



## Surya Namaskara Sun Salutation

Keep breathing!- smooth and even breaths as you move through this practice  
 Stay tuned in to the sensation of each inhalation and exhalation you take  
 Do whatever is appropriate for you- be sensitive of how you feel from day to day  
 It takes a little time to get the sun salutations to flow, so be patient  
 Try and remain in each of the postures below at least half a minute  
 Stay in Savasana, Makrasana (relaxations) and Dandasana longer if you have time  
 Enjoy being on your yoga mat every time you do this yoga practice



(1) Hands in prayer  
Exhale



(2) Lift arms up  
Inhale



(3) Fold Forwards  
Exhale



(4) Step left leg back  
Inhale



(5) Downward Facing Dog  
Exhale and Inhale



(6) Lower down and keep hips lifting  
Exhale



(7) Cobra- lift chest  
Inhale



(8) Downward Facing Dog  
Exhale



(9) Step left leg forwards  
Inhale



(10) Fold Forwards  
Exhale



(11) Lift arms up  
Inhale



(12) Hands in prayer  
Exhale

Repeat  
4 times

## Supine Postures



Savasana  
Completely relax



Supta Hasta Parivartanasana  
Side twist posture  
Both sides- knees drift down to left first



Uttanpadasana preparation  
Each leg in turn, left first  
Point the toes upwards



Uttanpadasana  
Extended leg posture  
Both legs lift together

## Prone Postures



Shalabhasana preparation.....  
Locust posture  
Legs lift up in turn



Both legs lift together  
Point the toes



Lift the chest, let the head follow  
Face relaxed- steady breathing



Shalabhasana  
Locust posture  
Full posture



Makarasana  
Crocodile posture  
Completely relax

## Seated Postures



Dandasana  
Sitting posture  
Option to bend knees



Ardha Matsyendrasana  
Half spinal twist posture  
Both sides- turn left first



Supta Kurmasana  
Sleeping tortoise  
Round the back



Trikonasana  
Triangle posture  
Both sides



Virabhadrasana II  
Warrior II posture  
Both sides



Vrksasana  
Tree posture  
Both sides

## Standing Postures

## Relaxation



Option to put some warmer clothes on and use a blanket to cover yourself  
 Stay here at least 5 minutes; let go and completely relax the body  
 Try and keep your mind quiet, to match the stillness of the physical form