

THE LUNGE SUN SALUTATION



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

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 with back knee on the ground. Hands are shoulder width apart on the mat. Open chest and gaze forward and slightly upwards.



3. EXHALE

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



9. INHALE

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



10. EXHALE

Step forward to a bent leg 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 your heels, hands in prayer, pelvis neutral, legs gently engaged. Gaze is straight ahead.

