



... a few more sun salutation with extra variations: keep breathing full deep breaths



Standing  
 Bend knees  
 INHALE  
 5 BREATHS  
 Fold forwards  
 EXHALE  
 Look up  
 INHALE  
 Step back: hold plank  
 EXHALE: 5 BREATHS  
 Lower down, elbows in  
 EXHALE  
 Cobra or Upward Facing Dog  
 INHALE: 5 BREATHS  
 Downward facing dog  
 EXHALE: 5 BREATHS



Warrior 1: Left leg  
 INHALE: 5 BREATHS  
 Downward facing dog  
 EXHALE  
 Warrior 1: Right leg  
 INHALE: 5 BREATHS  
 Lower down  
 EXHALE  
 Upward facing dog  
 INHALE  
 Downward facing dog  
 EXHALE



3 legged dog: Left leg first  
 INHALE: 5 BREATHS  
 Right Leg: 5 BREATHS  
 Jump- head up  
 INHALE  
 Fold  
 EXHALE  
 Bend knees  
 INHALE  
 Fold  
 EXHALE  
 Head up  
 INHALE  
 Jump back  
 EXHALE  
 Upward facing dog  
 INHALE



Downward facing dog  
 EXHALE  
 3 legged plank: lift left knee  
 INHALE: 5 BREATHS  
 Lunge: left foot in front  
 INHALE: 5 BREATHS  
 Option to take arms out  
 Hands in prayer, twist left  
 EXHALE: 5 BREATHS  
 Right knee optionally down

Repeat this line on the: **RIGHT SIDE**



Downward facing dog  
 EXHALE  
 Jump forwards  
 INHALE  
 Forward Bend  
 EXHALE  
 Arms up, knees bend  
 INHALE: 5 BREATHS  
 Standing  
 EXHALE

**STANDING POSTURES: 5 BREATHS EACH**

Trikonasa:

Step out to left, left foot to back of mat, left hand to ankle, right arm up, look up.

Repeat right side



Side stretch posture  
 Left leg in front  
 Hands down to ground  
 Option to soften left knee  
 Right leg lifts up  
 Fold forwards  
 Warrior 3: Right leg back, arms in front . . . . arms out to side  
 Look down

Repeat this line on the: **RIGHT SIDE**