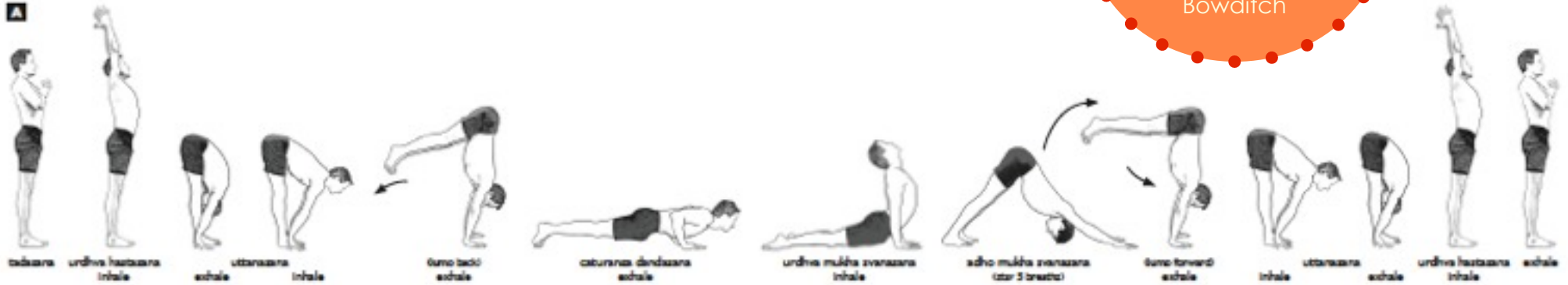
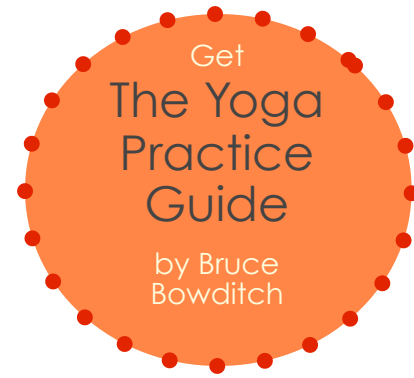


sun salutations

cheat sheet

by Cate Stillman yogahealer.com



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focus

Move it or Lose it

Think of doing sun salutations daily for the rest of your life. You will be able to get up off the floor when you're 90. Just do a few each day for the rest of your life. Start with 10 a day for a month. Your yoga practice may or may not grow from there... but you'll still be able to get up off the earth when you're older and grayer.

Upon Arising

The morning routine is simple - wake up. Hydrate. Eliminate waste from your bladder, bowels, and sense organs. Move. The move part is the sun salutation. Don't eat before you move or you will be less aware that day.

Set Yourself Up

Put your mat in the same spot each morning. Face the direction of the rising sun. Clear the space of clutter and your mind will be able to focus on the practice. Stand at the front of your mat, palms together. Invoke a spirit of gratitude for the time and space to practice. Offer your practice for a higher good.

Prioritize Prana

Inhale to open your body, exhale to close your body. Breathe deeply and through your nose to open your innards to prana for the day.

Single Task

Turn your focus to letting the breathe lead your movements. Follow the breathe like a surfer

riding a wave. Without the wave ... the surfer doesn't get to ride. Move gracefully. Smile from the inside out.

Jump for Joy

After you've mastered fluid movement add jumpings. Squeeze your hands and arms towards the midlines, and on an exhale spring your hips over your shoulders.

Mix it Up.

Most students start their home practice with sun salutations. Next, you will add in standing pose variations and handstands. Soon your 10 sun salutations becomes your well-rounded home practice. Get **Bruce's Practice Guide** for more sequences to deepen your practice.

sun salutations B

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