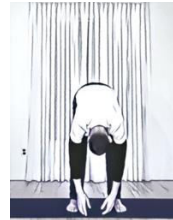
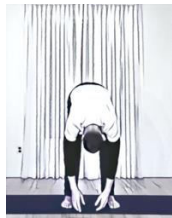


½ Sun Salute



This series of postures and movements is a great way to loosen up the whole body. As its name suggests, it is delightful to perform first thing in the morning, but it is a great way to stretch and increase energy any time during the day.

1. Begin in Mountain Pose
2. INHALE and bring the arms overhead (raising the arms laterally is pleasant, however if you have a shoulder injury bringing the arms straight forward and up is likely a better option).
3. EXHALE and fold forward, hinging your hips and leading with your sternum to float down to a standing forward fold. The head can be heavy in the forward fold and the hands can hang down.
4. INHALE and lift half-way up to a half forward fold. Lengthen your back and the back of your neck. (Again, shoulder health should inform whether you bring your arms out laterally or straight forward).
5. EXHALE and fold back down to a standing forward fold.
6. INHALE and lift back up to standing. Lead with your sternum and bring your arms all the way up over head.
7. EXHALE and bring the hands back down to your sides, ending in Mountain Pose, where you began.