

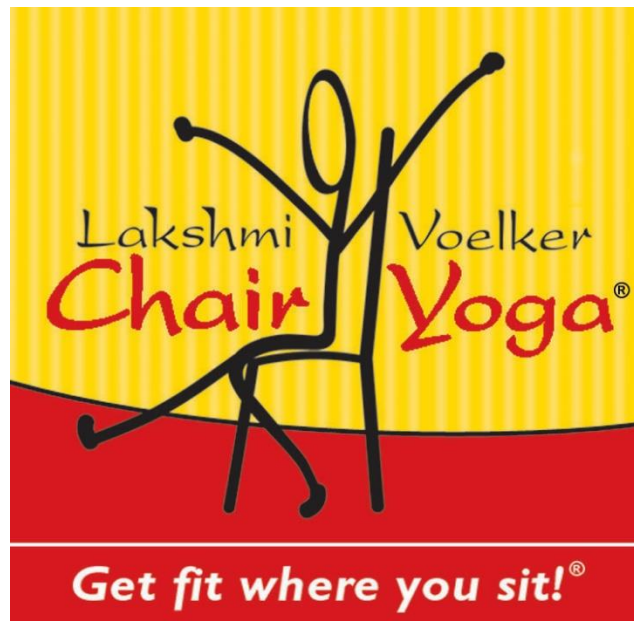
# Sun Salutation

## Energize

Hold each pose for one breath

## Relax

Hold each pose for three breaths



## Ten Minute Fitness Routines

[www.getfitwhereyousit.com](http://www.getfitwhereyousit.com)

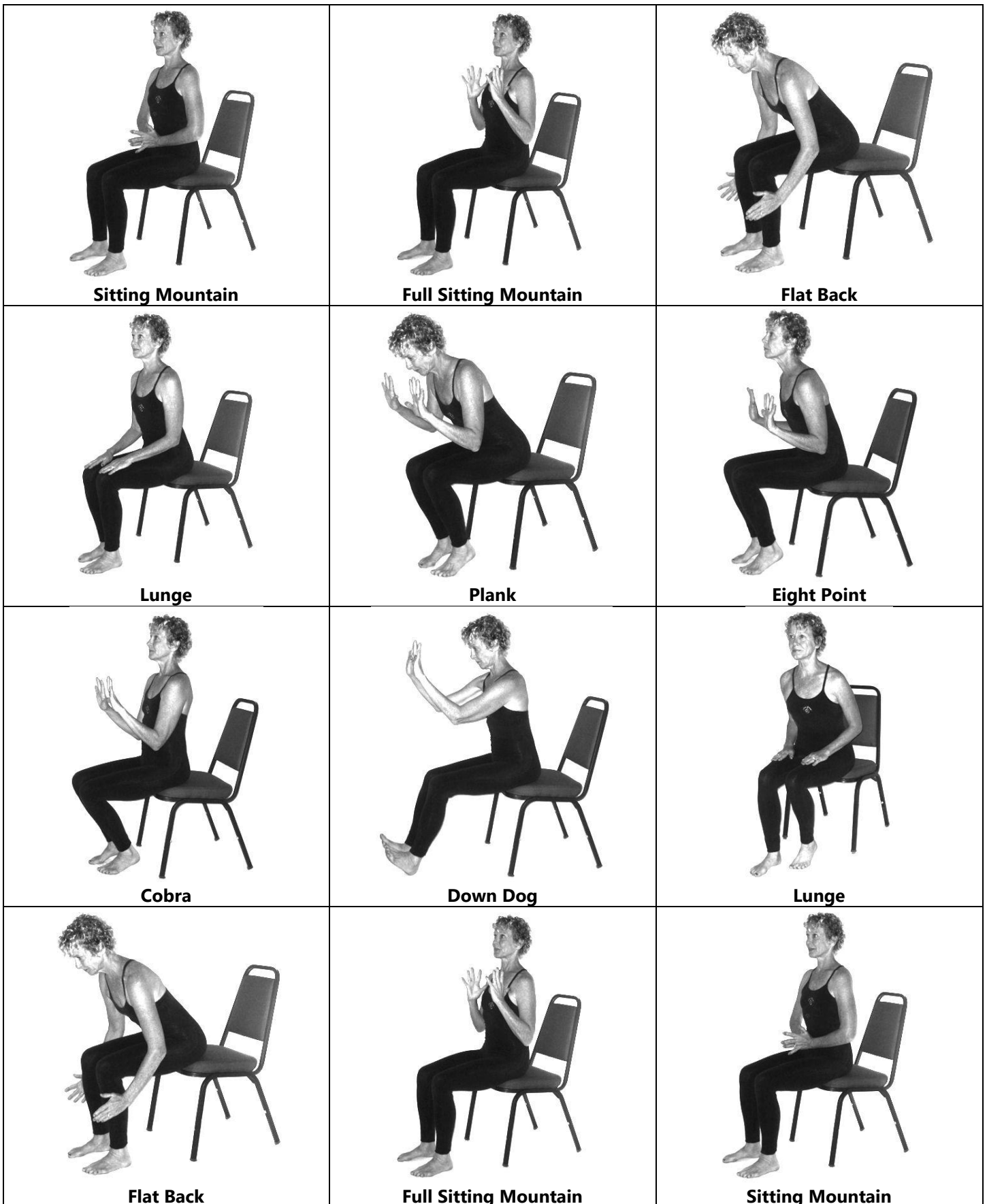
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## Sun Salutation - High Level of Flexibility



## Sun Salutation - Moderate Level of Flexibility



## Sun Salutation - Low Level of Flexibility



**Sitting Mountain**



**Full Sitting Mountain**



**Flat Back**



**Lunge**



**Plank**



**Eight Point**



**Cobra**



**Down Dog**



**Lunge**



**Flat Back**



**Full Sitting Mountain**



**Sitting Mountain**

# LVCY - SUN SALUTATION

## 1. Sitting Mountain - *Tadasana*



**Level 1**



**Level 2**



**Level 3**

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## 2. Full Sitting Mountain - *Urdhvahastasana*



**Level 1**



**Level 2**



**Level 3**

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## 3. Flat Back - *Uttanasana*



**Level 1**



**Level 2**



**Level 3**



# LVCY - SUN SALUTATION

## 4. Lunge *Mandalasana*



**Level 1**



**Level 2**



**Level 3**

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## 5. Plank *Chaturanga Dandasana*



**Level 1**



**Level 2**



**Level 3**

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## 6. Eight Point *Ashtanga Namaskara*



**Level 1**



**Level 2**



**Level 3**

# LVCY - SUN SALUTATION

## 7. Cobra Bhujangasana



Level 1



Level 2



Level 3

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## 8. Downward Facing Dog Adho Mukha Svanasana



Level 1



Level 2



Level 3

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## 9. Lunge Mandalasana



Level 1



Level 2



Level 3

# LVCY - SUN SALUTATION

## 10. Flat Back *Uttanasana*



**Level 1**



**Level 2**



**Level 3**

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## 11. Full Sitting Mountain *Urdhvahastasana*



**Level 1**



**Level 2**



**Level 3**

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## 12. Sitting Mountain *Tadasana*



**Level 1**



**Level 2**



**Level 3**



## Benefits – Physical

- Aligns spine
- Tones abdominal muscles and buttocks
- Opens Chest
- Improves posture
- Strengthens arches, ankles, knees and thighs

## Benefits – Mental

- Improves focus
- Develops will power
- Reduces mild anxiety

## Focus

- Forward

## Precautions

- None

## Counterpose

- None

# 1. Sitting Mountain

## Tadasana

### Step-by-Step Instructions

### Levels of Flexibility

- 1 Sit near front edge of chair with feet parallel, hip width apart, right angle at hips, knees, and ankles**
- 2 Press soles of feet down on floor**
- 3 Anchor sit bones on chair**
- 4 Lift crown of head towards ceiling to lengthen neck and spine**
- 5 Engage inner thighs and abdominal muscles**
- 6 Relax shoulders up, back, and down**
- 7 Lift sternum with chin parallel to floor**
- 8 Bring palms together placing knuckles of thumbs onto sternum**
- 9 Sit up on chair and breathe!**

### LEVEL 1



### LEVEL 2



### LEVEL 3



### MAT POSE



### FRONT VIEW



## Benefits – Physical

- Improves digestion
- Stretches the belly
- Stretches the shoulders and armpits

## Benefits – Mental

- Helps relieve mild anxiety and calms the mind

## Focus

- Forward

## Precautions

- None

## Counterpose

- None

## 2. Full Sitting Mountain

### *Urdhvahastasana*

#### Step-by-step Instructions

- 1 Reach arms overhead shoulder width apart with palms facing one another; relax shoulders**
- 2 Lift crown of head toward ceiling to lengthen neck and spine**
- 3 Lift sternum**
- 4 Engage thigh and abdominal muscles**
- 5 Arch back slightly continuing to gaze forward reaching for the Sun.**
- 6 Inhale**

#### Levels of Flexibility

### LEVEL 1



### LEVEL 2



### LEVEL 3



### MAT POSE



### SIDE VIEW

