## **Sun Salutation C**

Time	Image	Pose	Description
	0	Mountain	Feet hip width apart. Tuck chin in. Legs slightly bent . Shoulders back and down.
	Ť		Sanskrit: Tadasana
	T		Benefits: Balance. Calming. Posture. Strengthens legs. Engages core.
			Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0
			Modifications: Hands in prayer behind back. Eyes closed.
			Resources:
			1. Mountain Pose Variations
	Ŋ	Upward	Inhale, turn palms out. Sweep overhead into a gentle backbend. Lift heart and expand chest. Feel yourself opening up to life.
	<b>X</b>	Salute	Gaze up. Keep forehead relaxed and face soft.
	T		Alternatives: Samashthiti (feet together).
			Sanskrit: Urdhva Hastasana
			Benefits: Improves posture. Strengthens legs. Engages core.
			Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0
			Modifications: Hands in prayer behind back. Eyes closed.
			Resources:
			1. Mountain Pose Variations

Time	Image	Pose	Description
		Forward	Exhale and fold forward at hips. Let descent be an offering of gratitude. Keep spine straight as long as you can, then let it softly
	-	Bend	round into a full forward bend. At end of exhalation, draw chin in and gaze at legs.
			Alternatives: Tabletop. Gorilla.
			Sanskrit: Uttanasana
			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.
		Lunge	Inhale, step right foot back and lower knee to floor. Top of right foot rests on floor. Hands on thigh.
	4	Right Foot	Alternatives: High Lunge.
		Back	Sanskrit: Anjaneyasana
			Benefits: Stretches legs, groin, hip flexors. Strengthens thighs, buttocks.
			Video: https://www.youtube.com/embed/R5zeuZuA8T4?rel=0
			Modifications: Move between bent and straight leg.
			Precautions: Knee injury. HBP.
		Plank	Exhale, from low lunge, plant hands and step back into Plank.
			Alternatives: Dolphin.
			Sanskrit: Kumbhakasana
			Benefits: Strengthens arms, wrists, spine. Tones abs.
			Video: https://www.youtube.com/embed/pSWYGXSNjdE?rel=0
			Modifications: Knees on floor.
			Precautions : Carpal tunnel syndrome

Time	Image	Pose	Description
		Knees	Inhale, drop to knees, chest and chin. Keep bottom high. Elbows hug your ribs.
		Chest	Alternatives: Dolphin.
		Chin	Sanskrit: Chaturanga Dandasana
	~~~		Benefits: Strengthens arms, wrists, spine. Tones abs.
			Video: https://www.youtube.com/embed/UHvIaMSH-GI?rel=0
		Cobra	Exhale, into Cobra (or Up Dog). Feet together. Hands flat on mat by hips. Lift chest. Gaze forward.
			Alternatives: Sphinx.
			Sanskrit: Bhujangasana
			Benefits: Alertness. Patience. Transformation. Confidence.
			Video: https://www.youtube.com/embed/IV_7sKyA3oY?rel=0
			Modifications: 1 or 2 legs up.
		Down Dog	Inhale, lift up into Down Dog. Engage your core. Relax back of neck. If you want to remain in this pose for awhile, bend one leg at
			a time.
			Alternatives: Dolphin.
			Sanskrit: Adho Mukha Svanasana
			Benefits: Loyalty. Intelligence. Cooperation. Resourcefulness. Communication.
			Video: https://www.youtube.com/embed/iBJIz_0_8Cg?rel=0
			Modifications: Leg or arm up.

Time	Image	Pose	Description
		Lunge	From Down Dog, exhale and step right foot forward into a Low Lunge.
	4	Right Foot	Alternatives: High Lunge.
		Forward	Sanskrit: Anjaneyasana
			Benefits: Stretches legs, groin, hip flexors. Strengthens thighs, buttocks.
			Video: https://www.youtube.com/embed/R5zeuZuA8T4?rel=0
			Modifications: Move between bent and straight leg.
			Precautions: Knee injury. HBP.
	X	Upward	Exhale, rise fully into a gentle backbend with arms overhead. Look up.
		Salute	Alternatives: Samashthiti (feet together).
			Sanskrit: Urdhva Hastasana
			Benefits: Improves posture. Strengthens legs. Engages core.
			Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0
			Modifications: Hands in prayer behind back. Eyes closed.
			Resources:
			1. Mountain Pose Variations

Time	Image	Pose	Description
		Forward	Inhale, come into a Forward Bend. Keep back and neck soft.
		Bend	Alternatives: Tabletop. Gorilla.
			Sanskrit: Uttanasana
			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.
	0	Mountain	Feet hip width apart. Tuck chin in. Legs slightly bent . Shoulders back and down.
	Ĭ		Sanskrit: Tadasana
	T		Benefits: Balance. Calming. Posture. Strengthens legs. Engages core.
			Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0
			Modifications: Hands in prayer behind back. Eyes closed.
			Resources:
			1. Mountain Pose Variations

## Lesson Plan Description:

Sun Salutation C (Surya Namaskara C) is a sequence of poses that are used to warm up for a yoga practice. It helps get the body ready for Sun Salutations A or B. 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.