
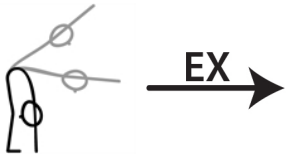
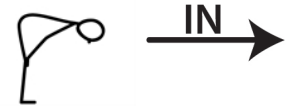

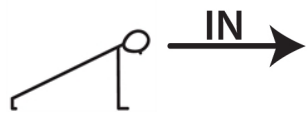


Sun Salute A

1.		<p>Start in mountain pose. Stand tall and lift the crown upward away from the ears.</p>	<p>Distribute weight evenly over the four corners of each foot. Engage (or flex) the legs and draw the shoulder blades onto the back body.</p>
2.		<p>Start in Mountain with feet hip width apart. Gently hinge from the hips into a forward fold.</p>	<p>Bend the knees as you begin. You will feel a lot of pressure in your head and neck. Gently move your head from left to right and forward to back to release any tension. Try to relax here, regulating your breath.</p>
3.		<p>Inhale and take your palms to the calves, keeping the shoulders drawn down the back, and spine and neck in alignment.</p>	
4.		<p>Exhale and fold forward.</p>	

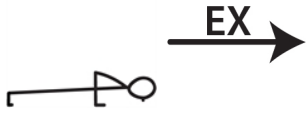
5.



Inhale and step the feet back into plank. Or start from all fours and energetically melt your heart toward your thumbs so that there is no rounding through the upper back. Soften your tailbone toward the floor slightly and draw your navel in and up toward the small of your back.

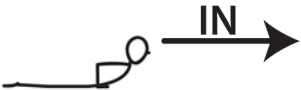
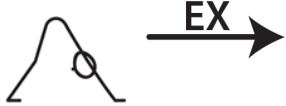

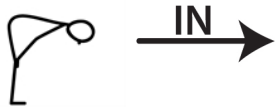
Turn your toes under so that the pads of your toes are on the floor. Pressing the heels back, roll the weight into the balls of the feet, lift your knees off the floor, and come to a high push-up position. Be sure that you are on the balls of both feet, pressing the heels toward the wall behind you. Keep the legs and core engaged. Drop to your knees if needed.



6.



Begin in Plank. Keeping the entire body engaged, roll the body forward to the tiptoes. Be sure that the inner eyes (creases) of the elbows are facing forward. Hinge at the elbows and begin to bring your body down toward the mat. Pause for a breath in the low position.

Really press through the heels of the hands and come back up. Keep your eyes focused out in front of you. Keep the body taut as you lower down. Keep the elbows moving back alongside the body, hugging your ribs. Really lift up your navel to remove the sway in the lower back. For a gentler version, drop the knees to the mat on the way up and/or the way down.

7.		<p>Lie on your belly, legs at hip-width, tops of the feet on the floor. Relax your forehead on the mat. Start by bringing the chin to the mat. Place your forearms, palms down, on the mat so that the fingertips are in line with the tops of the shoulders. Inhaling, press your forearms into the floor and begin to lift your chest and head. Look straight ahead. Pelvis on the mat. Spread all 10 fingertips wide and press down through the heels of the hands, drawing the shoulder blades back and down away from the ears.</p>	<p>Extend the crown upward toward the heavens, keeping the buttocks soft until you lengthen as much as possible. Begin to press the palms down, lifting the elbows off of the mat. Raise your chest and head as high as you feel comfortable, keeping your elbows bent.</p>
8.		<p>Exhale back to table top. . Inhale. Exhaling, lift the hips up and back toward the ceiling while pressing into the mat through the palms.</p>	<p>Engage your legs. Don't lock your knees. Press heels toward the floor. Bring the shoulder blades onto your back body. Soften the heart toward the thighs. Lift your inner thighs toward the back of the room. Lift your navel.</p>
9.		<p>Inhale as you step forward into forward fold. Exhale as you fold forward.</p>	<p>See #4</p>
10.		<p>Inhale and halfway lift the hands to the shins.</p>	<p>See #5</p>

11.		Exhale and fold forward.	See #4
12.		Inhale back to standing into mountain pose.	See #1