

## Gentle Sun Salutation

Repeat this sequence 4 times, that is two rounds with the right leg starting and two rounds with the left leg starting. Don't worry too much about the pictures, the models are very flexible! Just focus on your breathing and move in a way that feels good in the body as you gently stretch and strengthen from top to toe. Please ignore the fact that some of the poses are facing different directions, the whole of this sequence is performed facing the front.

1



Tadasana  
Mountain Pose

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Start in a strong and focused standing position. Start to count your breath as you inhale for the count of three and exhale for the count of three.

2



Urdhva Hastasana  
Upward Salute

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Inhale as you reach your arms above your head and bring your palms together. Gently look up towards your thumbs.

3



Uttanasana  
Standing Forward Bend

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Exhale as you fold forward. Please bend your knees so that the chest rests on your thighs.

4



Ardha Uttanasana  
Standing Half Forward Bend

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Inhale as your length up to a flat back.

5



### High Lunge

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Starting on the right leg, exhale and step straight back and place the back knee down.

6



### Anjaneyasana Low Lunge

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(Still facing the same direction). Inhale and sweep your arms up above your head bringing your palms together.

7



### Bitilasana Cow Pose

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Exhale and lower the hands into all fours as you step the front leg back into all fours. Person this and the next pose together. Inhale in to cow and exhale as you round into cat pose.

8



### Marjaryasana Cat Pose

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Repeat these two poses three times. Focusing on a wave like fluidity.

9



Bhujangasana  
Cobra Pose

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From all fours, exhale as you lower yourself to the mat. Then inhale gently lift the chest up off the mat (the woman in this photo is very flexible). Focus on keeping your gaze and shoulders down.

10



Bitilasana  
Cow Pose

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On the same inhale push come up to all fours.

11



Adho Mukha Svanasana  
Downward-Facing Dog

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Exhale as you lift up into downward facing dog. Please bend your knees and focus on reaching your hips back behind you so you feel the stretch in your back.

12



Ardha Uttanasana  
Standing Half Forward Bend

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Inhale as you walk your hands and feet together and exhale fold on to your legs, knees bent.

13



Urdhva Hastasana  
Upward Salute

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Inhale as you reach and rise to stand, and exhale return your hands to your side, ready to repeat 3 more rounds!