








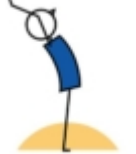




Sun Salutation C

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

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.