

# Sun Salutation Sequence

## STEP ONE:



To begin, stand with hands at heart center, feet hip distance apart, and weight evenly distributed over both feet. Take two long slow deep breaths in and out to center yourself.

## STEP TWO:



Inhale: sweep your arms out to the sides and overhead and bring your palms to touch. Reach up through the fingers, and come into a slight backbend as you look up at your hands.

## STEP THREE:



Exhale: hinge forward from the hips with a flat back, coming all the way down into a forward bend, leg muscles active and engaged, and let your hands come towards the floor. Bend your knees slightly if your hamstrings are tight.

## STEP FOUR:



Exhale: Step your right leg back into Runners Lunge. Inhale: Press the right hip forward and stretch through the groins.

## STEP FIVE:



Exhale: step the left foot back with the right. Keep arms straight, raise the hips and align the head with the arms, forming an upward arch.

## STEP SIX:



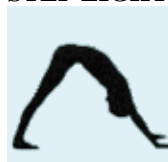
Inhale: lower knees to the floor.  
Exhale: lower the body to the floor until the feet, knees, hands, chest, and forehead are touching the ground.

## STEP SEVEN:



Inhale: engage back muscles and lift torso, press into hands and come up into a gentle backbend. Pull your shoulders back and open up through the chest and heart.

## STEP EIGHT:



Exhale: lift up through hips and arms into Down Dog. Press firmly and evenly through your hands and feet as you lengthen your spine.  
Inhale: Look up between hands.

## STEP NINE:



Exhale: step right foot up between hands coming into runners lunge. Inhale: look up and press the left hip forward, stretching the groins.

Exhale: Step left foot forward. Keep the hands and feet firmly on the ground, with the left foot between the hands. Raise the head slightly as you inhale.

## STEP TEN:



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

## STEP ELEVEN:



Inhale: come up with a flat back, and raise the arms upward. Slowly bend backward, stretching arms above the head.

## STEP TWELVE:



Stand facing forward with feet hip distance apart. Bring the hands together, palm-to-palm, at the heart.

