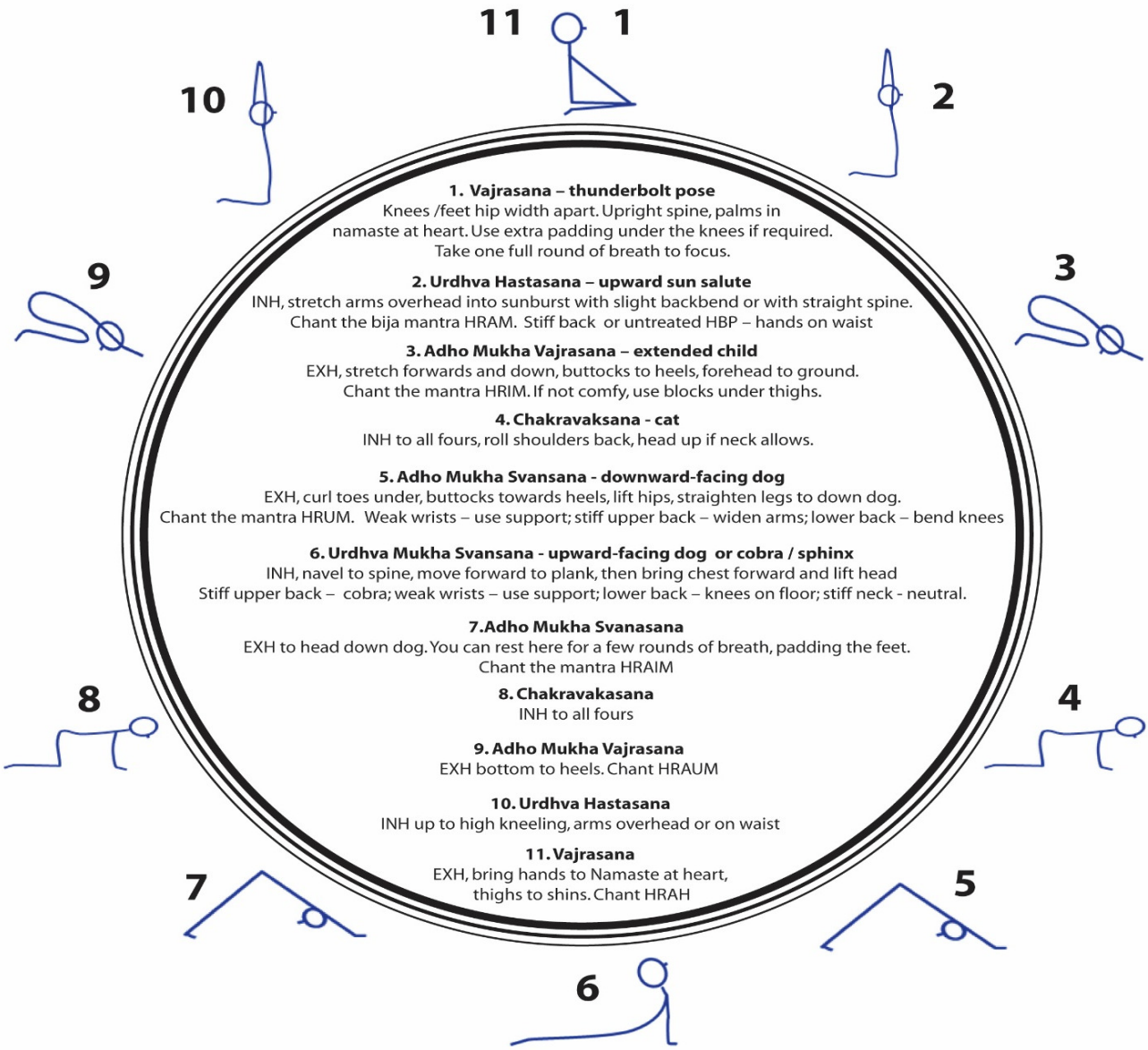
YOGA FOR EVERY DAY - KNEELING SUN SALUTATION



1. Vajrasana – thunderbolt pose
Knees /feet hip width apart. Upright spine, palms in namaste at heart. Use extra padding under the knees if required. Take one full round of breath to focus.

2. Urdhva Hastasana – upward sun salute
INH, stretch arms overhead into sunburst with slight backbend or with straight spine. Chant the bija mantra HRAM. Stiff back or untreated HBP – hands on waist

3. Adho Mukha Vajrasana – extended child
EXH, stretch forwards and down, buttocks to heels, forehead to ground. Chant the mantra HRIM. If not comfy, use blocks under thighs.

4. Chakravaksana - cat
INH to all fours, roll shoulders back, head up if neck allows.

5. Adho Mukha Svansana - downward-facing dog
EXH, curl toes under, buttocks towards heels, lift hips, straighten legs to down dog. Chant the mantra HRUM. Weak wrists – use support; stiff upper back – widen arms; lower back – bend knees

6. Urdhva Mukha Svansana - upward-facing dog or cobra / sphinx
INH, navel to spine, move forward to plank, then bring chest forward and lift head Stiff upper back – cobra; weak wrists – use support; lower back – knees on floor; stiff neck - neutral.

7.Adho Mukha Svanasana
EXH to head down dog. You can rest here for a few rounds of breath, padding the feet. Chant the mantra HRAIM

8. Chakravakasana
INH to all fours

9. Adho Mukha Vajrasana
EXH bottom to heels. Chant HRAUM

10. Urdhva Hastasana
INH up to high kneeling, arms overhead or on waist

11. Vajrasana
EXH, bring hands to Namaste at heart, thighs to shins. Chant HRAH