## 🚣 Beginner's Lesson 4

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(5 Sun Salutations and standing postures)



Begin in child's pose, knees apart, feet close, relax the neck

With the mouth gently closed, breathe in and out through the nose with awareness



Cat posture can eventually become upward facing dog: The feet step further back to lower down; then inhale and press the hands down to lift the chest and roll the shoulders back:







First downward facing dog 5 breaths with the option to bend knees Using movements 7, 8 and 9 below, come up to standing Ready to begin:



1 Inhale Arms up, palms face (look up)



Repeat 5 sun salutations

2 Exhale **Fold forwards** (look down)



Try to coordinate the breath with each movement Downward facing dog is held for 5 steady breaths (if it's too much, just come down onto your knees)

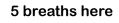
3 Inhale Bend knees, hands down (look forward)

Be patient, it can take some time to build up the stamina to do 5



4 Exhale . . . . . . . . . . (keep exhaling) Step back, lower chest, hands press down (look down)







5 Inhale **Upward Facing Dog** Lift the chest (look forwards)



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



7 Inhale Step forwards (look forward)



8 Exhale **Fold forwards** (look down)

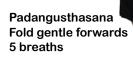


9 Inhale Arms up (look up)

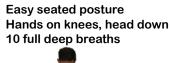


**Exhale** Standing

## **Standing Postures** and Finishing Postures



Utkatasana **Bend knees** Reach arms up 5 breaths





Savasana (take rest) 5 minutes