

Salute the Sun

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1. Begin standing tall at the front of your mat, feet together, hands heart center, then *inhale*, circle sweep arms up overhead with a small backbend.



2. Inhale and raise your arms overhead, keeping hands apart or palms together. To fully extend your arms, arch your upper back and neck slightly and gaze toward your hands. Keep your navel pressed inward toward your spine and your lower back lengthened.

3. Exhale as you open your arms wide to each side swan diving and bending at your waist with a flat back. Place your hands on the ground next to your feet.

4. Keeping your hands and right foot in place, inhale and step your left foot back into a downward dog, bend your right knee, your knee should be directly above the right ankle with the heel of your extended leg pressing toward the back of your mat and your gaze forward.



5. As you exhale, bring your right foot back to meet your left, then lower both heels toward the floor and raise your hips toward the ceiling to a downward facing dog position. Gaze toward your navel and stretch through your back while working to rotate the inside of your elbows toward the front of your mat.

6. Inhale and shift your torso forward to plank position, so your shoulders are directly over your hands and your hips drop until your body is in a straight line from heel to head. Imagine your head is reaching long in the opposite direction from your feet and keep your core muscles engaged and your arms straight.

7. As you begin to exhale, bend your elbows—keeping them close to your sides rather than spread wide—and lower your knees, chest and chin to the floor in a low push-up position. Keep your knees high and the balls of your feet, toes and palms pressed into the ground.

8. Keeping your hands in place, inhale and slide your body forward and up to a cobra position. Hugging the arms into the side body easing into the backbend.



9. Curl your toes under and move your hips back, resuming the downward facing dog on an exhale. Hint: stay for a few breaths in this downward dog position to stretch and rest before continuing the sequence.

10. Inhale and step your left foot forward between your hands, coming to a lunge position like you did in step three, with the opposite leg forward.

11. Exhale as you bring your right foot forward to meet your left foot, bringing your chest toward your thighs and your head toward your knees.

12. Inhale and, with a flat back, come to a standing position, circling your arms to extend above your head. Exhale and release your arms to your sides, standing tall. Repeat entire sequence, stepping into the lunge with the opposite leg.

~ gaileeee