

# THE FULL SUN SALUTATION



1. BREATHE

Stand in tadasana, feet together, 60% of weight on 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

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



4. INHALE

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



5. RETAIN

Step your left foot backwards to plank. Tailbone is slightly tucked under, buttocks & legs are engaged. Gaze slightly forward and to the ground.



6. EXHALE

Lower push up (with elbows touching ribs, buttocks and legs engaged). Gaze slightly forward and to the ground.



7. INHALE

Slide forward into upward dog. Toes point backwards elbows touch the ribs, arms are straight, chest is open, gaze is forward and upwards.



8. EXHALE

Tuck toes under, raise your hips and push yourself to downward dog. Fingers are wide open, shoulders are down and the back side of your legs are relaxed.



9. INHALE

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



10. EXHALE

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



11. INHALE

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



12. EXHALE

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

