SUN SALUTATIONS
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General benefits

❖ strengthening the back and balancing the metabolism
❖ stimulating and balancing all the systems of the body, including the digestive system
❖ practiced in a fast pace helps to burn fat and lose weight

General precautions

❖ the practice should be immediately discontinued if a fever, acute inflammation, boils or rashes occur due to excess toxins in the body. When the toxins have been eliminated, the practice may be resumed
❖ it shouldn’t be practiced by people with high blood pressure, coronary artery disorders, or by those who have had a stroke, as it may overstimulate or damage a weak heart or blood vessel system
❖ it should be avoided in case of hernia and intestinal tuberculosis
❖ pregnant women, people with back conditions such as slipped disc and sciatica should consult a doctor before the practice
❖ women should avoid it during the onset of menstruation, practice can be resumed towards the end of the period
Sun Salutations Sequence
Prayer Pose

Instructions:

❖ stand straight, bring your feet together and your palms together on your chest
❖ breathe normally
Standing Back Arch

Instructions:

- inhale and raise your both arms up above the head, bend the head, arms and upper trunk slightly backward, look up
Forward Bend

Instructions:

❖ exhale and bend forward from the hips
❖ touch the floor with your fingers or palms
❖ bring the forehead as close to the knees as is comfortable
❖ do not strain, keep the knees straight
Half Cobra Pose

Instructions:

❖ place your palms on the floor beside the feet, keep the arms straight
❖ inhale and bring your left leg back, drop your left knee on the floor and bend your right knee
❖ in the final posture, the left foot, both hands, left knee and toes support the body.
❖ the back is slightly arched and the head faces forward, look upwards
Plank Pose

Instructions:

❖ hold the breath and from Half Cobra Pose bring your right leg back, straighten your knees and hands
❖ drop the hips until the body forms a straight line from the top of your head to your heels
❖ focus the gaze on the fixed point in front
Ashtanga Pose

Instructions:

❖ exhale and from Plank Pose lower your knees, chest and chin on the floor; the feet will come up on to the toes
❖ in the final position only the toes, knees, chest, hands and chin (8 parts of the body) should touch the floor
❖ the buttocks, chips and abdomen should be raised
Cobra Pose

**Instructions:**

- inhale, keep your hands beside your chest and slide the chest forward and raise first the head, the shoulders, then, straightening the elbows
- arch the back into the Cobra Pose
- this will lower the hips and the buttocks to the floor
- bend the head back and look upward
Downward Facing Dog Pose

Instructions:

❖ hold the breath, raise your hips up and lower the head between the arms so that the back and legs form two sides of a triangle
❖ keep the knees and hands straight
❖ push the heels and head towards the floor
Half Cobra Pose

Instructions:

❖ hold the breath and from Downward Facing Dog lean forward and bring your left leg forward
❖ place your palms on the floor beside the left foot, keep the arms straight
❖ drop your right knee on the floor and bend your left knee
❖ the back is slightly arched and the head faces forward, look upwards
Forward Bend

**Instructions:**

- Exhale and from Half Cobra Pose bring your right leg forward.
- Bend forward from the hips.
- Touch the floor with your fingers or palms.
- Bring the forehead as close to the knees as is comfortable.
- Do not strain, keep the knees straight.
Standing Back Arch

Instructions:

❖ inhale and raise your both arms up above the head, bend the head, arms and upper trunk slightly backward, look up
Prayer Pose

Instructions:
❖ exhale and release your hands, bring the palms together on the chest
❖ stand straight with your feet together
❖ this is one full round of Sun Salutation
For more fat-busting, metabolism-boosting (and FUN) exercises like this one, visit www.slimyogi.com

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