

## The Sun Salutation poses



1. We start this exercise by facing east. Keep your feet together, stand up straight and eyes facing forward. Inhale slowly and visualize the sun just beginning to rise gradually. Exhale, and bring the palms on your hands on to your chest as if you are praying



2. Then inhale again and stretch your arms upright with the palms facing upward and your body leaning backwards. Slowly raise your head and look toward the sky



3. Slowly bring your body forward and bring your hands down your knees, until you can place your palms on to the floor. If you cannot reach the floor, let your hands hold on to the lowest part of your legs that can be reached



4. While inhaling, bend one of your knees and stretch the other leg straight backwards, with the knee of this leg touching the ground, in a long, lunging move. Turn your toes right under and slowly straighten your body from head to heel.



5. With both of your hands on the ground, raise your head slightly and push your hips to the front. While holding the breath, stretch both legs backwards, and raise your body off the floor.



6. Lower yourself so your forehead, chest and knees are touching the floor. Your arms should stretched out in front, while your toes are curled. This is just like your normal push up position.



7. Okay, now allow your weight to rest on your pelvis. Lift your chest off the ground. Arch your head upward just like a snake before it strikes.



8. Now raise your hips upward, keeping the leg and back straight. Your body should now look like the shape of a tent.



9. Bring one leg forward, bending the knee, while leaving the other leg extended behind you. Inhale while you open your chest.



10. Okay, after you have done that bring both legs together and lift your buttocks. Keep your hands on the floor beside your feet. Bend your knees if you need to, while exhaling.



11. Slowly lift your body. Raise your head and look up while bringing your arms straight overhead. Inhale while you straighten your spine.



12. Once again, return to the prayer post while visualizing the sun to glow brighter and brighter.



Surya Namaskar, (Sun Salutation) is a series of 12 postures performed in a single, graceful flow. As suggested by its name, it was originally done when the sun rose & when it set. Each movement is coordinated with the breath. Inhale as you extend/stretch, & exhale as you fold/contract. Sun Salutation builds strength & increases flexibility. For the series, a single round consists of two complete sequences: one for the right side of the body & the other for the left. On days when you think you have no time for yoga, try to do at least 3 rounds of Sun Salutation. That number gradually increases until you have no problem doing the routine 24 times, each time using alternate feet. Done vigorously, they can be a good cardiovascular exercise. You'll feel the difference!

1. These exercises (asanas) will only take 10-20 minutes to complete and can be done by persons of all ages (see items 4 and 5 below for exceptions). Please review the deep breathing exercises and alternative nostril breathing and rhythmic breathing to supplement these postures.

2. These asanas specialize in brain and spinal rejuvenation, since this produces the maximum body and mind rejuvenation.

3. These asanas will produce a healthy central nervous system (brain and spine), healthy glands, healthy internal organs, healthy joints and healthy skin.

4. If you suffer from high blood pressure, dizziness or serious eye problems, you should not do the inverted postures (headstand, shoulder stand and reverse posture) until these conditions improve.

5. A small proportion of people feel worse for up to two weeks after starting the asanas. This is because the yoga asanas cause the body to eliminate toxins. After this you will start to feel much better.

It is common to feel muscle soreness after the first few sessions, too, because you are stretching muscles which haven't been used before. Just do the asanas gently with no strain. To minimize any soreness for the first two weeks, do the asanas later in the day (before lunch or the evening meal) when joints are less stiff.

6. Always do the asanas in the sequence indicated.

7. The best time to do the asanas, once initial soreness is overcome, is in the early morning or in the early evening before the evening meal.

*Never exercise on a full stomach! Wait at least three hours after eating a main meal, about one half hour after eating a light snack and about half an hour after drinking juices.*

After finishing the asanas, wait about 15 minutes before eating.

8. Do the asanas in the garden or in a room with the windows open. Use a thick rug or about 2 centimeters thickness of firm foam and wear loose clothing.

9. The asanas should be done slowly with no strain. Breathe slowly and deeply with the abdomen only. When inhaling, push the abdomen out, and when exhaling allow the abdomen to return to its normal position.

10. Concentrate on the particular organs and glands which the asana affects. Keep your eyes closed. After each asana or group of asanas, rest for a short while.

Aim to do the asanas 5-6 days a week. Don't skip sessions; it is regularity which produces results. If you experience any pain or dizziness when doing a particular asana, stop doing it and try again in a few months time.

*Namaste! (Peace!)*

**For more Information go to:**

**<http://www.bodylogique.com/Teens.html>**

**Please call Barbara with any questions!**

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