

Sun Salutation - Remember to limber first



Tadasana.



Inhale
Arms up.



Exhale -
fld down



Inhale
up.



Exhale
backbend



Inhale
up.



Exhale
fld down.



Take right leg
back.



left leg back
downward dog.



sit back
on heels -
child.



Roll forwards
(head down).



Upward facing
dog.



Turn toes -
come up to
downward dog.



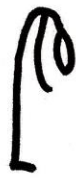
Right leg steps
forward.



Left leg joins
right - soft knees.



Straighten
legs - or keep
knees soft.



Roll up
slowly.



Arms
up.



Back bend
(sun burst)



Return to
straight



Hands down
to Anjali Mudra.

Repeat - taking opposite leg back next time.