

Sun Salutation

0. From standing position - palms in prayer.
1. Arms overhead. Arch back.
2. Hold 2-3 secs.

3. Bend forward and down, palms beside the feet, forehead toward knees.
4. Hold 2-3 secs.

5. Right leg back, knee and ankle on the floor.
6. Arms overhead. Arch back.
7. Hold 2-3 secs.

8. Palms in prayer and down on the floor.
9. Left leg back into high plank. Whole body straight.
10. Hold 2-3 secs.

11. Lower knees, chest and chin to touch the floor.
12. Move into cobra/upward dog.
13. Hold 2-3 secs.

14. Push back, walk feet couple of inches forward, into downward dog.
15. Hold 2-3 secs.

16. Lift and extend the right leg.
17. Hold 2-3 secs.

18. Bring the right foot forward inside the right hand, knee and ankle down.
19. Arms overhead. Arch back.
20. Hold 2-3 secs.

21. Palms in prayer and down on the floor.
22. Bring the left foot forward, feet together, palms beside the feet.
Forehead toward knees. Hold 2-3 secs.

23. Lift up, arms overhead and arch back.
24. Hold 2-3 secs.

REPEAT on left side, with left leg leading.

2 x sets. Palms back in prayer at the end. Exhale down.

Move like in a prayer.
Smooth and gradual.

Enjoy. :-)