

# Yoga Sun Salutation Poses

These are poses that you do in a sequence from 1 to 7. Do each pose by either breathing in or breathing out. Try to make one pose flow into the next.

- 1a Mountain Pose. Stand with feet hip-width apart.
- 1b Breathing in. Lift arms up.
- 2a Standing Forward Bend. Breathing out. Stretch forward and down. Bend your knees and place your hands by your feet.
- 2b Breathing in. Lift your torso and up onto your fingertips, looking forward.
- 3 Plank. Breathing out. Place your palms down and step back with your toes tucked under. Make sure that your hands are directly beneath your shoulders. Keep your stomach muscles tight and your head in line with your back. Lower yourself to the floor.
- 4 Upward-Facing Dog. Breathing in. Untuck your toes. Push up, keeping your hips down, until your chest is off the floor and your arms are as straight as possible. Pull your shoulders down so your neck feels long. Look upwards.
- 5 Downward-Facing Dog. Breathing out. Tuck your toes under and push your tailbone up toward the ceiling. Gently stretch your heels toward the floor, although they will probably not reach. Stretch your arms, pushing your hands into the floor. Breathing in. (You can stay in this pose for a few breaths).
- 6 Standing Forward Bend. Breathing out. Bend your knees and walk your feet to your hands.
- 7a Mountain Pose. Breathing in. Rise slowly and lift arms up.
- 7b Breathing out. Lower your arms to the side.

