



# SALUTE *to* THE SUN

Properly referred to as the Sun Salutation (its Sanskrit name is Surya Namaskar), this is a wonderful yoga activity that balances and energises your body. It links body, breath and mind and revitalises both the physical and spiritual self. It also warms, strengthens and aligns your entire body. Have fun practising it in the morning when you wake up and observe how it energises you for your day. You may do as many rounds as you wish.

- 1 Stand tall, holding your hands, palms together, in prayer pose at your heart's centre. Take a few deep breaths and focus on the self, your core, your inner sun.
- 2 Breathing in, circle your hands up above your head, reaching tall to the sun. Look up to the sky through your open arms.
- 3 On an out breath, flow your arms down in a circle around your body to rest on the outside of each foot, with your fingers pointing forwards in line with your toes. If needed you can bend your knees slightly. Let your head hang towards the floor like a rag doll.
- 4 On an in breath, straighten your legs and look forward. Step your left foot back into a lunge.
- 5 On an out breath, step your right foot back to join your left foot, forming a straight line with your body, known as plank pose (*Phalakasana*).
- 6 On an out breath, bend your elbows and lower your body. Keep your knees on the floor if this works better for you and your elbows tucked in near the body.
- 7 Breathing in, push your chest upwards into Cobra pose (*Bhujangasana*), opening your chest by drawing your shoulders back – take a few breaths here.
- 8 On an out breath, tuck your toes under and push up into Downward Dog (*Adho Mukha Savanasana*) pushing down into the floor through your hands and feet while your hips pull upwards.
- 9 On an in breath, step your left foot forward between your hands, forming a lunge position.
- 10 Bring your right foot forward to join the left forming a forward fold with your body.
- 11 Breathing in, slowly circle your hands up round your body, and lift yourself to a standing tall position (your head comes up last). The hands join above the head in prayer position.
- 12 Lower the hands to heart centre and take a few deep breaths. Then repeat the sequence, this time starting with taking the right leg back first at the beginning lunge pose.



