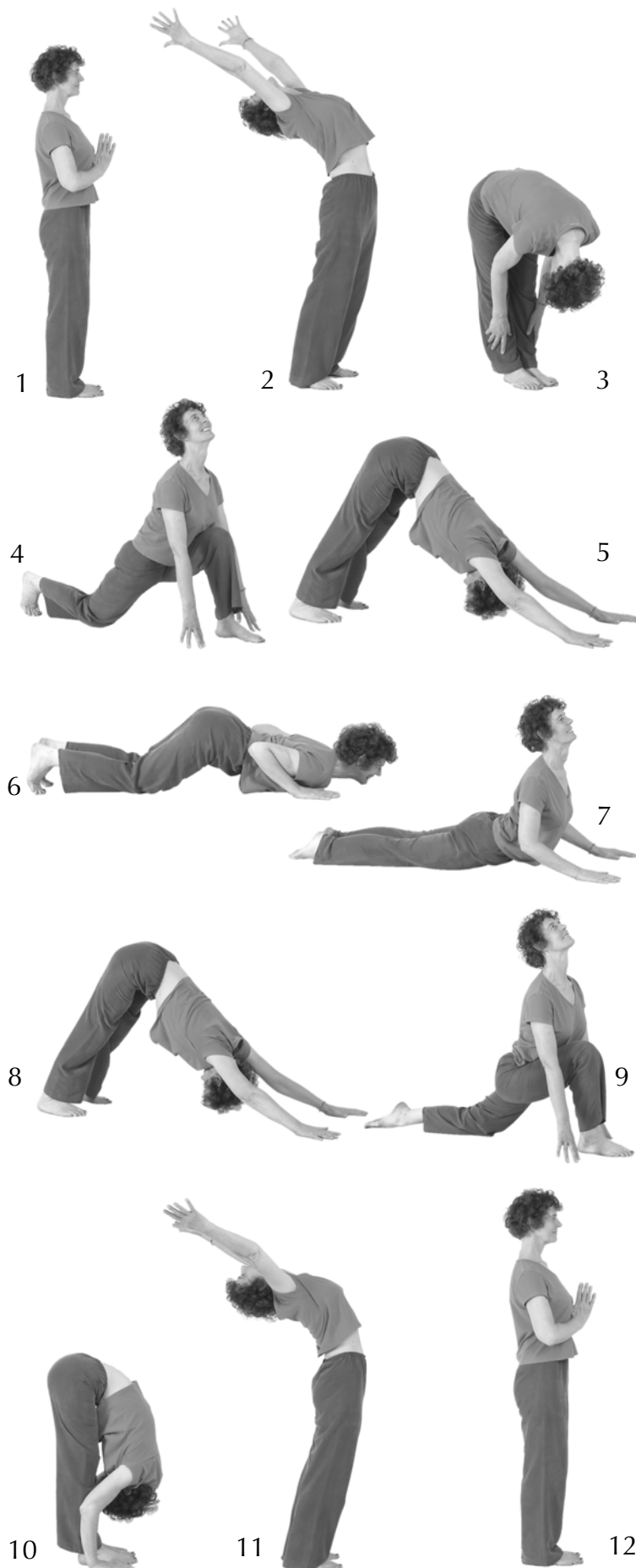


Salute to the Sun...

Surya Namaskara

If you start the day like this, with a dance or a prayer, you stimulate the discourse between you and your body, between you and the world around you.



1. Standing, hands in prayer position, paying attention to how you feel right now, how you connect to the ground. Let your mind and breath quieten and be here with your practice. Feel your physical body, how your hands touch, how your breath is.

2. As your breath comes in, your arms fly up, chest opens, spine extends, gently bending backwards.

3. Let your breath out slowly and fall forward into a forward bend. At the end of the exhalation, there is a softening, an opening. Stay until all the breath is out.

4. Send your right foot back as your breath comes back in, resting your knee to the floor. Look up and forward feel your spine lengthening and opening. Feel the wave like movement.

5. Take your right foot back to join the left as your breath goes out in an upside down 'V'. Encourage your heels down towards the floor, breathe out and lengthen your spine and your hamstrings. Play with your spine, move with your breath.

6. Gently drop to your knees, your chest and your chin, still breathing out.

7. Feeling a ripple through your spine, scoop through your elbows to come into a cobra as your breath comes in and the whole of the front of your body opens to the sun.

8. As you breathe out send your tailbone back and up allowing your arms and legs to straighten. As your breath moves out, your tailbone goes on moving up and away.

9. As you breathe in step your left foot up between your hands. Put your right knee to the floor. Look up feeling your breath flood your body.

10. Breathe out as both feet come together at the front of the mat. Feel your feet rooting down to the ground. Feel each and every toe. Feel your spine lengthening, extending.

11. Slowly rise up to the backbend position, arms like wings over your head, front of your body open and free.

12. Bring your hands back to prayer position. Rest until your breath becomes quiet and rhythmical and soft again.

Repeat:

to the other side sending the left leg back first, at No.4 and at No.9 bring right foot between hands.

At first you have to learn the moves, then you can combine the movements and make them flow, you can play with the movements, you can make them long and slow or fast and dynamic according to how you feel.

Don't set your boundaries...

In Sun Salutation, in yoga practice, in life, you can go beyond your boundaries and explore the infinite possibilities.