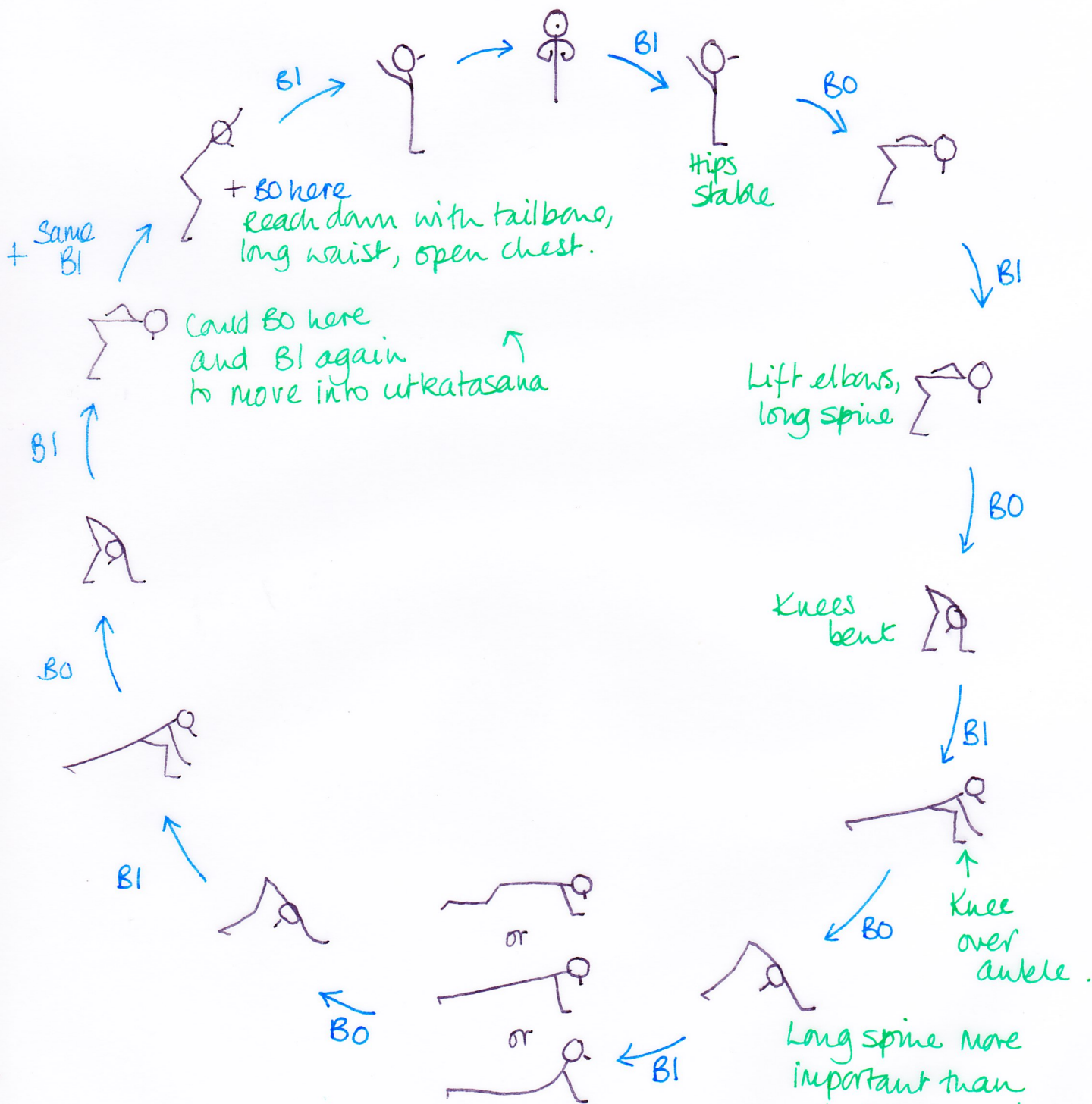


MODIFIED SUN SALUTATION

Let the BREATH lead you into and out of the postures, adding extra breaths as necessary. REPEAT sequence taking left leg back and forward - together this makes 1 round. PRACTISE after mobilizing joints and simple spinal movements. REMEMBER to modify to suit you - as taught in class.



Lucy Murray
Dec '12

ALL: hands forward of shoulders. PLANK: hips in line. UP-FACE DOG: tailbone back and down, chest open