

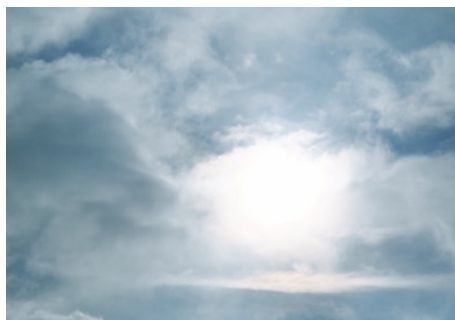
Yoga

with Nadine



Surya Namaskara:

Sun Salutes



JUST AS THE SUN

is fundamental to life, so Sun Salutes are probably the most foundational of yoga sequences.

They move all your major joints, stretch out your spine, and develop overall strength and flexibility. I love them and practice them in some form most every day.

Practice within your abilities: it's really best to learn from a qualified teacher before starting a home practice, but as long as you breathe, respect your limits, and move in your pain-free range, you should be fine.

Enjoy!

Nadine

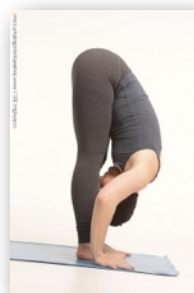




Begin in Samasthiti with your weight balanced, drawing yourself tall, breathing in and out through your nose.



Inhale, sweep your arms out and up for Urdhva Hastasana.



Exhale, fold forward into Standing Forward Bend. Bend your knees if you need to, to protect your lower back.



Inhale, lunge your left leg back, turning your toes out and bringing your heel to the ground. Then sweep your arms overhead for Warrior 1, keeping your thigh active and knee lifted.



Exhale, step your right leg back to meet the left, lifting your hips high for Downward Facing Dog.



Inhale, bring your hips and shoulders forward and open your heart into Upward Dog. If you aren't strong enough, keep your knees on the ground but be mindful not to collapse into your lower back.



As you exhale, bend your arms to lower into Chaturanga.

Again, if you battle with this, just lower your knees, chest, chin to the ground.



Inhale to open and lift into Up Dog again.



Exhale, curl your toes under and raise your hips into Down Dog. Lengthen your spine and stay here about 5 breaths.



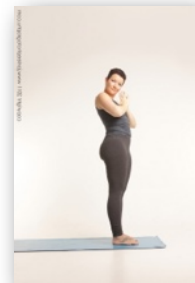
Inhale, lunge your left leg forward, right toes out, heel down. Sweep up to Warrior 1, being mindful that your front knee tracks over your middle two toes to keep it safe.



Exhale, step your right foot forward to meet your left and fold into Uttanasana. Again, you might bend your knees to protect your lower back.



Inhale, raise your arms out and up, lifting into Urdhva Hastasana.



Exhale to touch your palms together at your heart. A perfect circle, back where you started! Rest if you need to, then repeat on the other side. Do as many pairs as you want to.