

# Sun Salutation Practice

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## General Recommendations:

- Use the Ocean Breath or Ujjayi Breath during your practice
- Perform your practice at the same time each day
- Practice alone in a quiet spot without distractions
- Smile, this is your time, just experience your experience

## Before You Begin

Warm up in Downward Facing Dog for 2-5 minutes.



## Practice Instructions

Sun Salutation is a series of poses that warms, strengthens and aligns the entire body. The movements are linked to the breath, and performed in a continuous manner with no pause in between poses. Repeat the sequence 5-6 times and gradually work up to 12 or more.

- After you finish rest deep in Corpse pose for 5-10 minutes
- Journal - write your thoughts and experiences in your journal

**1. Mountain**  
(1 breath)



**2. Upward Salute**  
(4 breaths)



**3. Forward Bend**  
(4 breaths)



**4. Half Forward Bend**  
(4 breaths)



**5. Lunge**  
(4 breaths per side)



**6. Downward Facing Dog**  
(4 breaths)



**7. Plank**  
(4 breaths)



**8. Four-Limbed Plank**  
(4 breaths)



**9. Upward Facing Dog**  
(4 breaths)



**10. Downward Facing Dog**  
(1 breath)

