



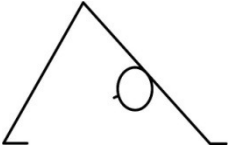


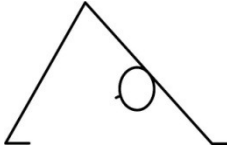






Sun salutations are a series of 12 classical postures linked as a sequence. Start by working slowly through each posture to gently warm and stretch your body. As you feel warmer begin to increase your speed by moving from posture to posture with each inhalation and exhalation. Sun Salutations are best practised first thing in the morning because they will enliven and energise you. However, you can do them anytime, as they are a fantastic flowing sequence of movements that with regular practise will build strength, flexibility and fitness.

A single round consists of two complete sequences: one for the right side of the body and one for the left side. Try to do one or two rounds every day and you will soon feel a fantastic difference! Please feel free to download with enjoy the practise with my love.

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|---|---|--|---|
| <p>Mountain Pose</p>  <p>Breathe Out</p> | <p>Arms Up</p>  <p>Breathe In</p> | <p>Head to Knees</p>  <p>Breathe Out</p> | <p>Lunge</p>  <p>Breathe In</p> |
| <p>Downward Dog</p>  <p>Breathe In</p> | <p>Child Pose</p>  <p>Breathe Out</p> | <p>Upward Dog</p>  <p>Breathe In</p> | <p>Downward Dog</p>  <p>Breathe Out</p> |
| <p>Lunge</p>  <p>Breathe In</p> | <p>Head to knees</p>  <p>Breathe Out</p> | <p>Arms Up</p>  <p>Breathe In</p> | <p>Mountain Pose</p>  <p>Breathe Out</p> |