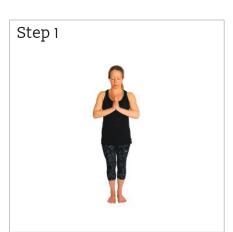


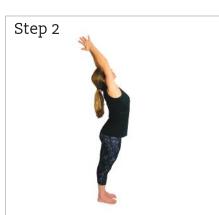


Sequence One - Full Postures



Mountain Pose Tadasana

Few rounds of normal breathing.



Upward Salute Urdhva Hastasana

Inhale: Raise arms overhead.





Standing Forward Bend Uttanasana

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





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



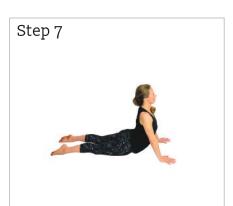
Knees Chin Chest Pose Ashtanga Namaskara

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





Sequence One - Full Postures



Cobra Pose Bhujangasana

Inhale: Push up.





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 foward 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.





Sequence Two - Modified Postures



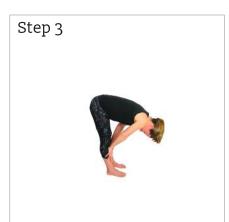
Mountain Pose Tadasana

Few rounds of normal breathing.



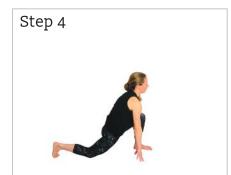
Upward Salute Urdhva Hastasana

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



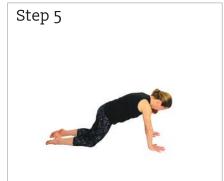
Standing Forward Bend Uttanasana

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



Low Lunge Anjaneyasana

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



Plank Pose Phalakasana

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



Knees Chin Chest Pose Ashtanga Namaskara

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





Sequence Two - Modified Postures



Sphinx Pose Salamba Bhujangasana

Inhale: Push up.





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 foward fold, soft knees and hands to shins.

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. Keep head forward, don't arch back.

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.