Beginner’s Sun Salutation

Begin at the front of your yoga mat, feet close together; hands by side, palms face in

With the mouth gently closed, breathe in and out through the nose; look forward

Keep your awareness tuned in to this steady, controlled breathing as you begin to move:

1. Inhale
   - Arms up, palms together
   - (look up)

2. Exhale
   - Fold forwards, hands on shins/ankles
   - (look down)

3. Inhale
   - Bend knees, hands down
   - (look forward)

4. Exhale (Cat Posture)
   - Step back, toes behind
   - (look down)

5. Inhale
   - Lift the chest, roll shoulders back
   - (look up)

6. Exhale (Downward Facing Dog)
   - Hips lift, legs straighten, straight arms
   - (look back)

7. Inhale
   - Step forwards, stay low
   - (look forward)

8. Exhale
   - Fold forwards, hands down
   - (look down)

9. Inhale
   - Arms up, palms together
   - (look up)

Exhale
   - Standing
   - (look forward)

Repeat 5 times

5 breaths here