

Sun Salutations Sequence

First Round (1 minute)

slightly slower to offer cues and options

Inhale - Mountain

Exhale - Forward Fold

Inhale - **Plank***

Exhale - Chaturanga*

Inhale - Upward Facing Dog*

Exhale - **Downward Facing Dog**

hold for 3 breaths after first Downward Facing Dog, then pick up the pace

Additional Rounds (3 minutes)

breath to movement with minimal cueing

Inhale - Mountain

Exhale - Forward Fold

Inhale - Halfway Lift

Exhale - Chaturanga

Inhale- Upward Facing Dog

Exhale - Downward Facing Dog

Bold indicates hold

* indicates space to introduce options