

salute
to the sun
yoga

energise your body
calm your mind

yoga in Kettering

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SUN SALUTATION YOGA SEQUENCES

The sun salutations are a great way to warm up at the beginning of a full yoga practise session and an ideal five to ten minute practise to begin the day. It is a low impact work out that has both weight lifting benefits (helps increase muscle mass and bone density) and cardiovascular benefits (helps improve metabolism, burns fat, improves circulation). Regular practice keeps the body toned and flexible. It helps to trim the waist, strengthen the abdominal muscles, back, glutes, legs and arms. Yoga sequences improve body coordination and balance.

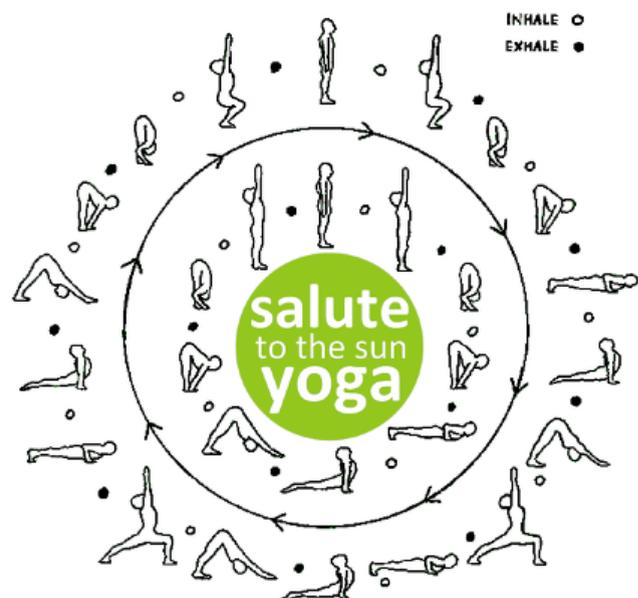
The sun salutation yoga sequence of movements can be thought of as a moving meditation which helps to clear your mind as well as increase focus and concentration. Regular yoga practise as with most forms of exercise helps to make you generally happier by reducing depression and alleviating anxiety. Four to six rounds of salutations are ideal for a five minute warm up. On each round it is important to alternate the legs in the lunge pose.

The definition of the word 'salutation' is a gesture made as a greeting or acknowledgement of another's arrival or departure. A salutation is a greeting of respect and affection such as a bow or a kiss. While practising sun salutations we can think of greeting the sun, giving our respect, affection and gratitude for it's life giving energy; and as we do this we extend these same 'salutations' to the earth, the sky, ourselves and everyone around us, leaving us feeling positive, rejuvenated and ready to have a great day.

One round of the Sun Salutation is as follows:

1. Mountain Pose
2. Upward Reach to gentle back bend
3. Forward Bend
4. Half Lift
5. Lunge (right leg first round, alternate next round)
6. High Plank (option to lower knees) to Low Plank
8. Cobra (option) or move to Upward-facing Dog
9. Downward-Facing Dog
10. Lunge (right leg first round, alternate next round)
11. Forward Bend
12. Upward Reach, gentle back bend, mountain pose.

Sun Salutation Yoga Sequences



Energise your body and calm your mind.

Yoga trims the waist, firms the bum and improves posture.
It strengthens abdominal muscles, glutes, legs and arms.

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