







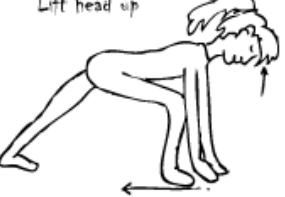





Sun Salutation

<p>1</p>  <p>Stand Feet touching Hands palm to palm Over heart Breathe... Exhale</p>	<p>2</p>  <p>Arms up Bend back Relax neck Inhale</p>	<p>3</p>  <p>Exhale Bend forward Hands towards feet Head towards knees Bend knees, if needed Palms touch ground, if possible.</p>	<p>4</p>  <p>Right leg back Lunge forward Left foot between hands Raise head Inhale... Keep hands and feet on ground</p>
<p>5</p> <p>Left foot next to right foot</p> 	<p>6</p> <p>At the same time... Exhale and lower body by bringing elbows to the ground</p> 	<p>7</p> <p>At the same time... Inhale, lower pelvis to the ground and raise head Bend backwards in a comfortable stretch Straighten arms</p> 	<p>8</p>  <p>Ground your hands Keep arms straight Raise hips Align head with arms Exhale...</p>
<p>9</p> <p>Inhale while bending right leg Lunge forward Hands on ground Right foot between hands Lift head up</p> 	<p>10</p>  <p>Keep hands on the ground Bring feet together Straighten legs Waist bent Hands towards feet Head towards knees Exhale...</p>	<p>11</p>  <p>As you inhale... Slowly raise up Straighten your back Bend back Stretch arms above head</p>	<p>12</p>  <p>Stand Feet touching Hands palm to palm Over heart Exhale...</p>