

(Sun Salutation)



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

With the mouth gently closed, breathe in and out through the nose; looking straight ahead

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

Feet further apart, hold the elbows. Begin to gently fold forwards, let the head hand



Interlace the fingers, stretch the palms up, relax the shoulders down



To begin with just repeat the first 2 movements of the sun salutation: Inhale arms up, exhale fold forwards, inhale arms up, exhale fold forwards etc. Then practice the first 3 movements a few times; to get used to synchronising breath and movement



1 Inhale
Arms up, palms together (look up)

2 Exhale
Fold forwards (look down)

3 Inhale
Bend knees, hands down (look forward)

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

5 Inhale
Lift chest, tummy down (look up)

5 breaths here



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

7 Inhale
Step forwards (look forward)

8 Exhale
Fold forwards, hands down (look down)

9 Inhale
Arms up, palms together (look up)

Exhale
Standing (look forward)

Savasana:

Relax here with the legs up against a wall and the feet drifting together
If you wish the hands can be by your sides, palms down
Close the eyes and let the face be soft
Completely let go, imagining space around all your joints
Stayed tuned in to the sensation of breath; stay present

