












Sun Salutations A: Moving Meditation

 <p>Mountain</p>	 <p>Upward Salute</p>	 <p>Forward Bend</p>	 <p>Halfway Lift</p>	 <p>Four Limbed Staff</p>	 <p>Up Dog</p>
 <p>Down Dog</p>	 <p>Halfway Lift</p>	 <p>Forward Bend</p>	 <p>Upward Salute</p>	 <p>Mountain</p>	

Lesson Plan Description:

The Sanskrit for Sun Salutation is Surya Namaskara, which means "salute to the sun". It is the most common sequence of asanas. Its origins lie in India where its large Hindu population worships Surya, the Hindu solar deity. Symbolic Sun Meanings: *life, power, strength, energy, force, clarity, and self*. When practicing Sun Salutations, you are also "saluting yourself" because practicing it provides you with energy and clarity. Try practicing at different speeds: quickly as a fast flow sequence, normal pace, and slowly savouring each pose (Yin Yoga).

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 helps focus the mind and heart on gratitude for life.