

Lesson 10

Sun Salutations

The 'sun salute' is a complete Ayurvedic exercise also known as *Surya Namaskara*. This series of postures simultaneously integrates the whole physiology including mind, body, and breath. It strengthens and stretches all the major muscle groups, lubricates the joints, conditions the spine, massages the internal organs and increases blood flow and circulation. Traditionally, it is a cycle of 12 postures performed in a fluid sequence one right after another. Each motion should be synchronized with the breath. Alternatively, you may want to try giving each posture time to activate the movement of prana (energy) by staying in each posture with deep nasal breathing for 1-2 minutes.

If you are new to yoga I highly recommend taking a few classes with an experienced teacher to ensure that you have the proper alignment. If in doubt, move slowly and be gentle with yourself and your ability. You do not need to do the poses perfectly to benefit.

Perform Sun Salutations for a minimum of 12 minutes each day, or follow my Everyday Yoga program on the Gaia DVD *Ayurveda for Detox, Stress Relief or Weight Loss*.

How to do Sun Salutations:



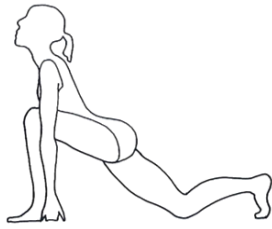
1. Salutation
Normal, restful breathing



2. Raised Arms
Inhale



3. Hand to Foot
Exhale



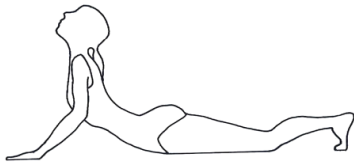
4. Equestrian
Inhale



5. Mountain
Exhale



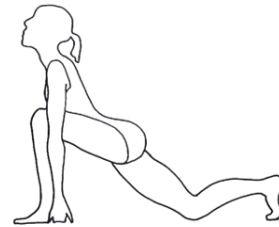
6. Eight Limbs
No breathing



7. Cobra
Inhale



8. Mountain
Exhale



9. Equestrian
Inhale



10. Hand to Foot
Exhale



11. Raised Arms
Inhale



12. Salutation
Exhale