



SUN SALUTATION

STANDING CHAIR MODIFICATION

You will need a sturdy, straight-backed chair for this exercise. Be sure to place the back of the chair against a wall to ensure sturdiness.

Note: Pain is always an indication that you are pushing too hard. You will reap the most benefits by relaxing into these postures, rather than straining through them.

Step 1: Stand with a straight back facing the seat of the chair, with feet close together but not touching. Bring your palms together in front of your chest. *Standing prayer pose.*

Step 2: Interlace your thumbs and stretch your arms straight out in front of you, parallel to the ground. Let your gaze follow your hands as you reach them up overhead, stretching and elongating the spine from its base at the tailbone all the way up to the fingertips. *Mountain pose.*

Step 3: Keeping your arms by your ears and your gaze towards your hands, hinge forward at the hips and soften your knees to a slight bend. When you come to a natural pause, place your hands on the seat of the chair and relax your head down. *Forward bend.*

Step 4: Bending your right knee, reach your left foot back and place it a few feet behind you on the floor. Keep your left leg straight and your right leg bent at the knee. Look up. *Left side lunge.*

Step 5: Keeping both palms on the chair and the right knee bent, lower your left knee to the ground. Arch your back, gently squeezing your shoulder blades together and opening your chest, and look up. *Kneeling left side lunge.*

Step 6: Reach your right knee back to meet the left so that both knees are on the floor and the feet are together. Pushing into your palms, straighten your legs back. Gaze towards your feet and gently stretch heels back towards the ground. *Modified downward-facing dog.*

Step 7: Keep arms and legs in place. With a straight back, tilt head slightly and look up. *Halfway lift.*

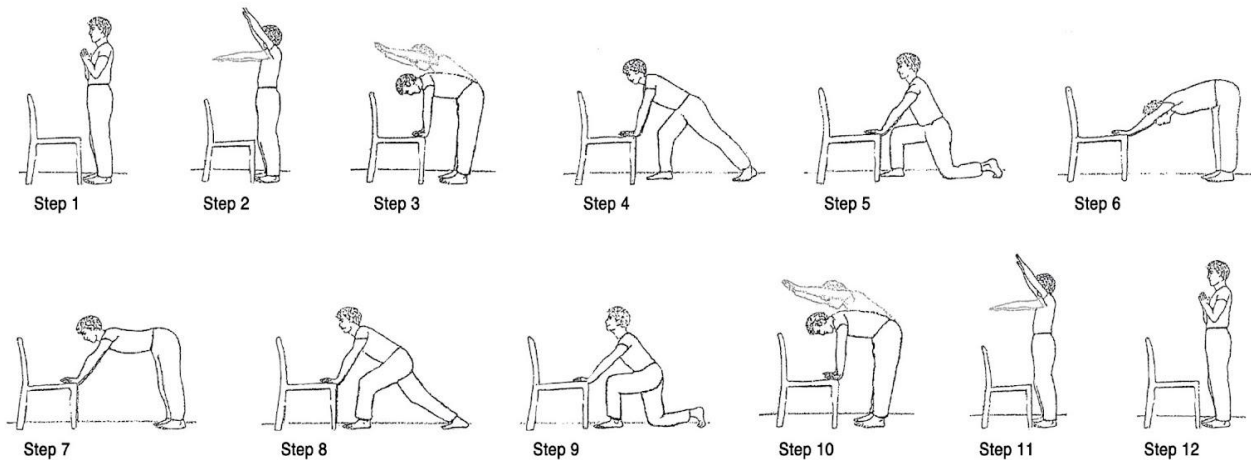
Step 8: Bend your left knee and step the left foot forward a few feet to its original position. Keep the right leg stretched straight out behind you. Look up. *Right side lunge.*

Step 9: Bend right knee to the floor. Then arch your back, gently squeezing your shoulder blades together and opening your chest, and look up. *Kneeling right side lunge.*

Step 10: Your palms still on the chair, step your right foot up to meet the left and straighten your legs. *Forward fold.*

Step 11: Interlace your thumbs and stretch your arms out, letting your gaze follow your hands as you reach them up overhead, stretching and elongating the spine from its base at the tailbone all the way to the fingertips. *Mountain pose.*

Step 12: Slowly lower your arms down and bring your palms together in front of your chest. Relax, breathe, and be with your body for a few moments, taking note of how you feel. *Standing prayer pose.*



Repeat exercise 3 times (as long as there is no pain)