

THE SUN SALUTATION

12 MOVES.
60 SECONDS EACH.
REPEAT 2 TIMES.

What you will need:

1. Timer
2. Water

Instructions:

1. Complete each pose.
2. Inhale and exhale through the nose as you slowly move through each pose.
3. After you complete the entire routine, repeat it one more time.

ONE



1. Prayer Pose (Pranamasana):

- Stand tall with your feet close together.
- Place your hands together close to your chest.

2. Upward Salute (Hastauttanasana):

- Raise your arms straight above your head.
- Arch your back while keeping both feet together.

TWO



THREE



3. Standing Forward Bend (Hasta Padasana):

- Bend forward from your hips to bring your chest close to your knees.
- Let your arms hang freely or try to hold the back of your heels.

4. Low Lunge (Ashwa Sanchalanasana):

- Bring your right foot back and keep the leg straight.
- Keep your left foot forward and bend at the knee into a lunge position.
- Place your hands on the floor and keep your chin up.

FOUR



FIVE



5. Plank (Phalakasana):

- Bring your left foot back beside your right foot.
- Place your hands under your shoulders in a plank position.

6. Knees-Chest-Chin (Ashtanga Namaskara)

- While in a plank position, lower your knees, chest and chin to the floor.

SIX



SEVEN



7. Cobra (Bhujangasana):

- With your legs, hips and hands on the floor, lift up your chest while keeping your hips close to the ground by straightening out your arms.

8. Downward Facing Dog (Adho Mukha Svanasana):

- Keep your knees slightly bent with your feet and hands flat on the floor.
- Lift your hips to the ceiling (imagine creating an "A" shape with your body).

EIGHT



NINE



9. Low Lunge (Ashwa Sanchalanasana):

- Bring your right foot forward into a lunge position.
- Place your hands on the floor with your palms facing down.
- Bring your chin up.

10. Standing Forward Bend (Hasta Padasana):

- Raise your body to bring your left foot forward beside your right foot.
- Bend at the hips to keep your chest close to your knees.
- Let your arms hang freely or try to hold the back of your heels.

TEN



ELEVEN



11. Upward Salute (Hastauttanasana):

- Raise your upper body until you are standing straight up.
- Raise your arms straight above your head.
- Arch your back while keeping both feet together.

12. Prayer Pose (Pranamasana):

- Finish by standing tall with your feet close together.
- Place your hands together close to your chest.

TWELVE



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