

Salute to the Sun Variation

You should be familiar with the standard version of Salute to the Sun before trying this dynamic alternative version



Start in mountain posture with hands in prayer position. Focussing, breathe in (BI), breathe out (BO).



BI - sunburst



BO - uttanasana



BI - kneeling cobra



BO - ground back foot for trikonasa, straighten front leg. BI - draw up trunk & R arm into trikonasana, BO



BI - bring arms horizontal and trunk vertical. BO - bend front knee coming into warrior 2



Bring front arm onto front thigh. BI - lean forward, rotate trunk R, bring R arm vertical. BO stretch through into parsvokanasana, BI



Alternative parsvokanasana with hand on floor outside front foot for the very flexible



BO - R hand to floor, lift back heel. BI - L arm back, round and vertical, then BO into revolved parsvokanasana, BI



BO - L hand to floor and step back into dog



BI - kneeling cobra



BO - uttanasana



BI - sunburst



BO - mountain posture, hands in prayer position

Not suitable for beginners. Requires a reasonable level of fitness, flexibility and balance. If you have medical or health issues, please take appropriate professional advice before performing this or any other exercise.

I cannot remember where I first came across this sequence, but thanks! Paul Blissett, July 2009.