

Sun Salutation Sequence

This playbook outlines the sequential steps for performing the Sun Salutation, an essential component of yoga that combines a series of poses into a fluid sequence. It includes modifications for different skill levels and explains the benefits.

Step 1: **Start Position**

Stand at the edge of your mat, with feet together and arms at your sides. This is called Mountain Pose or Tadasana. Take a few deep breaths, setting your intention for your practice.

Step 2: **Upward Salute**

Inhale deeply and sweep your arms out to the side and over your head. Press your palms together, and look up at your thumbs, coming into the Upward Salute or Urdhva Hastasana.

Step 3: **Forward Fold**

Exhale and hinge from your hips to fold forward. Bend your knees if necessary. Your hands should reach the floor beside your feet. This is the Forward Fold or Uttanasana.

Step 4: **Halfway Lift**

Inhale and lift your torso halfway up, lengthening your spine. Hands can rest on the shins or the mat, ensuring your back is flat. This is known as the Halfway Lift or Ardha Uttanasana.

Step 5: **Plank to Chaturanga**

Exhale as you step or jump back into Plank Pose. Ensure your body is straight and strong, then lower down to Chaturanga (similar to a push-up) while maintaining alignment.

Step 6: **Upward-Facing Dog**

Inhale and straighten your arms, bringing your chest forward and up. Your thighs are off the mat, and your arms are perpendicular to the floor. This is the Upward-Facing Dog or Urdhva Mukha Svanasana.

Step 7: **Downward-Facing Dog**

Exhale and lift your hips up and back, creating an inverted 'V' shape with your body. Press your hands into the mat, and let your head hang between your arms. This is Downward-Facing Dog or Adho Mukha Svanasana.

Step 8: **Halfway Lift, Revisit**

Inhale as you step or hop your feet towards your hands, coming back into the Halfway Lift position, lengthening your spine.

Step 9: **Forward Fold, Revisit**

Exhale as you fold back into the Forward Fold position, bringing your nose towards your knees.

Step 10: **Upward Salute, Revisit**

Inhale, press down on your feet, and sweep your arms out to the side and over your head, returning to the Upward Salute.

Step 11: **Mountain Pose, Return**

Exhale and bring your arms down to your sides, returning to Mountain Pose. Pause for a moment to breathe and feel the effects of the Sun Salutation cycle.

General Notes

Modifications

Modify the poses according to your flexibility and capability. Use props like yoga blocks or straps for support, and adjust the depth of each pose as needed.

Benefits

Regular practice of the Sun Salutation can improve strength, flexibility, and circulation, as well as promote relaxation and focus.