

Quick Reference Activity Card: Sun Salutations

Students' mats are in a staggered format, short sides facing the teacher.

Alternatively, students' mats can be in a circle around the teacher.

Each full round takes approx. 3 minutes. Repeat, alternating right and left leg lead for 6 rounds.

Stand in mountain pose and inhale.
Exhale. Hands to heart center or prayer.
Inhale. Reach up and back, keeping the biceps in the line with the ears and the palms facing forward. Push the hips forward and focus on extending the thoracic spine (upper back, vertebrae connected to the rib cage).
Exhale. Fold forward and down. Keep the arms in line with the biceps and the back flat. Line the finger tips up with the toe tips and bend the knees as much as you need in order to get your hands flat on the floor.



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Quick Reference Activity Card 2: Sun Salutations

Inhale. Step back with the right leg, drop the back knee, and look up.



Retain the breath (hold) and step back to a plank position.



Exhale. Lower the chest down between the hands and the knees to the floor. Place the chin on the mat. Keep the hips up (like an inch worm).



Inhale. Slide forward into cobra pose, keeping the knees, hands, and feet in the same spot.



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Quick Reference Activity Card 3: Sun Salutations

Exhale. Lift the knees off the floor and shift the hips back into an inverted “V,” or downward-facing dog pose.



Inhale. Look between and the hands and step forward with the right foot. Place the foot between the hands, drop the back knee, and look up.



Exhale. Step forward with the left foot and bring the head to the knees.



Inhale. Reach the arms out with the hands palms-down, and begin to stretch up and back. Keep the biceps in line with ears. Lift the chest and focus on thoracic extension.



Exhale. Drop the arms by the sides, returning to mountain pose.



Repeat from card 1...