



Cobra Pose
Bhujangasana

Inhale: Push up.


Step 8



Downward-Facing Dog Pose
Adho Mukha Svanasana

Exhale: Lift tailbone and hips up into downward dog, gaze through legs, ears in line with shoulders.


Step 9



Low Lunge
Anjaneyasana

Inhale: Step forward right foot in between the hands, lift chest and head.


Step 10



Standing Forward Bend
Uttanasana

Exhale: Step left foot forward to meet the right foot and release in to a forward fold, soft knees and hands either side of feet.


Step 11



Upward Salute
Urdhva Hastasana

Inhale: Lift head and chest and open out arms to the side, come up to standing and raise arms up and above the head bringing palms together, hips forward and arch back and gaze up towards the hands.

Step 12



Mountain Pose
Tadasana

Exhale: With palms pressed together draw hands down and bring in towards the chest.


This is half a round of one sun salutation. Repeat the above movements but step back into the lunge with the left foot (step 4) and step forward with the left foot in the lunge (step 9). This will complete one full round of the sun salutations.



Sun Salutation Guide

Sequence Two – Modified Postures

Step 1



**Mountain Pose
Tadasana**

Few rounds of normal breathing.


Step 2



**Upward Salute
Urdhva Hastasana**

Inhale: Raise arms overhead, don't lean back.


Step 3



**Standing Forward Bend
Uttanasana**

Exhale: Hinge at hips, soft knees, come forward, hands to to shins.


Step 4



**Low Lunge
Anjaneyasana**

Inhale: Step back with right foot into a lunge, tuck toes under and lift head and chest.


Step 5



**Plank Pose
Phalakasana**

Retain Breath: Step left foot back to join right foot, shoulders forward over wrists.

Step 6









**Knees Chin Chest Pose
Ashtanga Namaskara**

Exhale: Lower knees, chest and chin to the ground.



Sun Salutation Guide

Sequence Two – Modified Postures

<p>Step 7</p> 	<p>Step 8</p> 	<p>Step 9</p> 
<p>Sphinx Pose Salamba Bhujangasana</p> <p>Inhale: Push up.</p>	<p>Downward-Facing Dog Pose Adho Mukha Svanasana</p> <p>Exhale: Lift tailbone and hips up into downward dog, gaze through legs, ears in line with shoulders.</p>	<p>Low Lunge Anjaneyasana</p> <p>Inhale: Step forward right foot in between the hands, lift chest and head.</p>
<p>Step 10</p> 	<p>Step 11</p> 	<p>Step 12</p> 
<p>Standing Forward Bend Uttanasana</p> <p>Exhale: Step left foot forward to meet the right foot and release in to a forward fold, soft knees and hands to shins.</p>	<p>Upward Salute Urdhva Hastasana</p> <p>Inhale: Lift head and chest and open out arms to the side, come up to standing and raise arms up and above the head bringing palms together, hips forward. Keep head forward, don't arch back.</p>	<p>Mountain Pose Tadasana</p> <p>Exhale: With palms pressed together draw hands down and bring in towards the chest.</p>

This is half a round of one sun salutation. Repeat the above movements but step back into the lunge with the left foot (step 4) and step forward with the left foot in the lunge (step 9). This will complete one full round of the sun salutations.