

Position 1 -- Mountain Pose



1. Stand up straight with your feet together. Place your arms at your side with your palms inward and press shoulders down.
2. Tighten the muscles in your knees, thighs, ankles, and abdomen. Balance your weight on both feet.
3. Center your body making sure that your chin is parallel with the floor and your hipbones are directly over your feet.
4. Stay in this position for 30-60 seconds while you focus on controlling your breathing

Tip:

Do not lock your knees; instead tighten your thigh muscles to balance.

Tadasana
(tah-DAHS-anna)
Means mountain.

Benefits:

- ❖ Improves posture
- ❖ Strengthens thighs, knees and ankles
- ❖ Reduces flat feet

Position 2 -- Forward bend



1. From the Mountain pose, exhale, and bend at the waist and reach for the floor with your hands.
2. Breath in, and when doing so lift your body slightly. When you exhale, relax and try to place your hands closer to your feet. Make sure that your head is hanging down comfortably between your shoulders.
3. Stay in this pose for 30-60 seconds.

Tip:

If you cannot touch the floor do not worry. Bend your knees at first, and as your flexibility improves, this pose will become easier for you.

Uttanasana
(OOT-tan-AHS-ahna)
Means standing
forward bend or
intense stretch.

Benefits:

- ❖ Reduces fatigue and anxiety
- ❖ Therapeutic for asthma, high blood pressure, infertility, osteoporosis, and sinusitis

Position 3 -- Proud Warrior I, or Parallel Lunge



1. From Forward Bend, step back with your left leg, into a lunge position.
2. Achieve balance without your arms, and begin to lift your torso up, making sure to keep your pelvis facing your right knee.
3. Raise your arms above your head. Touch your palms together, with your arms straight and your shoulders pressed down.
4. Hold this pose for 30-60 seconds; focus on your breathing.

Note: your left ankle should be at a 90-degree angle with your right foot.

Challenge:

To improve your balance, raise your head and look up directly at your hands.

Virabhadrasana
(Veer-ah-bah-DRAHS-anna)
Means fierce warrior.

Benefits:

- ❖ Increases stamina
- ❖ Relieves back pain

Position 4 -- Downward Facing Dog



Adho Mukha Svanasana
(AH-doh MOO-kah shvah-NAHS-anna)
Means downward facing dog.

Benefits:

- ❖ Stretches shoulders, hamstrings, calves, arches, and hands
- ❖ Strengthens arms and legs

1. From Proud Warrior I, lower your arms placing both palms on the floor by your right foot and extend your right foot back to your left foot. Your toes should now be facing forward.
2. As you inhale lift your hips into the air; keep your back as flat as possible.
3. Exhale as you press your heels downward into the floor while lifting the arches of your feet.
4. Keep your head down and between your arms; making sure not to let your head hang.
5. Press the floor with each whole hand to distribute your weight evenly, while taking the weight off of your wrists.
6. Continue breathing deeply and steadily while you hold this pose for 30-60 seconds.

Tip:

If your shoulders hurt while doing this, try placing them on blocks, or even a chair to elevate them and make this pose easier.

Position 5 -- Upward Facing Dog



Urdhva Mukha
Shvanasana
(Or-da-ahv MOO-kah
shvah-NAHS-anna)
Means upward facing
dog.

Note: Do not let your body hang on your shoulders. To keep them from rolling inward, try to push up, and keep your shoulders level all the way across your body.

Benefits:

- ❖ Improves your posture
- ❖ Relieves depression and fatigue
- ❖ Strengthens your spine, buttocks, arms and wrists
- ❖ Stretches chest, lungs, shoulders, and abdomen

1. From Downward Facing Dog, use your arm, abdomen, and leg muscles to lower your body almost to the floor.
2. Exhale, and push up on the floor with your arms and arch your back. Keep your head looking forward.
3. Make sure that your weight is evenly distributed on both hands. Turn your feet down so that the tops of them are on the mat.
4. Inhale again, push up more, and arch your back further, make sure to keep your head is still forward.
5. Hold this position for 30-60 seconds while you focus on your breath.

Position 6 -- Downward Facing Dog



Adho Mukha Svanasana

Benefits:

- ❖ Calming yet energizing
- ❖ Relieves stress, depression headache, insomnia, back pain, and fatigue

1. From Upward Facing Dog, place the bottom of your feet on the mat.
2. As you inhale lift your hips into the air; keep your back as flat as possible.
3. Exhale as you press your heels downward into the floor while lifting the arches of your feet.
4. Keep your head down and between your arms; making sure not to let your head hang.
5. Press the floor with each whole hand to distribute evenly your weight, while taking the weight off of your wrists, and make sure that your back remains straight.
6. Continue breathing deeply and steadily while you hold this pose for 30-60 seconds.

Tip:

To make this position easier on you, you may increase the space between your feet and your arms, so that your body is lower to the ground.

Position 7 -- Proud Warrior I, or Parallel Lunge



Virabhadrasana

1. From Downward Facing Dog, step back with your right leg, into a lunge position.

Note: your left ankle should be at a 90-degree angle with your right foot.

2. Achieve balance without your arms, and begin to lift your torso up, making sure to keep your pelvis facing your right knee.
3. Raise your arms above your head. Touch your palms together, with your arms straight and your shoulders pressed down.
4. Hold this pose for 30-60 seconds; focus on your breathing.

Challenge:

Deepen your lunge to strengthen both thigh and clave muscles.

Benefits:

- ❖ Stretches and strengthens the groins, chest, lungs, shoulders, legs, and ankles
- ❖ Therapeutic for carpal tunnel syndrome, flat feet, infertility, osteoporosis, and sciatica

Position 8 -- Forward Bend



Uttanasana

1. From the Proud Warrior I pose, step forward and bring your feet together. Exhale, and bend at the waist and reach for the floor with your hands.
2. Breath in, and when doing so lift your body slightly. When you exhale, relax and try to place your hands closer to your feet. Make sure that your head is hanging down comfortably between your shoulders.
3. Stay in this pose for 30-60 seconds.

Challenge:

If this pose is easy for you, try to wrap your arms around your knees.

Benefits:

- ❖ Calms the brain and helps relieve stress, mild depression, headache, and insomnia
- ❖ Stimulates the liver and kidneys
- ❖ Stretches the hamstrings, calves, thighs, knees, and hips.

Position 9 -- Mountain Pose



Tadasana

1. From the Forward Bend pose, inhale as you slowly lift your body up at the waist.
2. Stand up straight with your feet together. Place your arms at your side with your palms inward and press shoulders down.
3. Tighten the muscles in your knees, thighs, ankles, and abdomen. Balance your weight on both feet.
4. Center your body making sure that your chin is parallel with the floor and your hip bones are directly over your feet.
5. Stay in this position for 30-60 seconds while you focus on controlling your breathing.

Note: Do not roll your spine up to straighten your body. Keep your back straight.

Challenge:

Try to balance with your eyes closed.

Benefits:

- ❖ Improves posture
- ❖ Strengthens thighs, knees and ankles
- ❖ Reduces flat feet

It is traditional to repeat the Sun Salutation. Begin from the Mountain Pose where you finished and repeat the series again. Each subsequent time through the Sun Salutation aim to hold the poses for a shorter and shorter amount of time. You may perform the salutation at the pace you feel most comfortable with, but your goal should be to perform it in one smooth continuous motion with one inhalation and exhalation per pose. Eventually you will be able to perform the entire salutation in nine breaths. This will signify your progress in the art of yoga and your mastery of the Sun Salutation.



Quick Reference of the Sun Salutation



Mountain Position, or Tadasana



Forward Bend, or Uttanasana



Parallel Lunge, Proud Warrior, or, Virabhadrasana



Downward Facing Dog, or Adho Muka Svanasana



Upward Facing Dog



Downward Facing Dog, or Adho Mukha Svanasana



Parallel Lunge, Proud Warrior, or Virabhadrasana



Forward Bend, or Uttanasana



Mountain Position, or Tadasana