

## *Sun Salutation Steps*



Stand facing the direction of the sun with both feet touching. Bring the hands together, palm-to-palm, at the heart, fingers pointing upwards.



Inhale and slowly lower the hips to the floor, (hips should be slightly raised above the ground) and bend backward as much as possible.



Inhale and raise the arms upward. Slowly bend backward, stretching arms above the head.



While exhaling slowly and keeping the arms straight, raise the hips and align the head with the arms, forming an upward arch.



Exhale slowly bending forward, touching the earth with respect until the hands are in line with the feet, head touching knees.



Slowly inhale and bend the left leg at the knee taking a wide forward step. Keeping the hands firmly rooted, place the left foot on the ground between the hands. Lift the head upwards.



Inhale and move the right leg back away from the body in a wide backward step. Keep the hands and feet firmly on the ground, with the left foot between the hands. Raise the head.



Exhale slowly and keeping hands firmly in place, bring both feet together to align them with the hands. Touch the head to the knees, if possible.



While exhaling, bring the left foot together with the right. Keep arms straight, raise the hips and align the head with the arms, forming an upward arch.



Inhale slowly and raise the arms upward. Slowly bend backward, stretching the arms above the head. Return to position #1.

# Sun Salutation

Sun Salutation (Surya-Namaskar) - Derived from the Sanskrit words "surya" meaning sun, and "namaskar" which stems from the word "namas" meaning "to bow to" or "to adore." and is actually a combination of different postures.

The Sun Salutation or Surya Namaskar limbers up the whole body in preparation for the asanas. It is a series of postures performed in a single, graceful flow. Each movement is coordinated with the breath. Inhale as you extend or stretch, and exhale as you fold or contract. The Sun Salutation builds strength and increases flexibility. Different styles of Yoga perform the Sun Salutation with their own variations. However, the flow presented below covers core steps used in most styles.

Often considered the core of Hatha Yoga practice, sun salutations are traditionally practiced at sunrise to warm and energize the body.

Remember to breathe deeply through the nose and focus the mind on the body and breath. Take each pose to your edge and relax deeper into the pose rather than pushing into it. The surya-namaskar provides an excellent preliminary to meditation, ritual and physical exercise.

For people with limited time, the Sun Salutations exercise every muscle and joint while stimulating all the major organs. The name itself means to give reverence to the internal sun as well as to the external sun, the creative force that radiates inside as well as outside the body.

On days when you think you have no time for Yoga, try and do at least one or two rounds of the Sun Salutation. You'll feel the difference.

Remember:

- Relax and Focus
- The most important part of Sun Salutations is deep gentle breathing.
- Inhale as you extend or stretch, and exhale as you fold or contract.
- As always in Yoga, do it slowly and mindfully.
- Most important – ENJOY! 😊