Sun Salutations B: Moving Meditation

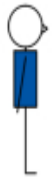
Image	Pose	Description
	Mountain	Feet hip width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. **Alternatives:** Samashthiti (feet together). **Benefits:** Improves posture. Strengthens legs. Engages core. **Video:** https://www.youtube.com/embed/nwiyZSmfpWY?rel=0 **Modifications:** Hands in prayer behind back. Eyes closed. **Precautions :** Pregnant.
	Chair	Exhale, bend through knees into Chair Pose (Utkatasana). Inhale. **Benefits:** Strengthens ankles, thighs, calves, spine. Stretches chest. **Video:** https://www.youtube.com/embed/0_mv-gej-gg?rel=0 **Modifications:** Block between thighs. Join palms. **Precautions :** Headache. Insomnia. LBP.
	Forward Bend	Exhale, fold forward into a Forward Bend (Uttanasana A). **Alternatives:** Tabletop. Gorilla. **Benefits:** Stretch back, hams. Improves posture. **Video:** https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0 **Modifications:** Bent knees. Loop fingers around big toes. **Precautions :** Back, knee, hamstring injuries.

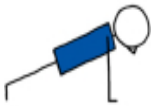
Image	Pose	Description
	Half Way Lift	Inhale, into Half Way Lift (Uttanasana B) by flattening back and looking up. **Alternatives:** Standing forward bend. **Benefits:** Improves posture. Strengthens legs, abs. **Video:** https://www.youtube.com/embed/74Ucde7uV7M?rel=0 **Modifications:** Bend knees if back is stiff. **Precautions :** Back injury.
	Plank (High)	Exhale, step into Plank (Chaturanga Dandasana). Draw feet together. Draw navel in. Inhale. **Alternatives:** Dolphin. **Benefits:** Strengthens arms, wrists, spine. Tones abs. **Video:** https://www.youtube.com/embed/pSWYGXSNjdE?rel=0 **Modifications:** Knees on floor. **Precautions :** Carpal tunnel syndrome
	Knees Chest Chin	Exhale, into Knees Chest Chin Pose (Chaturanga Dandasana) by bringing knees to floor, then chest and chin. Keep elbows tucked to sides. **Alternatives:** Dolphin. **Benefits:** Strengthens arms, wrists, spine. Tones abs. **Video:** https://www.youtube.com/embed/UHvIaMSH-GI?rel=0 **Modifications:** Knees on floor. **Precautions :** Carpal tunnel syndrome. Pregnancy.

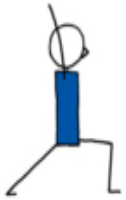
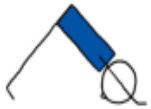
Image	Pose	Description
yoga pose Image not found or type unknown	Cobra	Inhale, come into Cobra (Bhujangasana). **Alternatives:** Sphinx. Crocodile. **Benefits:** Supple spine. Strengthen palms, wrists, toes. **Video:** https://www.youtube.com/embed/wSgmClfQBrc?rel=0 **Modifications:** Blanket under hips. 1 or 2 legs up. **Precautions :** Pregnancy. CTS. Back injury.
	Warrior I	Exhale, step right forward, drop left heal, come into Warrior I (arms overhead). Inhale. **Alternatives:** Warrior II, III **Benefits:** Stretches chest, shoulders, abs. Strengthens arms. **Video:** https://www.youtube.com/embed/4hqmLOpkHrw?rel=0 **Modifications:** Back heel on folded blanket. **Precautions :** HBP. Shoulder injury.
	Down Dog	Exhale, into Downward Facing Dog (Adho Mukha Svanasana). Inhale. **Alternatives:** Dolphin. **Benefits:** Stretches spine, hams, shoulders. Calms nervous system. **Video:** https://www.youtube.com/embed/ayRU3ecmPbI?rel=0 **Modifications:** Bend knees. Take feet wider apart. Lift heels up. **Precautions :** Pregnant. HBP. Headache.

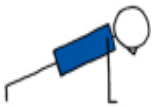
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	Plank (High)	Exhale, hands down and step back into Plank. **Alternatives:** Dolphin. **Benefits:** Strengthens arms, wrists, spine. Tones abs. **Video:** https://www.youtube.com/embed/pSWYGXSNjdE?rel=0 **Modifications:** Knees on floor. **Precautions :** Carpal tunnel syndrome
	Knees Chest Chin	Come back into Knees Chest Chin Pose by bringing knees to floor, then chest and chin. **Alternatives:** Dolphin. **Benefits:** Strengthens arms, wrists, spine. Tones abs. **Video:** https://www.youtube.com/embed/UHvIaMSH-GI?rel=0 **Modifications:** Knees on floor. **Precautions :** Carpal tunnel syndrome. Pregnancy.
	Up Dog	Inhale, scoop up into Upward Facing Dog. **Alternatives:** Cobra. Sphinx. Crocodile. **Benefits:** Strengthens spine, arms, wrists. Stretches shoulders. **Video:** https://www.youtube.com/embed/IVavcaTyQ-Y?rel=0 **Modifications:** Cobra (Bhujangasana) keeping elbows bent and pelvis rooted to earth. **Precautions :** Back injury. CTS. Pregnancy.

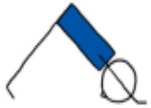
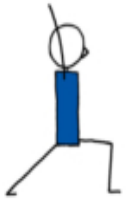
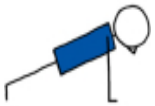
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	Down Dog	Exhale, come back into Downward Facing Dog. **Alternatives:** Dolphin. **Benefits:** Stretches spine, hams, shoulders. Calms nervous system. **Video:** https://www.youtube.com/embed/ayRU3ecmPbI?rel=0 **Modifications:** Use wall. Head on block. Leg up. Arm up. Wide stance. **Precautions :** Pregnant. HBP. Headache.
	Warrior I	Exhale, step right forward, drop left heal, come into Warrior I (arms overhead). Inhale. **Alternatives:** Warrior II, III **Benefits:** Stretches chest, shoulders, abs. Strengthens arms. **Video:** https://www.youtube.com/embed/4hqmLOpkHrw?rel=0 **Modifications:** Back heel on folded blanket. **Precautions :** HBP. Shoulder injury.
	Plank (High)	Exhale, hands down into Plank. Inhale. **Alternatives:** Dolphin. **Benefits:** Strengthens arms, wrists, spine. Tones abs. **Video:** https://www.youtube.com/embed/pSWYGXSNjdE?rel=0 **Modifications:** Knees on floor. **Precautions :** Carpal tunnel syndrome

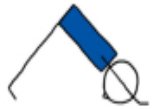
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	Up Dog	Inhale, come into Upward Facing Dog. **Alternatives:** Cobra. Sphinx. Crocodile. **Benefits:** Strengthens spine, arms, wrists. Stretches shoulders. **Video:** https://www.youtube.com/embed/IVavcaTyQ-Y?rel=0 **Modifications:** Blanket under hips. Tip head back slightly. **Precautions :** Back injury. CTS. Pregnancy.
	Down Dog	Exhale, into Downward Facing Dog. **Alternatives:** Dolphin. **Benefits:** Stretches spine, hams, shoulders. Calms nervous system. **Video:** https://www.youtube.com/embed/ayRU3ecmPbI?rel=0 **Modifications:** Use wall. Head on block. Leg up. Arm up. Wide stance. **Precautions :** Pregnant. HBP. Headache.

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	Half Way Lift	Inhale, step or jump feet into Half Way Lift. **Alternatives:** Standing forward bend. **Benefits:** Improves posture. Strengthens legs, abs. **Video:** https://www.youtube.com/embed/74Ucde7uV7M?rel=0 **Modifications:** Bend knees if back is stiff. **Precautions :** Back injury.
	Forward Bend	Exhale, draw chest into legs (Forward Bend). **Alternatives:** Tabletop. Gorilla. **Benefits:** Stretch back, hams. Improves posture. **Video:** https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0 **Modifications:** Bent knees. Loop fingers around big toes. **Precautions :** Back, knee, hamstring injuries.
	Chair	Inhale, raise arms into Chair Pose (Utkatasana). **Benefits:** Strengthens ankles, thighs, calves, spine. Stretches chest. **Video:** https://www.youtube.com/embed/0_mv-gej-gg?rel=0 **Modifications:** Block between thighs. Join palms. **Precautions :** Headache. Insomnia. LBP.

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	Mountain	Exhale, rise up into Mountain. Tuck chin in. Legs slightly bent. Shoulders back and down. **Alternatives:** Samashthiti (feet together). **Benefits:** Improves posture. Strengthens legs. Engages core. **Video:** https://www.youtube.com/embed/nwiyZSmfpWY?rel=0 **Modifications:** Hands in prayer behind back. Eyes closed. **Precautions :** Pregnant.
	End Of Sequence	
	Do Your Own Practice	Start in Mountain. Lift arms alongside ears. Shift weight to heels and bend knees. Shift hips back and down as if sitting on a chair (Chair Pose). Stack knees over ankles. Bring hands into Anjali Mudra (prayer) in front of heart. Pull thighs farther back and down to lengthen your spine. Hook left elbow outside right thigh as low as you can. Press palms together. Pull palms toward navel. Push top hand down to widen top collarbone and revolve chest deeper. Keep weight on heels. Draw left thighbone back to keep hips and knees even. Gently roll belly, chest, neck, and head even more to the right, twisting deeper. Open arms wide into a straight line, pressing left arm against right thigh, leveraging twist deeper. Press left hand down into mat outside right foot and reach right arm up. Twist and open your chest. Hold. Exhale and unwind. Switch sides. **Benefits:** Strengthens ankles, thighs, calves, hips, spine. Expands chest and spine. **Video:** https://www.youtube.com/embed/xS-0Ryobgtg **Precautions :** Headache. Insomnia. Low blood pressure.

Image	Pose	Description
	Relaxation	
	Savasasana	Lie on back. Legs and arms apart. Feet to side. Palms up. Release back to floor. Close eyes. Inhale. Let abdomen rise. Exhale. Let abdomen fall. Feel heavy with each exhale. **Benefits:** Calming. **Video:** https://www.youtube.com/embed/YBe1nzunHJ0 **Modifications:** A) Knees up. B) Blanket under knees and/or head.

Lesson Plan Description:

Sun Salutations B Video
https://youtu.be/-r15RxP8ZzE

Sun Salutations B is from Ashtanga Yoga. In Ashtanga Yoga,-Sun Salutations A is used to warm up the body before going into-Sun Salutations B. -Traditionally they do 5 rounds of Sun Salutation A followed by-5 rounds of Sun Salutation B. When first starting out, that's quite a lot. So, ease yourself gently into it.-

As a moving meditation, Surya Namaskar develops focus and peace of mind. Let the breath guide each movement, and extend the movement over the entire length of each inhalation or exhalation. Your gaze follows the direction of movement, linking your mental energy with your physical action.

Sun Salutation also helps focus the mind and heart on gratitude for being alive and reminds us to savour each moment as a gift.

You can create lesson plans like this using the Genie Lesson Planner