

BEGIN AND END

Stand tall, feet together on the ground, hands together at the chest.

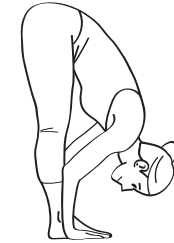
10. INHALE

Raise your torso, extend your arms over your head, and arch your back.



1. INHALE

Lift your arms over your head, lean your hips forward, and arch your back.

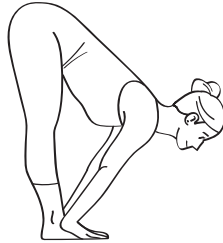


2. EXHALE

With your chest forward and your knees slightly bent, fold in on yourself.

9. EXHALE

Come up halfway to having a flat back.



1. INHALE

Lift your arms over your head, lean your hips forward, and arch your back.

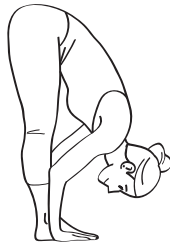


2. EXHALE

With your chest forward and your knees slightly bent, fold in on yourself.

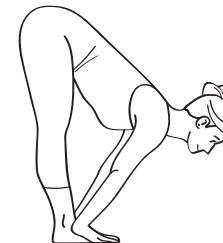
8. INHALE

Put your feet forward between your hands. Slightly bend your legs and fold in on your body.



SUN SALUTATION

While you go through each pose, give time to meditate on the sun and give gratitude for the life it brings.

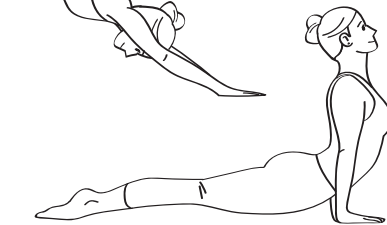
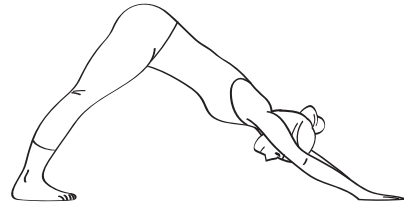


3. INHALE

Come up halfway to make your back flat.

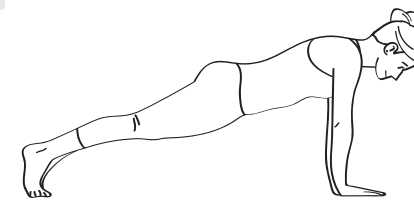
7. EXHALE

Lift your tailbone, push back into it. Keep your back straight and your knees slightly bent.



6. INHALE

Straighten your legs, keep your hips forward, bend slightly at your waist. Lift your chest.



5. EXHALE cont.

Lower your knees, chin, and chest to the floor. Keep your hips elevated and your elbows in.

4. EXHALE

With both of your feet back in a plank, your back straight, put your shoulders over your wrists.