

SUN SALUTATION

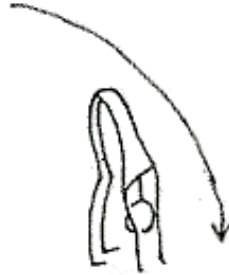
Start



Step 1



Step 2



Step 3



Step 4



Step 5



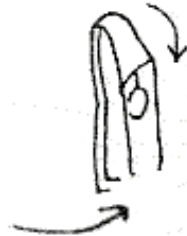
Step 6



Step 7



Step 8



Step 9



Step 10



- 1) BREATHE IN ON STEPS 1, 3, 5, 7, 9.
- 2) BREATHE OUT ON STEPS 2, 4, 6, 8, 10
- 3) USE AS A SCALE TO IMPROVE UPON