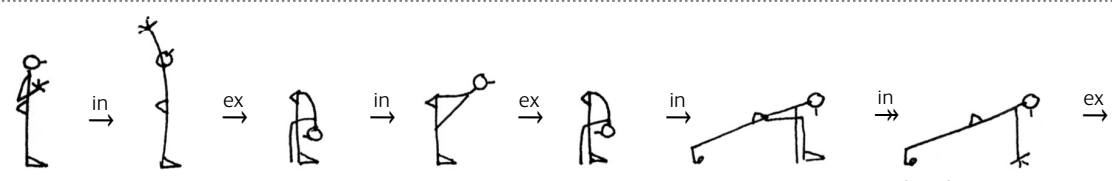
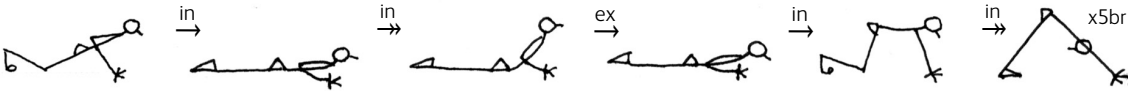
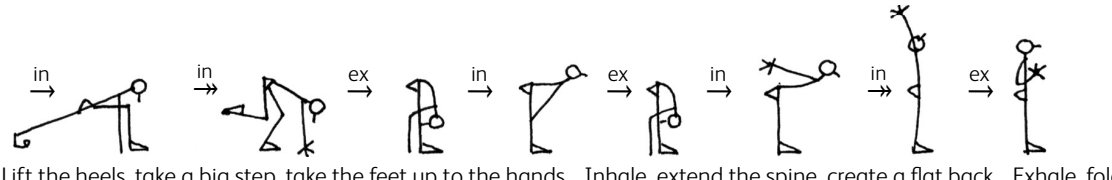


A Series Sun Salutation

Mountain Pose Upward Salute Standing Forward Fold Half Standing Forward Fold Step back to Plank	 <p>Stand in Mountain Pose... Inhale, sweep the arms around and up overhead. Reach up... Exhale, fold forwards. Hinge at the hips, come down with a flat back... Inhale, come up half way... Exhale, fold forward... Step back to plank.</p>
Half Plank Lower to the Belly Cobra Downward Facing Dog	 <p>Come straight down through Chaturanga or drop the knees down first if you need to... Keep the elbows in close... Inhale, come up into a Low Cobra, or a High Cobra... Exhale, release and press back to Downward Facing Dog Pose.</p>
Step forward Standing Forward Fold Half Standing Forward Fold Upward Salute Mountain	 <p>Lift the heels, take a big step, take the feet up to the hands... Inhale, extend the spine, create a flat back... Exhale, fold forward... Inhale, sweep the arms around and up overhead... Exhale, release the arms. Bring the hands to the heart.</p>

A Series Sun Salutation

Mountain Pose

Stand in Mountain Pose. Feet a little distance apart, feet parallel. Take a breath. Exhale, bring the palms together in front of the heart.

Upward Salute

Inhale, sweep the arms around and up overhead. Reach up.

Standing Forward Fold

Exhale, fold forwards. Hinge at the hips, come down with a flat back. You can bend your knees if you need to, to come down with a flat back. Fingertips to the floor. Release the spine. Release the head down.

Half Standing Forward Fold

Inhale, come up half way, create a flat back. extend the spine. Hands rest on the legs. Or if you're more flexible, you can keep the fingertips on the floor.

Standing Forward Fold

Exhale, fold forward. Hands to the floor.

Plank

Inhale, step back to Plank. Create a straight line between your shoulders hips and ankles.

Lowering onto the belly

Exhale, choose how to come down onto the belly:

- Roll down over the thighs
Or take weight in the arms:
- Lower the knees. Then lower the hips and chest so they touch the ground together. together.
- Or keep the knees straight. Lower the knees, hips and chest so they touch the ground together.

Cobra

Come onto the top of the feet. Inhale, come up into a Low Cobra, or a High Cobra. Draw the shoulders away from the ears. Exhale, release back down.

Downward Facing Dog

Press back to Downward Facing Dog.

- Press the hands down into the floor.
 - Make the arms straight and strong.
 - Draw the hips back and up, out of the hands.
 - Create a straight slope from the hips through the back and arms. So the hips, shoulders and wrists form a straight line.
 - If you can, straighten the knees, press the tops of the thighs back and start to lower the heels towards the floor.
 - Keep the ears in line with the upper arms.
 - Hold DFD for 5 breaths, If you feel tired, take a break in Childs Pose then lift back up.
 - Steady breath, in and out of the nose.
-

Step forward into Standing Forward Fold

Inhale, lift the heels, bend the knees, with a big step, take the feet up to the hands.

Exhale, fold forward.

Inhale, extend the spine, create a flat back.

Exhale, fold forward.

Upward Salute

Inhale, come up to standing, through a flat back. Sweep the arms around and up overhead. Lengthen. Reach up.

Mountain Pose

Exhale, release the arms. Bring the hands to the heart.

Options for A Series Sun Salutation

Explore options to adjust the flow in your constant quest to discover the movements that work best for your unique body.

Mountain Pose

Classically we aim to stand with the ankles and knees a few centimeters apart, with all the toes pointing forwards. So you aren't turning your toes outward or inwards, rotating at your hip. We aim to have the legs in a neutral position. Only never forget: Every body is unique. It's your body, your yoga. If you feel turning the feet out or in a little feels more stable and comfortable for your body, that may be the way to go!

Upward Salute

Upward Salute helps you feel your range of movement in the act of reaching up. Classically we may have the arms straight, the wrists aligned above the shoulders, the palms touching. And we cast the gaze up, coming into a subtle bend of the thoracic spine that begins at a point between the shoulder blades.

Every body is unique. It's your body, your yoga. Notice what feelings the movement ignites and make a call to change it if you decide it will help. You could simply keep the hands by the sides and leave it out. If you feel discomfort taking the hands up all the way, maybe take them half way, so the wrists are level with the hips. If it's uncomfortable to touch the palms, you can keep the wrists a shoulder distance apart.

Standing Forward Fold

If coming down all the way into Standing Forward Fold doesn't work for you, you can practice Half Standing Forward Fold instead.

If you find yourself rounding at the waist, instead of hinging at the hips in this pose, bend your knees as much as you need to, to allow the upper body to release from the sacrum through the crown of the head.

Plank

If full Plank, with the knees off the ground, is too strong for you, you can lower the knees straight away into Half Plank.

Lowering onto the belly

Remember your options lowering onto the belly. A key point in all of them is to draw your elbows into the side ribs. See if you can stop them winging out to the sides.

Classically, you lower down flat as a board from Plank onto the belly. The knees, hips, chest and chin touch the ground at the same time. So you take weight in the arms and shoulders and just bend your elbows to lower. This is often referred to as 'coming down through Chaturanga.' It takes quite a lot of upper body strength, so you may want to choose a lighter variation.

One option is to come down through Half Plank. Here you lower the knees to the ground first. You still take weight in the arms and shoulders and bend your elbows to lower. The torso is firm, the belly engaged. Touch your hips and chest to the ground at the same time.

Another option is to roll down from Half Plank. Here you take very little weight in the arms and roll down easily through the thighs hips, belly, chest. This is a good option if the others aren't available to your body for any reason. Still I recommend if you can try lowering down through Half Chaturanga first. And then at the point where your strength is going to give way, let go and roll down. This will help you develop more strength in your arms over time.

Downward Facing Dog

Finding the straight line between your hips, shoulders and wrists is more important than straightening your knees. If, when you straighten the knees the shoulders move forward out of line, bend your knees as much as you need to, to bring them back in line.

In Downward Facing Dog, if you feel tired, you can easily take a rest by lowering the knees and coming into Child's Pose. Then lift back up into Dog and continue your flow.