

Sun salutation



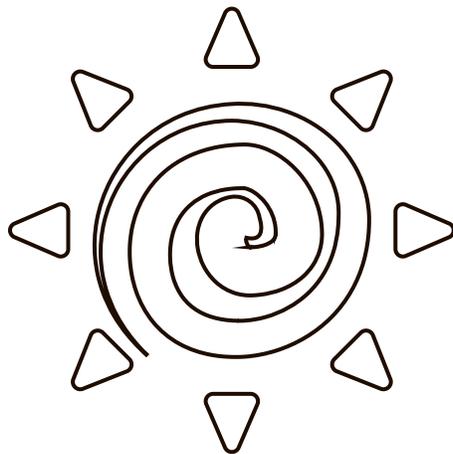
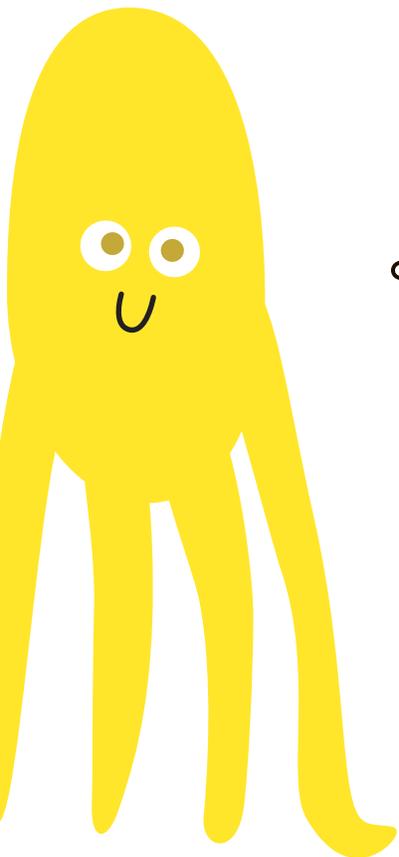
Comfortable
clothes

Yoga mat

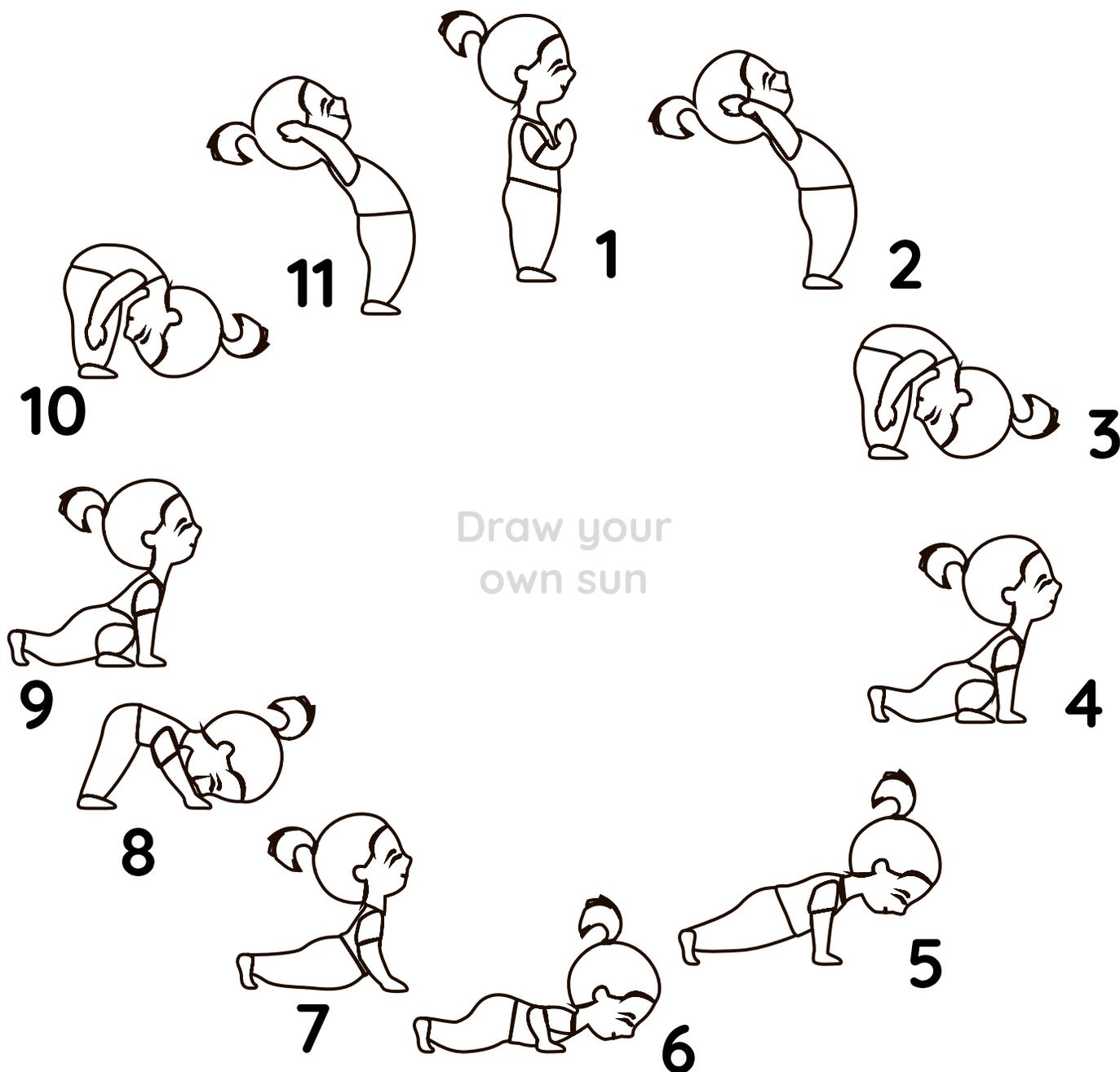
Space to
move

Relaxing
music

- 1 Stand tall and breathe.
- 2 Reach to the sky with both arms and stretch.
- 3 Fold over and reach your toes with your fingers.
- 4 With your hands on the ground, step one leg back and keep your front knee at 90 degrees.
- 5 Step the other leg back to be in a push-up position.
- 6 Gently let your body reach the ground.
- 7 Lift your head up and stretch your neck and upper body.
- 8 Lift your hips to the sky and let your head down.
- 9 Step your other leg in front, keeping the front knee at 90 degrees.
- 10 Bring your back leg to the front, and slowly stand up.
- 11 Reach to the sky with both arms and stretch.



Sun salutation



Draw your
own sun



Sun salutation

pu

nowd

kool

chear

enbd

fldo

ctshrte

tdexen

nsu

yaog

lmac

tebhaer

