Sun Salutation

Energize
Hold each pose for one breath

Relax
Hold each pose for three breaths

Ten Minute Fitness Routines

www.getfitwhereyousit.com
info@getfitwhereyousit.com
760-774-1752
Sun Salutation - High 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
Sun Salutation - Moderate 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
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

2. Full Sitting Mountain - Urdhva hastasana

Level 1

Level 2

Level 3

3. Flat Back - Uttanasana

Level 1

Level 2

Level 3
LVCY - SUN SALUTATION

4. Lunge Mandalasana

5. Plank Chaturanga Dandasana

6. Eight Point Ashtanga Namaskara
LVCY - SUN SALUTATION

7. Cobra Bhujangasana

Level 1  Level 2  Level 3

8. Downward Facing Dog Adho Mukha Svanasana

Level 1  Level 2  Level 3

9. Lunge Mandalasana

Level 1  Level 2  Level 3
10. Flat Back *Uttanasana*

- **Level 1**
- **Level 2**
- **Level 3**

11. Full Sitting Mountain *Urdhvasanasana*

- **Level 1**
- **Level 2**
- **Level 3**

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

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!

Levels of Flexibility

LEVEL 1

LEVEL 2

LEVEL 3
2. Full Sitting Mountain

**Urdhvahastasana**

**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

**Levels of Flexibility**

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

**Step-by-step Instructions**

**LEVEL 1**

**LEVEL 2**

**LEVEL 3**