

# Sun Salutations

Stand straight, with the feet together, toes and heels touching, and the weight evenly distributed between both feet, and the arms hanging at your sides with the five fingers together.

Inhale as you stretch up bringing 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 as you bend forward, keeping your spine straight, lengthening it and relax the head as close to the knees as possible. Keep the knees straight and place the hands on the floor either side of the feet, with the fingertips and tips of the toes in line. Look at the tip of your nose.

Inhale and raise the head up, straighten the spine, keeping the hands or fingertips on the floor. Look at the point in the centre of your forehead.

Exhale and bend the knees, stepping back so that the legs are straight out behind you, balancing on the bottom of your bent toes. Elbows are bent, hugging the rib cage, and the palms are flat on the floor, under the shoulders with the fingers spread wide apart. The body is a straight line from the forehead to the ankles.

Inhale as you straighten the elbows and arch the back. Stretch through the upper back so that there is no pressure on the lower spine. Lift the forehead towards the sky and look at the tip of the 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 step forward so that the legs are straight and the spine is straight, with the head up and the hands or fingertips on the floor.

Exhale and bend forward into the front bend keeping your spine straight, lengthening it and relax the head as close to the knees as possible. Keep the knees straight and place the hands on the floor either side of the feet, with the fingertips and tips of the toes in line. Look at the tip of your nose.

Inhale and come all the way up bringing 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.

