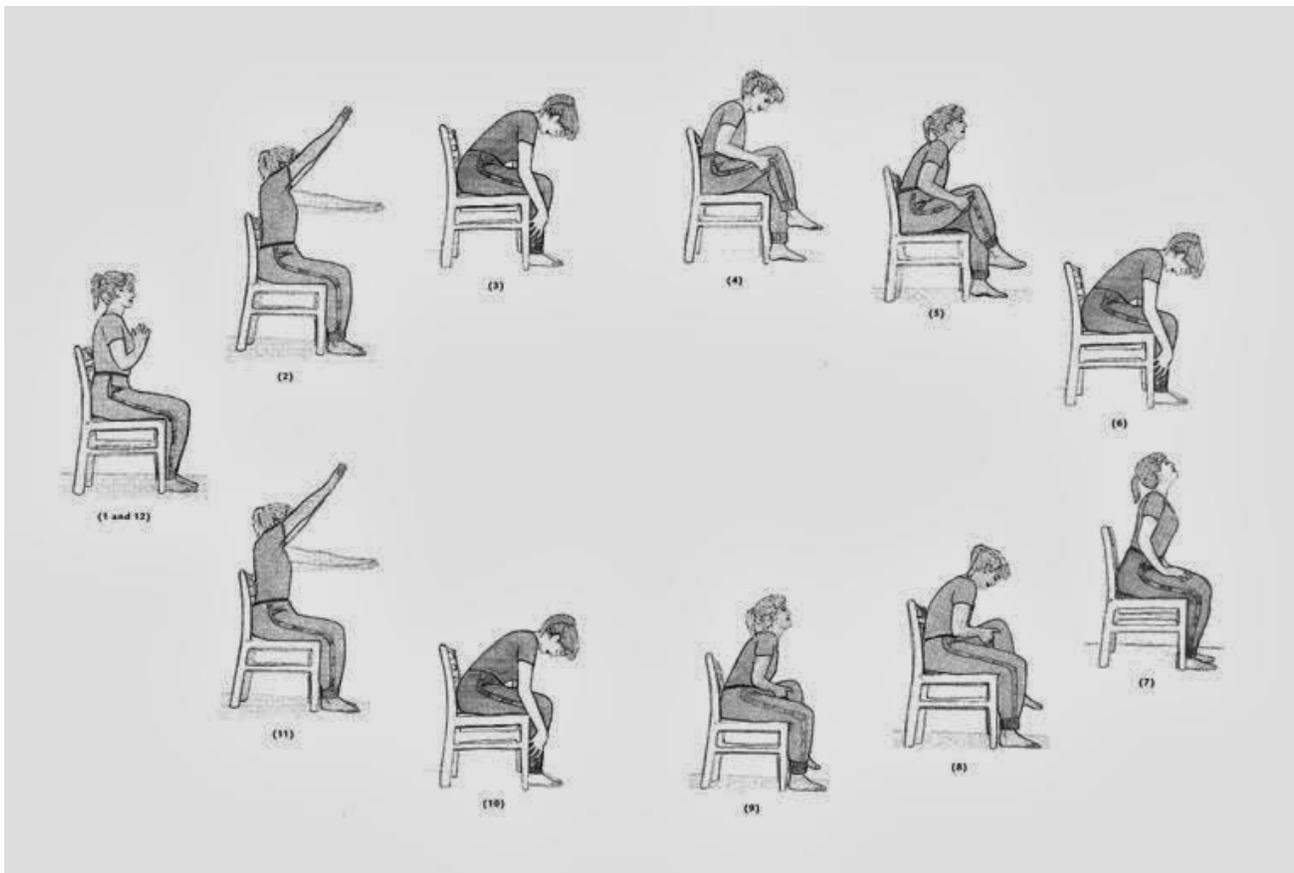


SEATED SUN SALUTATION



The Sun Salute Modified from The Healing Path of Yoga by Nischala Joy Devi

Position 1: Sit erect, legs together. Bring the palms together in front of the heart center

Position 2: Lock the thumbs. Stretch the arms out from the heart center. Look at the hands as you slowly raise the arms overhead. Stretch from the base of the spine to the tips of the fingers.

Position 3: Keeping the arms alongside of the head, look up at the hands and slowly fold forward from the hips. Allow the head to relax toward the legs and the arms to relax toward the floor.

Position 4: With both hands grasp behind the right knee and lift it up. Bring the abdomen toward the thigh.

Position 5: Continue holding the leg, arch the back, bring the shoulders back and look up.

Position 6: Bring the head back to center and release the leg. Stretch out the arms, lock the thumbs, look at the hands, and slowly fold forward from the hips. Allowing the abdomen to come toward the thighs, relax the head and the arms toward the floor.

Position 7: Raise the body up and place the palms on the thighs, fingers pointing forward, elbows bent. Arch the back, expand the chest, extend the neck, and allow the head to tip back slightly. Look up.

Position 8: Bring the head back to center, grasp the left leg behind the knee with both hands, and raise it up. Bring the abdomen toward the thigh.

Position 9: Lift the head, arch the back, bring the shoulders back, and look up. Bring the head back to center and release the leg.

Position 10: Stretch out the arms, lock the thumbs, look at the hands, and slowly fold forward from the hips. Allowing the abdomen to come toward the thighs, relax the head and the arms.

Position 11: Lock the thumbs, stretch the arms out, look at the hands, and slowly come up to a seated position. Continue to raise the arms up toward the ceiling. Look up.

Position 12: Slowly lower the arms down in front and bring the palms together at the heart center.

Relax the arms and be still for a moment, feeling the benefits of the sun salutation. It can be repeated up to three times.