

Sun Salutations-Beginner Level

Tadasana - Urdhva Hastasana



Tadasana and Urdhva Hastasana

Come to stand in Tadasana with the hands in a prayer position at the heart

Inhale - Bring the arms out to the sides and up to Urdhva Hastasana

2. Uttanasana - Flat Back



Exhale - Swan dive down, hinging at the hips, bringing the palms flat on either side of your feet to Uttanasana

Inhale - Come up to a Flat Back bringing the finger tips to the floor

Exhale - Bring the palms flat, forward bending again into Uttanasana

3 .Lunge



Lunge Inhale - Bring the right foot to the back of the mat, come up on to the finger tips into a low lunge

4. Downward Facing Dog - Adho Mukha Svanasana



Downward Facing Dog

Exhale - Bring the left foot back to meet the right coming into Downward Facing Dog

5. Plank Pose



Inhale - Come forward to a Plank position

6. Cobra Pose – Bhujangasana

Benefits: Increases the flexibility of the spine. Can help relieve back pain.

Cobra is usually done as part of the Sun Salutation sequence. It can be done as an alternative to Upward Facing Dog in the sequence for beginners.



Instructions:

1. From Knees, Chest, and Chin position, release the tops of the feet to the floor and press them down.
2. Slide your chest forward and up keeping your hands exactly where they were.
3. Roll your shoulders back and lift the chest higher, while keeping the low ribs on the floor.
4. Keep your neck neutral, don't crank it back.

***Return back in the same sequence starting from the Cobra pose
After practicing a few weeks, try to do the entire sequence 2-4 times each week.***

Namaste!

-Compiled by Manali Haridas-