

Rising Sun Yoga



End of sequence

12. EXHALE

Come back to mountain, feet together or slightly apart. Root feet to ground (balls and heels), engage quadriceps lightly, palms together in prayer. Gaze is straight ahead (or eyes closed).



11. INHALE

Reach arms to sides, rising with a straight back. With palms facing towards each other, extend the spine as you rise. With buttocks and lower back engaged, do a slight back bend. Gaze is ahead or upwards



10. EXHALE

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



9. INHALE

Bend right leg, pivot or walk forward to a lunge. Palms are flat on the mat. Chest is open and gaze is slightly upwards.



8. EXHALE

Tuck toes under, raise hips coming into downward dog. Fingers are wide open, shoulders are down, lower back scoops slightly upwards. Relax the back side of legs, intending heels toward the mat.



7. INHALE

Slide into cobra. Toes are released, to point backwards elbows are tucked in, navel stays on ground, chest is open, gaze is upwards.



Rising Sun Yoga



Sun Salutation Sequence - Version 1

1. BREATHE



Mountain, feet together or slightly apart. Press into ground (balls and heels), engage quadriceps, palms together in prayer. Gaze is straight ahead (eyes closed).

2. INHALE



Arms facing towards each other, raise arms to extend the spine, with buttocks and shoulders engaged, do a slight back bend. Gaze is straight ahead.

EXHALE



Move down, with back straight, to a forward bend (at the pelvis). Relax neck and head. Gaze is towards shins.

INHALE



Move right leg back to a lunge with back leg extended. Palms are flat on the mat. Open chest and shoulders slightly upwards.

RETAIN



Step left foot backwards to plank. Knees can be on mat or legs can be straight, spine is neutral.

6. EXHALE

Push up (with elbows in).



Models: Patricia and Sophie Gervais
Photos: Geoff Baskwill

Rising Sun Yoga



End of sequence

12. EXHALE

Come back to mountain, feet together or slightly apart. Root feet to ground (balls and heels), engage quadriceps lightly, palms are together in prayer. Gaze is straight ahead (or eyes closed).



11. INHALE

Reach arms to sides, rising with a straight back (bend knees if needed). With palms facing towards each other, extend the spine. Buttocks and lower back are engaged. Gaze is ahead.



10. EXHALE

Step left leg forward into a bent leg forward bend. Relax neck and shoulders, gaze is towards shins



9. INHALE

Bend right leg, pivot or walk forward to a lunge. Palms are flat on the mat. Chest is open and gaze is slightly upwards.



8. EXHALE

Tuck toes under, raise hips coming into a bent leg downward dog. Fingers are wide open, shoulders are down, lower back scoops slightly upwards. Relax the back side of legs, intending heels toward mat.



7. INHALE

Slide into cobra or baby cobra. Toes are released, to point backwards elbows are tucked in, navel stays on ground, chest is open, gaze is upwards.



Rising Sun Yoga



Sun Salutation Sequence - Version 2

1. BREATHE



Mountain, feet together or slightly apart. Root down (balls and heels), engage quadriceps lightly (press feet together in prayer. Gaze is straight ahead (closed).

2. INHALE



Arms facing towards each other, raise arms up, extend the spine, with buttocks and feet on floor. Gaze is ahead.

EXHALE



Spine straight, with back straight, to a forward bend. Relax neck and shoulders, feet on floor.

INHALE



Right leg back to a lunge with knee to floor, front leg straight. Palms are flat on the floor. Open chest and gaze slightly upwards.

5. RETAIN



Step left foot backwards to plank. Knees can be on mat or legs can be straight, spine is neutral.

6. EXHALE



Knees and chest to the mat (with elbows in, chin to mat, lower back scooped upwards).

Models: Patricia and Sophie Gervais
Photos: Geoff Baskwill