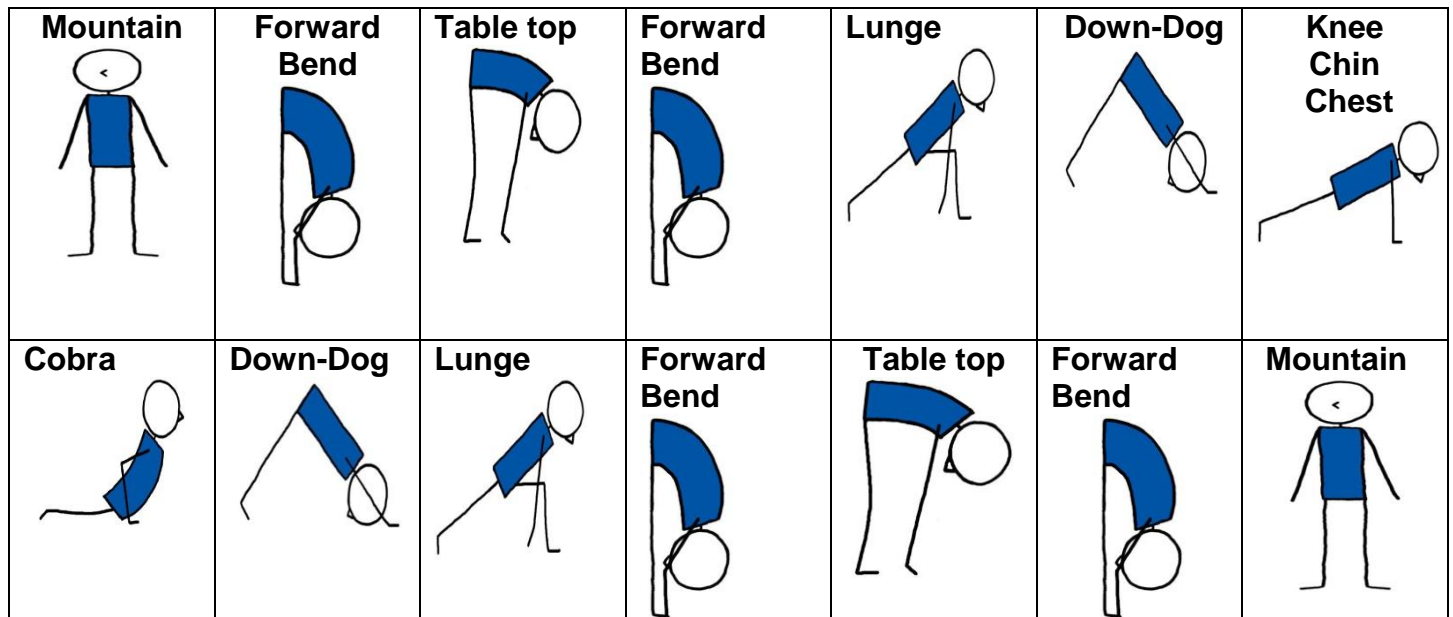


Yoga With Renay

Sun Salutation A



In the Sun Salutation every UPWARD movement is an IN BREATH every DOWNWARD movement is an Out Breath. I would advise you to work on the physical practice from the template above before you implement the correct breath. Breathe naturally, in and out through your nose until you are ready to apply the above formula to the Sun Salutation.

Just 15 minutes of Yoga a day is totally sufficient to feed our body and mind. Aim for 6 rounds of the Sun Salutation.

Remember to listen to your body and adapt, slow down or rest when you need to.

Remember in our Yoga practice and life *things* are always up for change. This is a template for how I teach a level 1 Sun Salutation.

I use this as a template to enable me to weave in many other postures during classes. Have a go, play, practice and see how you get on.