

B Series Sun Salutation

<p>Mountain Fierce Pose Standing Forward Fold</p>		<p>Exhale, take the hands to the heart. Inhale. Exhale, bend the knees, touch the fingers to the floor. Inhale, sweep the arms around to the sides and up overhead. Come into Fierce Pose. Sink the hips. Reach up through the arms. Exhale fold.</p>
<p>Plank Chaturanga Upward Facing Dog Downward Facing Dog</p>		<p>Inhale step back to Plank. Exhale, lower down though Chaturanga. Before you touch down, inhale, scoot forward, come onto the top of the feet and push yourself up into Upward Facing Dog. Exhale, roll back over the toes & press back to dog.</p>
<p>High Lunge Warrior I or High Crescent Lunge High Lunge</p>		<p>From Dog, lift the heels. Take a big step forward with the right foot. Drop the left heel down. Front knee is bent. Inhale, lift the torso, take the arms up overhead, come into Warrior I. Exhale, fold forward, take the hands down to the ground.</p>
<p>Plank Chaturanga Upward Facing Dog Downward Facing Dog</p>		<p>Inhale, step back to Plank. Exhale lower down. Before you touch down, scoot forward, press up to Upward Facing Dog. So just the hands and the tops of the feet are on the floor. Exhale, roll back over the toes, press back up to Dog.</p>
<p>High Lunge Warrior I or High Crescent Lunge High Lunge</p>		<p>And then Warrior I on the other side. So big step forward with the left foot. Drop the right heel down. Inhale. Lift the torso. Take the arms up overhead. Come into Warrior I. Exhale, lower down, release the hands back down to the floor.</p>
<p>Plank Chaturanga Upward Facing Dog Downward Facing Dog</p>		<p>Inhale, step back to Plank. Exhale, lower down. Inhale, roll forward, press yep into Upward Facing Dog. Shoulders roll back and down away from the ears. Exhale, press back to Downward Facing Dog Pose. And hold for five breaths.</p>
<p>Standing Forward Fold Fierce Pose Mountain</p>		<p>Inhale, lift the heels, step the feet forward. Come into Standing Forward Fold. Exhale, bend the knees. Inhale, sweep the arms out to the side and up overhead. Come back into Fierce Pose. Exhale, take the hands together in front of the heart.</p>

B Series Sun Salutation

Mountain Pose

Stand in **Mountain Pose**. Take the palms together in front of the heart. Find your breath. Keep your gaze inwards. Soften the eyes. Inhale, lift through the crown.

Exhale, bend the knees, sink the hips back and down behind the heels. Hinge at the hips, fold forward. Touch the fingers to the floor.

Fierce Pose

Inhale, raise the torso, sweep the arms around to the sides and up overhead. The upper arms are by the ears, palms facing each other. The knees are bent. The knees are together. Root down through the feet. Sink the hips back and down behind the heels, as you lift through the core. Firm your shoulder blades against the back. Tilt the pelvis back, to keep the lower back long. Reach through the arms and fingertips.

Exhale, fold forward. Release the hands back down to the floor. Straighten the knees. Return to **Standing Forward Fold**.

First Vinyasa

Plank/Backbend/Downward Facing Dog

Inhale step both feet back to **Plank**. Exhale, lower down to the floor through **Chaturanga**. Keep your elbows in close to the ribs.

Before you touch down, inhale, scoot forward, come onto the top of the feet. Press yourself up to **Upward Facing Dog Pose**. So just the hands and the top of the feet are on the floor. Shoulders roll back and down away from the ears. Lift the heart.

If possible, on the exhale, roll back over the toes and press back to **Downward Facing Dog**.

Leopard Step forward. Lift the heels. Take a big step forward with the **right foot**.

Warrior I

Come into **Warrior I on the first side**. Exhale, drop the left heel down. Line up heel to heel. The front knee is bent.

Inhale, lift the torso. You could rest your hands on the thigh or have your hands on the hips.

Exhale sink your hips.

Inhale, take the arms up overhead. Pause here for a breath or two.

On your next exhale, lower back down into **High Lunge**. Hinge at the hips. Take the hands back down to the floor.

Second Vinyasa

Plank/Backbend/Downward Facing Dog

From Downward Facing Dog, lift the heels, take a big **Leopard step** forward with the **left foot**.

Warrior I (Other side)

Come into **Warrior I on the opposite side**. Exhale, lower down, release the hands to the floor.

Third Vinyasa

Plank/Backbend/Downward Facing Dog

In the third and final vinyasa of Sun Salutation B, hold Downward Facing Dog for five long slow deep tilting breaths. Make all the adjustments you know about in Dog Pose.

Inhale, **leopard step** one foot forward and rock the other foot forward, returning to **Standing Forward Fold**.

Fierce Pose

Exhale, bend the knees. Inhale, sweep the arms out to the side and up overhead. Come back into **Fierce Pose**.

Mountain Pose

Exhale, close, take the hands together in front of the heart. Come into **Mountain Pose**. Take a few breaths here. Notice what's happening inside. If the breath has sped up, encourage it to slow back down.

That's one **B Series Sun Salutation**.

There are a number of options you can choose from to adapt the sequence to suit you on page #3

Options for B Series Sun Salutation

B Series Sun Salutation weaves Warrior I into your flow. It's more challenging than Sun Salutation A. It's good to practice a few cycles of the milder Sun Salutations to warm up for it. There are lots of ways you can adjust the flow in your quest to discover the movements that work best for you.

- If you're feeling a little low energy, you can always choose to practice the milder Sun Salutations A or C .
- In Fierce Pose, if it works better for your body, instead of dropping the hips down low behind the heels, you can keep the hips directly above the ankles, in a slighter bend of the knees.
- You can choose to sandwich Half Standing Forward Fold into your flow between two Standing Forward Folds. So when you're in Standing Forward Fold, lift up half way, lengthen the spine and return, before stepping back into 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.
- Remember your options lowering onto the belly. A key point in all these options 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. So 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.

Another option for coming onto the belly from Plank is Knees, Chest Chin (Ashtanga Pranam.) This is classically used in Sun Salutation C, still you can slip it in as an option in any version.

From Plank, you lower the knees into Half Plank. Then you tilt the pelvic bowl forward, lifting the sitbones, putting a little arch in your lower back and sticking your bottom up in the air. The toes are tucked. Keeping the hips raised, bend your elbows and touch the chest and the chin to the floor at the same time. Keep a little gap under the hips that a small furry animal could run through. Then with your next inhale you press down through the palms to lift the body a smidge off the ground, which allows you to draw the heart forward between the upper arms and lower the hips to the floor. And you find yourself on your belly.

- You can keep your knees on the ground in Upward Facing Dog if that works better for you.
- Warrior I is a pose that doesn't suit everyone. If you find it more comfortable, I recommend coming up into a High Crescent Lunge instead of Warrior I, keeping the High Lunge leg position. It has similar benefits, it adds a balance challenge and often it is more comfortable, placing less strain on the lower back and hip region.
- In Downward Facing Dog, if you feel tired, you can easily take a rest by lowering the knees and coming into Childs Pose. Then lift back up into Dog and continue your flow.