SUN SALUTATIONS

Honour your body, go at your own pace, breathe deeply

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1. Hands to heart

2. Breathe in, *reach back*

3. Breathe out, *Swan Dive* into *Forward Fold*

4. Pause and breath

5. Place hands and step right foot back for a *Lunge*

6. From *Lunge* step into *Downward Facing Dog*

7. From *Downwad Dog* Breathe in to *Plank* and pause for one breath

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8. From *Plank*, place knees to earth for *Cow pose* for option one, or *Upward* Facing *Dog* for option two

09. Breathe out to *Swan pose. Pause for one breath*

10. From *Swan pose*, breathe and lift into *Downward Dog.* Then lift right leg up for *Three Legged Dog.* Scoop leg through to *Lunge*

11. From *Lunge* bring the back leg forward into *Forward Fold.*

12. From *Forward Fold*, breathe and softly rise, bring hands back to heart. *Repeat with left leg*

Do as many rounds as your body needs, loving and accepting yourself deeply with each breath.