

Everyday Healthy SERIES

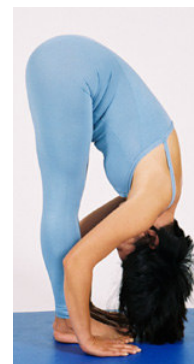


Half Sun Salutation

Begin in Mountain pose (Tadasana), standing tall, feet hip width apart. Centre your weight over the bottom of your feet. Slightly bend the knees. Draw the front thigh muscles up towards your hips and pull the navel towards the spine. Draw the shoulder blades down and together and centre your head over your shoulders.

Inhale as you sweep your arms over your head. Exhale as you bring the arms back to your side.

Inhale as you sweep your arms over your head. Exhale into forward bend (Uttasana) bringing your head towards your knees but keeping the spine straight and sweeping your hands to your upper thighs, lower leg or the floor.



Note: If you have low back pain be sure to bend the knees as much as necessary and support yourself with your hands on the front of your thighs as you bend forward keeping the spine straight.

Inhale placing your hands on the front of your thigh and extend the spine half way up so your spine is parallel with the floor. Exhaling, shift your weight onto your left foot and step your right foot back about 3 feet with your right foot turned slightly out. Adjust your right foot to a comfortable angle. Inhale and lift your arms to the ceiling palms together or hands slightly apart. Exhale while still in the pose. Inhale and bring the right foot back beside the left returning to Mountain pose.

Repeat sequence using left leg.

