

Sun Salutation B (*Surya Namaskara*)

Samasthiti



- ⌚ Standing in True North. Press inner edges of your feet together.
- ⌚ Ground down through four corners of feet lifting inner arches.
- ⌚ Knees soft.
- ⌚ Centre your hips and scoop the front of your pelvis up.
- ⌚ Open your chest and lift your sternum as you soften the front ribs.
- ⌚ Pull the tops of your shoulders back, down and away from your ears.
- ⌚ Find length from the crown of your head.
- ⌚ Activate your finger tips.

Chair (*Utkatasana*)—Hold for five breaths



- ⌚ Feet together, big toes touching.
- ⌚ Toes lifted and ground down through the heels.
- ⌚ Drop your hips and lift your heart and hands.
- ⌚ Keep hips/tail slightly back.
- ⌚ Palms facing towards each other rotating the little fingers towards each other.
- ⌚ Spread your shoulder blades to broaden your upper back.
- ⌚ Gaze (*Drishti*) is straight ahead or up towards your hands.

Modifications: ⌚ don't sit down as low; ⌚ fold arms holding elbows, keeping elbows in line with your shoulders; ⌚ put a block between your thighs and hug into your centreline.

Forward Fold (*Uttanasana*)



- ⌚ Feet together or two fists distance apart pointing at 12 o'clock.
- ⌚ Press your chest down towards the front of your thighs.
- ⌚ Forehead aiming for shins, nose to knee.
- ⌚ Palms as close to the floor as is comfortable alongside the outside of your feet.
- ⌚ Gaze (*Drishti*) is to the tip of your nose.

Modifications: ⌚ bend knees as much as is needed; ⌚ place hands on shins or higher.

Halfway Lift (*Ardha Uttanasana*)



- ⌚ Feet together or two fists distance apart pointing at 12 o'clock.
- ⌚ Chest lifted halfway.
- ⌚ Shoulder blades pulled back and together.
- ⌚ Neck in line with spine-seating bones pushing back and crown of the head reaching forward.
- ⌚ Hands on shins or hanging directly below shoulders.
- ⌚ Gaze (*Drishti*) to the mat a few inches in front of your toes.

Modifications: ⌚ bend knees slightly; ⌚ raise back to a more horizontal position.

High Plank (*Dandasana*)



- ⌚ Feet hip width apart, pressure through the balls of the feet. Heels driving back to engage quadriceps which straightens the knee.
- ⌚ Hips are neither drooping down or sticking up. Straight line from heels to the crown of your head.
- ⌚ Pelvic floor (*Mula Bandha*) and abdominal muscles (*Uddiyana Bandha*) are engaged to maintain a straight body.
- ⌚ Shoulders stacked over elbows and wrists.
- ⌚ Hands chest width apart.
- ⌚ Arms straight, microbend in elbows, slightly drawn into body. Wrists extended, fingers spread wide, pressure through palms and knuckles, especially index fingers.
- ⌚ Head in line with spine, pelvis, knees and ankles.
- ⌚ Gaze (*Drishti*) just in front of your hands.

Modifications: ⌚ drop knees to the mat.

Low Plank (*Chantauranga Dandasana*)



- ⌚ Feet hip width apart, pressure through the balls of the feet. Heels driving back to engage quadriceps.
- ⌚ Hips are neither drooping down or sticking up. Straight line from heels to the crown of your head.
- ⌚ Pelvic floor (*Mula Bandha*) and abdominal muscles below your navel (*Uddiyana Bandha*) are engaged to maintain a straight body.
- ⌚ Elbows over wrist at 90 degrees, inline with shoulders and drawn into body.
- ⌚ Wrists extended, fingers spread wide, pressure through the palms and knuckles, especially index fingers.
- ⌚ Gaze (*Drishti*) just in front of your hands.

Modifications: ⌚ drop knees and lower chest to the mat.

Upward Facing Dog (*Urdhva Muka Svanasana*)



- ⌚ Press tops of feet and palms down into the mat.
- ⌚ Feet hip width apart.
- ⌚ Hands shoulder width apart, fingers spread wide, pressure through the palms and knuckles, especially index fingers.
- ⌚ Arms straight and drawn into your side near your waist.
- ⌚ Shoulders square to the front stacked over your elbows and wrists in one vertical line.
- ⌚ Draw shoulders down from ears.
- ⌚ Chest slightly in front of hands. Engage quadriceps by lifting knee caps, glutes (buttock) by turning heels in and abdominals by pulling navel into spine. This helps to lift the front of thighs off your mat.
- ⌚ Gaze (*Drishti*) is upwards as far as is comfortable.

Modifications: ⌚ hips, front of thighs and tops of feet down on the mat.

Downward Facing Dog (*Adho Mukha Svanasana*)



- ⌚ Feet hip width apart pointing at 12 o'clock.
- ⌚ Take weight into the heels and engage quadriceps (shifts weight off wrists).
- ⌚ Tail bones lifted upwards to form an inverted V.
- ⌚ Hands shoulder width apart just in front of the shoulders, grounding down from the forearms through to the palms and knuckles especially the index fingers.
- ⌚ Screw the hands outwards, to externally rotate the shoulders.
- ⌚ Head between upper arms bringing ears in line with biceps.
- ⌚ Gaze (*Drishti*) backwards towards navel.

Modifications: ⌚ bend the knees and lift the heels off the floor to a comfortable level; ⌚ walk your feet back a little; ⌚ block under hands or folded towel under wrists

Warrior 1 (*Virabhadrasana 1*)—Right side



- ⌚ Toes of the Back foot face the top corner of your mat, front foot points at 12 o'clock.
- ⌚ Feet hip width apart.
- ⌚ Press down through outside edge of your back foot pulling up the inner arch.
- ⌚ Back leg is straight.
- ⌚ Front thigh is parallel with the mat. Knee over ankle, in line with second toe.
- ⌚ Square the pelvis/hips to the front.
- ⌚ Stack shoulders over hips.
- ⌚ Scoop your tailbone down and under.
- ⌚ Rotate both thigh (femurs) bones outwards.
- ⌚ Engage *Mula Bandha* by drawing pelvic floor up.
- ⌚ Engage *Uddiyana Bandha* by pulling navel in towards your spine.
- ⌚ Arms up overhead, straighten elbows.
- ⌚ Palms facing and shoulder width apart.
- ⌚ Lengthen your torso up from the pelvis.
- ⌚ Chest lifted upwards and forwards.
- ⌚ Gaze (*Drishti*) straight ahead or up towards your hands.

Modifications: ⌚ shorten your stance, widen your feet to the sides of your mat; ⌚ straighten your front knee a little; drop you back knee to the mat; ⌚ cactus arms, folded arms holding elbows, hands in prayer or hands on your hips.

Vinyasa from Warrior 1 right side (high plank, low plank, upward facing dog) to Downward Facing Dog. Step through to

Warrior 1 (*Virabhadrasana 1*)—Left side



Vinyasa from Warrior 1 left side (high plank, low plank, Upward Facing Dog) to Downward Facing Dog and take three breaths.

Hop/walk to the top of your mat, bend your knees and sweep back up into chair (*Utkatasana*) and hold for five breaths to repeat your next Sun Salutation B.