

GOO ROO'S MARKETPLACE & YOGA STUDIO - Sun Salutation Daily Practice

Begin in Mountain Pose-



Raise Arms Overhead-



Swoop arms out to the side as you bend at the hip crease, keeping a flat back, bend forward leading with the arms and head to



Standing Forward Bend-



Step the right foot to the back of your mat, chest raised looking forward to a Lunge-



Bring left foot back to meet the right foot to Plank Position-



Lower down to the floor slowly, knee-chest-chin to Eight Limbed Posture-



Sometimes called Pushup Position

Roll upper chest up leading with the head and wide collar bones, rolling into a slight back-bend to

Upward facing Dog Pose -



Bring sitting bones to the sky straightening legs and dropping head in line with your outstretched arms to Downward Dog Pose -

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Return to Plank Position-



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Bring left foot forward to Lunge-



Bring the back foot forward to meet the front foot, folding over to Standing Forward Bend-



Come up with a flat back-



Release back down to Standing Forward Bend-



Roll up to mountain-



Swoop arms out to the side as you been at the hip crease, keeping a flat back, bend forward leading with the arms and head to



Standing Forward Bend-



Step the left foot to the back of your mat, chest raised looking forward to a Lunge-



Bring right foot back to meet the left foot to Plank Position-



Lower down to the floor slowly, knees-chest-chin to Eight Limbed Posture-

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Roll upper chest up leading with the head and wide collar bones, rolling into a slight backbend to Upward facing

Dog Pose -



Bring sitting bones to the sky straightening legs and dropping head in line with your outstretched arms to Downward

Dog Pose -



Return to Plank Position-



Jump or Walk your feet to meet up with your hands, folding over into Standing Forward Bend



Roll up to Mountain Pose



Raise arms out and up resting in prayer at your heart.

- REPEAT A FEW TIMES -

Daily practice may include as many repetitions as you like. Remember to always speak to your personal care physician before beginning any exercise regimen. We recommend avoiding food and liquids at least 45 minutes before and after your yoga practice sessions. It is, however, important to stay hydrated and drinking water after yoga can aid in the elimination of released toxins. Enjoy your day. - NAMASTE

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