

THE SUN SALUTATION

Breathing Sequence

Technique: Surya Namaskar is not an asana. Just a series of gentle flexing movements synchronized with the breath. Once you have learned the positions of the Sun Salutation, it is important to treat them as a ritualized breathing pattern. Try to do 6-12 cycles of the Sun Salutation every day.

12 Hold as you move to the starting position, but support and brace by the sides. Bend deeply, and return to Surj 1.

11 Hold as you reach up and arch back, with your head straight and eyes.

10 Hold and bring the other leg forward. Straighten the knees and bring the forehead down and as towards the hip.

9 Hold and bring the right leg forward between the hands. Bring the back knee to the ground and look up. (Bring the left leg forward in the next sequence.)

8 Hold and withdraw one leg, bring the legs up as high as possible over the forehead in position.

7 Hold, slide the hips forward, and arch the head and chest up into the Cobra pose (see pp. 94-95).

1 Standing upright, circle as you bring the palms together in the Anjali or Prayer position.

2 Hold and stretch the arms up over the head straight to the ears. Arch back from the waist, pushing your hips forward and stretching the head back.

3 Holding, bring the hands down to the floor on each side of the feet so that the tips of the fingers and toes form a straight line. With your head in forward, the knees as far as possible.

4 Hold as you reach the right leg back as far as possible, and drop the right knee to the ground. With the next sequence you will stretch the left leg back.

5 Stretching the hands, bring the other leg back and withdraw the body into the Push-up position.

6 Place the knees, chest, and forehead on the ground.