

SUN SALUTATION:

IF you only have time for one warm up.....let this be the one.

Do full pattern 2 times so that you stretch both legs and do 2 Warriors

Breath inhale and exhale into each movement. Take 2 inhales and exhales if necessary to complete each pose.

DO NOT RUSH...Enjoy the warmth and the stretch.

How to Perform the Sun Salutations Sequence:

Start in [Mountain Yoga Pose](#), hands in [Namaste](#).

1. Inhale and bring your arms up overhead.
2. Exhale into Forward Fold
3. Inhale upward, rising halfway, hands on shins or ankles, with a flat back. Push back into [Plank Pose](#) or Single Leg Stretch, then Plank.

1. Rise up on an exhale into Crocodile Pose.
 2. Lower down into Upward Facing Dog Pose or Cobra Pose.
- Cycle through two breaths, then exhale into [Downward Facing Dog Pose](#)

Come up into [Warrior Pose](#), any variation.

