

Sun Salutation continued~

- ⑦ REPEAT CAT SEQUENCE ⑤
THREE TIMES



TURN YOUR TOES
UNDER + LIFT
UP INTO DOG.

- ⑧ REPEAT DOG SEQUENCE ④
A FEW TIMES



WALK FORWARD TOWARDS
YOUR HANDS, KEEPING
YOUR KNEES BENT +
STRETCHING WITH EACH
STEP AS YOUR PELVIS
MOVES FROM SIDE TO SIDE.

VARIATION



STABILIZING YOURSELF ON
YOUR HANDS AND ONE FOOT,
LIFT + STRETCH THE OTHER
LEG LOOSELY.
REPEAT ON THE OTHER SIDE

- ⑨ INHALE DEEPLY AND COME
UP FROM A SQUATTING
POSITION FEET WIDE APART
EXHALE AS YOU COME UP.



* THIS IS GOOD PRACTICE FOR SQUATTING BECAUSE THE POSITION
IS NOT HELD MOTIONLESS BUT IS DYNAMIC.

- ⑩ TO COMPLETE THE SEQUENCE,
STAND IN A WIDE TADASANA
WITH HANDS IN PRAYER POSITION
AT YOUR CHEST, SHOULDERS +
ELBOWS RELEASED DOWN.
TAKE A DEEP BREATH TO EITHER
CONCLUDE YOUR SALUTATION OR
TO PREPARE FOR THE NEXT ROUND
FROM ① AGAIN.

