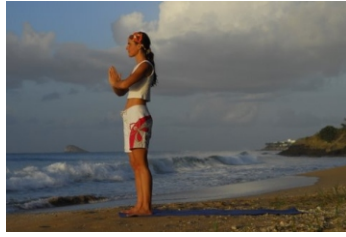


YOGA - The Sun Salutation, is a series of 12 postures performed in a single, graceful flow. Repeat the flow 12 times. Each movement is coordinated with the breath. Inhale as you extend or stretch, and exhale as you fold or contract. The Sun Salutation builds strength and increases flexibility.

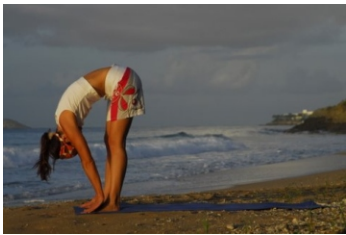
Begin by standing in Mountain pose, feet about hip width apart, hands either by your sides or in prayer position. Take several deep breaths.



On your next inhale, in one sweeping movement, raise your arms up overhead and gently arch back as far as feels comfortable and safe.



As you exhale, bend forward, bending the knees if necessary, and bring your hands to rest beside your feet.



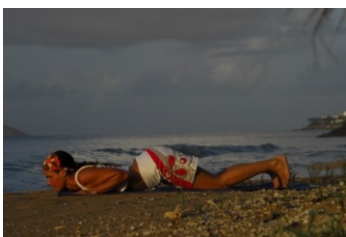
Inhale and step the left leg back.



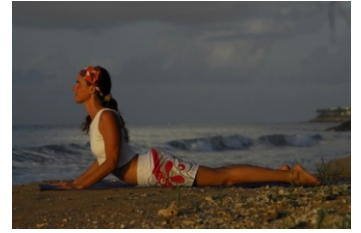
Planck: Hold the breath and step the right leg back into plank position.



Exhale and lower yourself as if coming down from a pushup. Only your hands and feet should touch the floor.



The cobra: Inhale and stretch forward and up, bending at the waist. Use your arms to lift your torso, but only bend back as far as feels comfortable and safe. It's okay to keep your arms bent at the elbow.



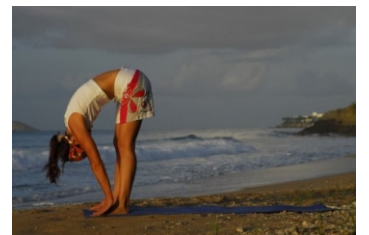
The dog: Exhale, lift from the hips and push back and up.



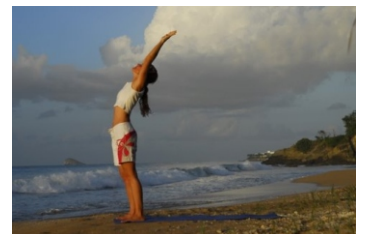
Inhale and step the right foot forward.



Exhale, bring the left foot forward and step into head-to-knee position.



Inhale and rise slowly while keeping arms extended .



Exhale, and in a slow, sweeping motion, lower your arms to the sides. End by bringing your hands up into prayer position. Repeat the sequence, stepping with the right leg.

