

# Information Sheet

## Sun Salute



Stand up straight with your feet together and your palms prayer-like in front of the chest. Feel awareness of the whole body. Relax and begin to inhale. **Establishes state of concentration and calm.**



Continue inhaling as you raise your arms up and back over your head, arching your back slightly. **Stretches abdominal and intestinal muscles, exercises arms and spinal cord.**



Exhale as you bend forward and touch your hands to the floor in front of you. Keep your knees unlocked and let your head hang relaxed. (Try not to overextend) **Aids in prevention, relief of stomach ailments. Reduces abdominal fat. Improves digestion and circulation. Limbers spine.**



Moving neither hands nor the left foot, bring the right leg back as far as possible, bending the left leg. Support weight on both hands, left foot, right knee, and toes of the right foot. Tilt the head back; look up. Inhale and retain breath. **Tones abdomen, muscles of thighs and legs.**



Exhale, and place your left leg back next to the right, pushing your back flat like a plank. Exhale completely. **Strengthens nerves and muscles of arms and legs.**



Holding your breath, lower your body to the floor, touching your chin, chest, knees, feet, and hands to the floor, and keeping your buttocks, thighs, and abdomen lifted. **Strengthens nerves and muscles of shoulders, arms and chest.**



Inhale, relax your lower torso, and bend your upper torso and head backwards until your arms are nearly straight. **Flexes spine. Rejuvenates nervous system.**



Exhale as you form a triangle by pushing your buttocks up. **Strengthens and stretches sciatic and hamstrings. Builds bone density.**



Inhale as you move your right leg forward until it rests on the floor between your hands. Extend the left leg back and lean your head back.



Exhale and bend forward until your hands touch the floor.



Inhale and stand up, stretching your arms back over your head, arching your back slightly.

Exhale and relax.



**After performing the Sun Salute, take a full rest on your back. Just allow the breath to come naturally and notice any sensations in the body.**