



Sun Salutation

Begin in Mountain Pose

To begin, bring yourself to the front edge of your mat in [mountain pose \(tadasana\)](#) with the hands, palms together at your heart center.

Inhale. Bring the arms out to the sides and up to the ceiling to join your palms above your head in [raised arms pose \(urdhva hastasana\)](#). Lift your gaze to your thumbs and slide your shoulders away from your ears.

Exhale. Release your arms to either side and forward bend over your legs (as if you were doing a swan dive into a swimming pool) to come into a [forward bend \(uttanasana\)](#). Alternatively, you can keep your palm 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 that makes you more comfortable.

Inhale. Lift your head as you come to a [flat back \(ardha uttanasana\)](#), coming onto your fingertips or placing your hands on your shins, whichever allows you to get your back really flat.

Exhale. Plant your palms and step or jump back to a [plank](#) position. In plank, make sure your shoulders are over your wrists 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.

Exhale. Lower to your [knees, chest, and chin](#). Keep your butt high and your elbows hugging your ribs.

Inhale. Come forward to a low [cobra](#). Anchor your pelvis and the tops of your feet to the floor but try not to press into your hands as you come up into the backbend.

Inhale. Roll over your toes (if possible) to come into an [upward facing dog](#). Bend your elbows out to the sides at first in order to bring your shoulders down and away from your ears. Then straighten your arms. Make sure your legs are straight and your knees are lifted off the floor.

Exhale. Push back to [downward facing dog](#). You can come through hands and knees on the way if necessary.

Stay here a few breaths (or more) if you need to take a break. If you are going for a brisk pace, just stay one breath.

Exhale. Step the right foot next to the right hand and then bring the left foot to join it in standing forward bend (uttanasana). You may also choose to jump forward instead. To do this, bend the knees on an exhalation and jump your feet to meet your hands. Try to land with your toes in line with your fingertips.

Inhale up to a flat back and then **exhale** back to uttanasana (forward bend).

Inhale. Lift your arms out to the sides and up, reversing the swan dive to return to raised arms pose.

Exhale. Come to stand in mountain pose with your hands in a prayer position at the heart