

# Sun Salutation \* Modified C

*Surya Namaskara (Salutation to the Sun)*



1. Exhale. Hands to Namaste.



2. Inhale. Arms Lift



3a. Exhale. Slide hands down legs (support back), bend knees, bring hands to floor.



3b. (Same exhale.) Standing forward bend (bend knees, if needed).



4. Inhale. Lunge. Step back with right foot, lower back knee down (hands on floor, front knee, or above head).



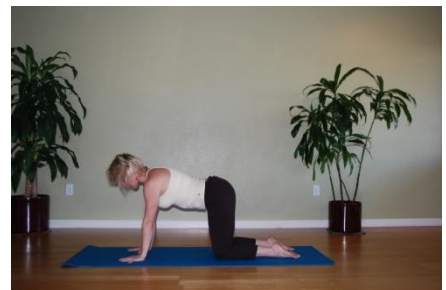
5a. Exhale. Step to Plank (High Push-Up).



5b. (Same exhale). Lower knees, bend elbows into ribs, lower to floor (Modified Chaturanga).



6. Inhale. Slide arms forward, elbows lift and bend, legs together, lift chest up into Low Cobra.



7a. Exhale. Place hands under shoulders, elbows into ribs, push floor away to hands and knees (Table Pose).



7b. (Same exhale) Tuck toes under, lift knees up, straighten legs, push heels down for Downward Facing Dog.



8. Lower knees down (Table Pose)



9. Inhale. Step RIGHT foot forward between hands (help it if it gets stuck), sink hips down for Low Lunge. (Match arm position from first side.)



10. Exhale. Tuck back toes under, lift knee up, step forward to top of mat, into a Standing Forward Bend (Uttanasana).



11a. Inhale. Lift to standing by rounding up or come up with a flat back (hands can walk up legs for support).



11b. (Same inhale). Reach arms to sky.



12. Exhale. Hands in Namaste.



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