

THE SUN SALUTATION WITH A CHAIR



1. BREATHE

Stand in tadasana, feet together, 60% of weight on your heels, hands in prayer, pelvis neutral, legs gently engaged. Gaze is straight ahead.



2. INHALE

With palms facing towards each other, raise arms above head, extend the spine and do a slight back bend. Gaze is towards hands.



3. EXHALE

Carefully swan dive down, with back straight to a forward bend with bent legs (bending at the pelvis). Relax neck and shoulders, gaze is towards shins.



4. INHALE

Step the right leg back to a lunge. Hands are shoulder width apart on the chair. Open chest and gaze forward and slightly upwards.



5. EXHALE

Step the left leg back to a downward dog, shoulders down, stretching spine long and relaxing the back sides of the legs.



6. INHALE

Step the right leg forward to a lunge. Hands are shoulder width apart on the chair. Open chest and gaze forward and slightly upwards.



7. EXHALE

Step the left leg forward to a forward bend with bent legs (bending at the pelvis). Relax neck and shoulders, gaze is towards shins.



8. INHALE

With palms facing towards each other, raise arms above head, extend the spine and do a slight back bend. Gaze is towards hands.



9. EXHALE

Stand in tadasana, feet together, 60% of weight on your heels, hands in prayer, pelvis neutral, legs gently engaged. Gaze is straight ahead.

