



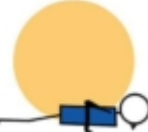




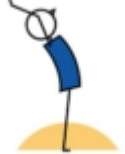




Sun Salutation C

 Mountain	 Upward Salute	 Forward Bend	 Lunge Right Foot Back	 Plank	 Knees Chest Chin
 Cobra	 Down Dog	 Lunge Right Foot Forward	 Upward Salute	 Forward Bend	 Mountain

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](#)