Begin and End
Stand tall, feet together on ground, hands together at chest.

1. Inhale
Lift arms over head, lean hips forward, arch back.

2. Exhale
Chest forward and knees slightly bent. Fold in.

8. Inhale
Feet forward between hands. Slightly bend legs. Fold in.

9. Exhale
Come up halfway to flat back.

10. Inhale
Raise torso, extend arms over head, arch back.

While practicing the poses, meditate on expressing gratitude for the sun, which makes all life on earth possible.

SUN SALUTATION

7. Exhale
Lift tailbone, push back. Keep your back straight, knees slightly bent.

6. Inhale
Straighten legs, hips forward, bend slightly at waist. Lift chest.

3. Inhale
Come up halfway to flat back.

5. Exhale cont.
Lower knees, chin, and chest to floor. Hips high and elbows in.

4. Exhale
Both feet back in plank, back straight with shoulders over wrists.

#DeStressMonday