

# Sun Salutation

① Begin in mountain

② Raise hands overhead, press pubic bone forward, tighten buttocks, open chest, **inhale**

③ Forward fold, tail bone up, hands next to feet, **exhale**

④ Right foot back to lunge - press heel of back foot, lengthen spine, **inhale**

⑤ Bring left foot back to plank position - long spine, **hold breath in**

⑥ Drag knees, chin and chest to floor, **exhale**

⑦ Sweep forward to cobra, **inhale**

⑧ Lift tailbone to downward dog, **exhale**

⑨ Right foot forward to lunge, **inhale**

⑩ Left foot forward to forward fold, **exhale**

⑪ Lengthen spine, reaching out and up - press pelvis forward, opening chest, **inhale**

⑫ **Exhale** and release back to mountain

