

E-Z Sun Salutations

Begin down on your knees, with your bum up off the heels and your hands down at your sides.

Inhale as you stretch up bringing your arms up over your head. Lengthen the spine, lifting the chest and relaxing the shoulders. Look up at your thumbs.

Exhale as you bend forward, keeping your spine straight, lengthening it. Bring your hands and head to the floor or as far as you can go.

Inhale as you come up on all fours, knees directly under the hips, hands under the shoulders, toes pointed back, and fingers together and pointed forward. Stretch the middle of the abdomen down and stretch your head forward and up, lengthening the entire spine. Roll the eyes in and up and focus at the point in the centre of your forehead.

Exhale as you straighten the knees and come onto the toes. Keep a straight line from your heels to the top of your head.

Inhale as you bring the pelvis to the floor and stretch the toes behind in "cobra pose". Pull the chin in and up to lengthen the back of the neck. Let your weight be supported by your pelvis and lengthen the spine. Bend your elbows if necessary to prevent "kinking" your spine. Lift the forehead towards the sky and look at the tip of your nose.



Exhale and lift the hips up so that the body is balanced in an inverted v-shape with the feet and palms flat on the floor, and the elbows and knees straight. Look towards the navel. Hold this position for five breaths.

Inhale and bring your knees to the ground, toes pointed behind. Stretch the middle of the abdomen down and stretch your head forward and up as before.

Exhale as you bring your bum to your heels. Bring your hands and head to the floor stretching the spine.

Inhale as you come up on your knees, bum up off the heels. Bring your arms up over your head, with the palms touching. Lengthen the spine, lifting the chest and relaxing the shoulders. Look up at your thumbs.

Exhale and return to the starting position with the arms at the sides.

Start by practising three rounds and then gradually increase it to five or six. Sun Salutations increase cardiac activity and circulation, stretches and flexes the spine, massages the inner organs, aids the digestive system, exercises the lungs and oxygenates the blood.

