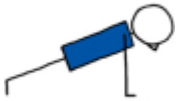
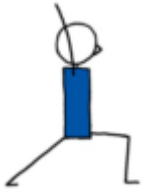
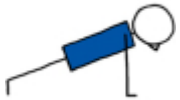
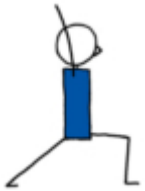
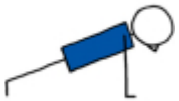
Sun Salutations B: Moving Meditation

 **Mountain**	 **Chair**	 **Forward Bend**	 **Half Way Lift**	 **Plank (High)**	 **Knees Chest Chin**
yoga pose **Cobra**	 **Warrior I**	 **Down Dog**	 **Plank (High)**	 **Knees Chest Chin**	 **Up Dog**
 **Down Dog**	 **Warrior I**	 **Plank (High)**	 **Knees Chest Chin**	 **Up Dog**	 **Down Dog**

					
Half Way Lift	**Forward Bend**	**Chair**	**Mountain**	**End Of Sequence**	**Do Your Own Practice**
					
Relaxation	**Savasasana**				

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