



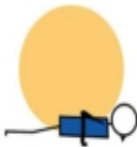









Sun Salutation C

Time	Image	Pose	Description
		Mountain	<p>Feet hip width apart. Tuck chin in. Legs slightly bent . Shoulders back and down.</p> <p>Sanskrit: Tadasana</p> <p>Benefits: Balance. Calming. Posture. Strengthens legs. Engages core.</p> <p>Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</p> <p>Modifications: Hands in prayer behind back. Eyes closed.</p> <p>Resources:</p> <ol style="list-style-type: none"> 1. Mountain Pose Variations
		Upward Salute	<p>Inhale, turn palms out. Sweep overhead into a gentle backbend. Lift heart and expand chest. Feel yourself opening up to life.</p> <p>Gaze up. Keep forehead relaxed and face soft.</p> <p>Alternatives: Samashthiti (feet together).</p> <p>Sanskrit: Urdhva Hastasana</p> <p>Benefits: Improves posture. Strengthens legs. Engages core.</p> <p>Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</p> <p>Modifications: Hands in prayer behind back. Eyes closed.</p> <p>Resources:</p> <ol style="list-style-type: none"> 1. Mountain Pose Variations

Time	Image	Pose	Description
		Forward Bend	<p>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 round into a full forward bend. At end of exhalation, draw chin in and gaze at legs.</p> <p>Alternatives: Tabletop. Gorilla.</p> <p>Sanskrit: Uttanasana</p> <p>Benefits: Stretch back, hams. Improves posture.</p> <p>Video: https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0</p> <p>Modifications: Bent knees. Loop fingers around big toes.</p> <p>Precautions : Back, knee, hamstring injuries.</p>
		Lunge Right Foot Back	<p>Inhale, step right foot back and lower knee to floor. Top of right foot rests on floor. Hands on thigh.</p> <p>Alternatives: High Lunge.</p> <p>Sanskrit: Anjaneyasana</p> <p>Benefits: Stretches legs, groin, hip flexors. Strengthens thighs, buttocks.</p> <p>Video: https://www.youtube.com/embed/R5zeuZuA8T4?rel=0</p> <p>Modifications: Move between bent and straight leg.</p> <p>Precautions : Knee injury. HBP.</p>
		Plank	<p>Exhale, from low lunge, plant hands and step back into Plank.</p> <p>Alternatives: Dolphin.</p> <p>Sanskrit: Kumbhakasana</p> <p>Benefits: Strengthens arms, wrists, spine. Tones abs.</p> <p>Video: https://www.youtube.com/embed/pSWYGXSNjdE?rel=0</p> <p>Modifications: Knees on floor.</p> <p>Precautions : Carpal tunnel syndrome</p>

Time	Image	Pose	Description
		Knees Chest Chin	Inhale, drop to knees, chest and chin. Keep bottom high. Elbows hug your ribs. Alternatives: Dolphin. 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 Right Foot Forward	<p>From Down Dog, exhale and step right foot forward into a Low Lunge.</p> <p>Alternatives: High Lunge.</p> <p>Sanskrit: Anjaneyasana</p> <p>Benefits: Stretches legs, groin, hip flexors. Strengthens thighs, buttocks.</p> <p>Video: https://www.youtube.com/embed/R5zeuZuA8T4?rel=0</p> <p>Modifications: Move between bent and straight leg.</p> <p>Precautions : Knee injury. HBP.</p>
		Upward Salute	<p>Exhale, rise fully into a gentle backbend with arms overhead. Look up.</p> <p>Alternatives: Samashthiti (feet together).</p> <p>Sanskrit: Urdhva Hastasana</p> <p>Benefits: Improves posture. Strengthens legs. Engages core.</p> <p>Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</p> <p>Modifications: Hands in prayer behind back. Eyes closed.</p> <p>Resources:</p> <ol style="list-style-type: none"> 1. Mountain Pose Variations

Time	Image	Pose	Description
		<p>Forward Bend</p>	<p>Inhale, come into a Forward Bend. Keep back and neck soft.</p> <p>Alternatives: Tabletop. Gorilla.</p> <p>Sanskrit: Uttanasana</p> <p>Benefits: Stretch back, hams. Improves posture.</p> <p>Video: https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0</p> <p>Modifications: Bent knees. Loop fingers around big toes.</p> <p>Precautions : Back, knee, hamstring injuries.</p>
		<p>Mountain</p>	<p>Feet hip width apart. Tuck chin in. Legs slightly bent . Shoulders back and down.</p> <p>Sanskrit: Tadasana</p> <p>Benefits: Balance. Calming. Posture. Strengthens legs. Engages core.</p> <p>Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</p> <p>Modifications: Hands in prayer behind back. Eyes closed.</p> <p>Resources:</p> <ol style="list-style-type: none"> 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.

You can create lesson plans like this using the [Genie Lesson Planner](#)