Sun Salutations

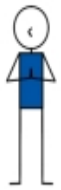
Image	Pose	Description
	Mountain Namaste Mudra	Feet hip width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. Bring palms together over heart chakra in namaste mudra. **Alternatives:** Samashthiti (feet together). Arms out to sides. **Benefits:** Improves posture. Strengthens legs and arms. Engages core. **Video:** https://www.youtube.com/embed/hvBfA5TKjYQ **Modifications:** Choose any hand mudra. **Precautions :** Pregnant.
	Chair	Start in Mountain. Raise arms perpendicular to the floor. Keep arms parallel, palms facing inward. Bend knees. Firm shoulder blades against the back. **Benefits:** Strengthens ankles, thighs, calves, and spine. Stretches chest. **Video:** https://www.youtube.com/embed/ySafTekJ3Ls **Modifications:** A) Block between thighs. B) Join palms overhead. C) Use a wall behind to support the hips. D) Stretch arms in front of you in alignment with your chest, instead of raising them overhead. E) Placing hands on thighs with palms facing down. F) Widen your stance. **Precautions :** Headache. Insomnia. Low blood pressure. Knee pain.

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	Standing Forward Bend	Stand in Mountain. Stretch arms overhead. Bend knees slightly. Fold forward from the waist. Hold onto the back of your legs or loop fingers around your big toes. Keep the back of your neck soft. **Benefits:** Calms the brain. Helps relieve stress. Stimulates liver and kidneys. Stretches hamstrings, calves, & hips. Strengthens thighs & knees. Improves digestion. Helps relieve symptoms of menopause. Reduces fatigue. Relieves headaches & insomnia. Therapeutic for asthma, high blood pressure, infertility, osteoporosis & sinusitis. **Video:** https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0 **Modifications:** A) Bent knees. B) Loop fingers around big toes. C) Place the upper back against a wall. D) Place hands on blocks that are positioned close to your feet. E) Bend only halfway down. F) Use a wall for going halfway down. G) Let the body be loose as a goose while bending and allow the spine to take its time to stretch forward. H) Place head on a chair when in the forward bend. I) Do Gorilla pose (palms under soles of feet). **Precautions :** Back, knee, or hamstring injuries.
	Halfway Lift I	From Standing Forward Bend place fingertips on mat to outer edges of feet in line with toes. Raise torso halfway until you have a flat back. Press bottom up. Pull chest forward. Pull belly in and up. Chin tucked. **Alternatives:** Standing forward bend. **Benefits:** Improves posture. Strengthens legs, abs. **Video:** https://www.youtube.com/embed/74Ucde7uV7M?rel=0 **Modifications:** A) Bend knees if back is stiff. B) Hands on mat. C) Half bound lotus forward bend. D) Hands behind to become super man/women. E) Gorilla (hands under soles of feet). **Precautions :** Back injury.

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	Four Limbed Staff	Start in Plank Pose. Firm shoulder blades against back ribs. Lower body a few inches above floor. Keep legs active. Engage core (suck belly button in). Elbows close to sides. Gaze forward. **Benefits:** Strengthens arms, wrists. Tones abs. **Video:** https://www.youtube.com/embed/wljya7wWews?rel=0 **Modifications:** One leg four limbed staff pose (leg raised). Tree four limbed staff pose (foot to knee). **Precautions :** Carpal tunnel. Pregnancy.
	Plank On Forearms	Lie face down on mat. Arms bent. Elbows close to sides. Palms face down. Hands alongside head. Raise head off floor slightly. Rest tips of feet on mat. Engage core and leg muscles to raise body up. Support weight on forearms and toes. Gaze between arms. Hold. **Alternatives:** Dolphin. **Benefits:** Strengthens arms, wrists, spine. Tones abs. **Video:** https://www.youtube.com/embed/wCBOqf-HrTI **Modifications:** Knees on floor. **Precautions :** Carpal tunnel syndrome. Pregnancy.
	Upward Facing Dog	Lie on tummy. Tops of feet on floor. Bend elbows. Spread palms on floor beside waist. Press hands into floor and slightly backwards (as if trying to push yourself forward along floor). Straighten arms to lift torso and legs. Thighs firm. Buttocks soft. Look straight ahead. **Alternatives:** Cobra. Sphinx. Crocodile. **Benefits:** Strengthens spine, arms, wrists. Stretches shoulders. **Video:** https://www.youtube.com/embed/IVavcaTyQ-Y?rel=0 **Modifications:** A) Blanket under hips. B) Tip head back slightly. C) One leg raised. D) Both legs raised. **Precautions :** Back injury. CTS. Pregnancy.

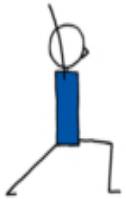
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	Downward Facing Dog	Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw. **Alternatives:** Dolphin. **Benefits:** Stretches spine, hams, shoulders. Calms nervous system. **Video:** https://www.youtube.com/embed/ayRU3ecmPbI?rel=0 **Modifications:** A) Use a wall. B) Head on a block. C) Leg up. D) Arm up. E) Wide stance. **Precautions :** Pregnant. High blood pressure. Headache.
	Warrior I	Start in Mountain. Wide stance. Press into outside edge of back foot. Bend forward knee (stop above ankle). Body weight centred. Arms overhead. Switch sides. **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 :** High blood pressure. Shoulder injury.
	Downward Facing Dog Split	Start in Downward Facing Dog. Raise right leg while keeping hips level (hips stay squared with floor). Equal weight in both arms. Extend through raised right heel and crown of head. After holding pose with hips squared for several breaths, open right hip, stacking it over left hip (allows right leg to go higher). Keep torso from twisting left. Bend right knee. Right heel toward left buttock. Hold. Straighten right leg and square hips toward floor. Release right foot to floor. Repeat on left side. **Benefits:** Hip stretch. **Video:** https://www.youtube.com/embed/yMIqo5YIsA8 **Modifications:** Head on block. **Precautions :** Pregnant. High blood pressure.

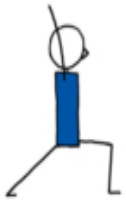
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	Low Lunge	Start in Downward Facing Dog. Step right foot forward, between hands. Lower left knee to floor, sliding foot back until you feel a nice stretch in left hip and thigh. Keep hips low and level with each other. Place hands on thigh (or lift chest away from thigh, sweeping arms up alongside ears).Look straight ahead. Lower hands and step back to Downward Facing Dog. **Benefits:** Stretches legs, groin, and hip flexors. Strengthens thighs and buttocks. **Video:** https://www.youtube.com/embed/R5zeuZuA8T4?rel=0 **Modifications:** A) Move between forward leg being bent and straight. B) Lower back knee to the mat.-C) Face a wall (press big toe of front foot against a wall and bring fingertips to the wall). D) Low lunge twist (bend back knee and reach for foot or ankle with opposite hand). E) Side lunge. **Precautions :** Knee injury.
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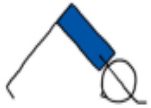
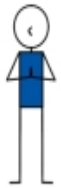
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	Cobra Hands Forward	Lie face down. Feet together. Toes pointing behind. Hands flat on floor by rib cage. Move hands forward 12 inches. Lift chest. Gaze forward. **Alternatives:** Sphinx. Crocodile. **Benefits:** Supple spine. Strengthen palms, wrists, toes. **Video:** https://www.youtube.com/embed/wSgmClfQBrc?rel=0 **Modifications:** Blanket under hips. 1 or 2 legs up. **Precautions :** Pregnancy. CTS. Back injury.
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