

## Sun salutations

Sun salutations are a way to safely warm up the muscles and loosen joints.

Have a yoga mat or blanket you can stand and kneel on. If you have problems getting to the floor, use a chair (see modifications). The use of yoga blocks or a stack of books can help with modifications.

Sun salutations have various sequencing, this one is the one I teach as it flows well and is perfect for beginners and ideal for what we need in a pelvic health class.

Before we begin, let's check in with our breathing. You NEVER HOLD breath in any of the poses and you can control the pace by altering the number of breaths in each pose.

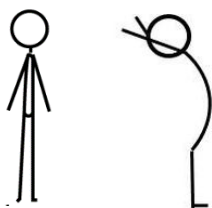
Inhale as you stretch up and open up the chest, exhale as you fold down and close the chest to the body.

If you are at home, I'd suggest you doing a few cat and cow movements firsts so the spine is 'oiled' See the cat and cow in your members area.

Breathing	Pose name for Sun Salutation A basic
Exhale	Mountain pose
Inhale	Upward salute pose
Exhale	Standing forward bend (rag doll)
Inhale	Standing half forward bend
Exhale	Plank to Chaturanga
Inhale	Baby cobra
Exhale	Downward facing dog
Inhale	Standing half forward bend
Exhale	Standing forward bend (rag doll)
Inhale	Upward salute pose
Exhale	Mountain pose

### Let's begin!

#### 1. Mountain pose – Upward salute pose



1. Begin with feet pointing forwards, hip width apart. Weight even on feet, pelvis neutral, arms down, palms facing forward, shoulders and jaw relaxed.

2. **Inhale** – arms up (you can bring palms together or have them wide) keep shoulders soft. Gaze up to your hands and open the chest. If you can't extend your back, don't worry just focus on opening the chest.

## 2. Stand forward Rag doll

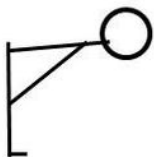


*Tip: Exhale as you lift your shoulders to start to bend forward then stop and exhale downward*

**Exhale.** Release your arms to either side and fold over your legs (as if you were doing a swan dive into a swimming pool) to come into a forward bend. Alternatively, you can keep your palms together and pass them in front of your heart as you fold forward.

Place your fingertips in line with your toes. Flatten your palms, if possible, or tent your fingers. Place your hands on blocks if they don't reach the floor when your legs are straight. You can also bend the knees a little if the hamstrings are tight.

## 3. Standing half forward bend



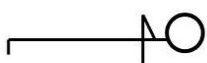
**Inhale.** Lift your head gaze forward as you come to a flat back, placing your hands on your shins or at the quads just above the knees. (never place hands on the knees) whichever allows you to get your spine straight.

## 4. Plank to Chaturanga



**Exhale.** Plant your palms and step back to a plank position. In plank, make sure your shoulders are over your wrists, arms straight and your butt is neither sticking up nor drooping down. A straight line from the crown of your head to your heels is what you are going for. Take an inhale here. (engage the core, imagine the muscles either side of the belly button are being tightened and wrapping around the sides. This will effectively bring the belly button inward without sucking in.

*If plank is challenging in this position, then place knees on the floor.*



*Inhale at the end of the plank ready for Chaturanga.*

**Exhale.** Lower to your knees, chest, and chin. Lower your chest and chin down to the floor, landing your shoulders right over your hands. Keep your butt high and your elbows hugging your ribs.

## 5. Cobra or Baby cobra or low cobra



**Inhale.** Come forward to a low Cobra. Place the both ASIS bones of your pelvis and the tops of your feet to the floor, use the collar bones and sternum to lead your head and raise up, gaze forward and slightly up. Try not to press into your hands as you come up into the backbend.

There should be no pinching in the back, lower down if this happens. Use any of these positions for this pose.



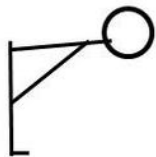
## 7. Downward facing dog



*Tip : Engage the quadriceps in the legs to take the burden of weight off the shoulders*

**Exhale.** Toes under, fingers spread arms straight, rotate arms outward to broaden the collar bones. push back with butt into the air and inwardly rotate the thighs. Gaze down, move shoulders away from your ears. (but don't force the shoulders down, this is a soft movements) Stay here a few breaths. You can bend your knees if it's easier. Soften the shoulders, think of length in spine.

## 8. Standing half forward bend



**Inhale.** Lift your head gaze forward as you come to a flat back , placing your hands on your shins or at the quads just above the knees. (never place hands on the knees) whichever allows you to get your spine straight.

## 9. Stand forward Rag doll

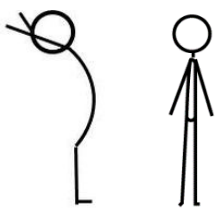


*Tip: Exhale as you lift your shoulders to start to bend forward then stop and exhale downward*

**Exhale.** Release your arms to either side and fold over your legs (as if you were doing a swan dive into a swimming pool) to come into a forward bend. Alternatively, you can keep your palms together and pass them in front of your heart as you fold forward.

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







## 10 Upward salute pose – mountain pose



**1. Inhale** – arms up (you can bring palms together or have them wide) keep shoulders soft. Gaze up to your hands and open the chest. If you can't extend your back, don't worry just focus on opening the chest.

**2. Exhale** Bring arms down, align the body, shoulders over knees, hips over knees, knees over ankles.

Your accountability sheet. Look at the progress week on week. Modify where you need to. You will get there.

Date	Poses completed											Notes
	1 	2 	3 	4 	5 	6 	7 	8 	9 	10 	11 	
Example	✓	✓	✓	✓	✗	✗	On chair	On chair	✓	✓	✓	#5 & 6 hurts wrists

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