

# Sun Salutation Options



## Classical Sun Salutation

Standing/prepare

Reach arms up

Forward fold

1. Hands through heart center, curl down over the legs, eyes follow the hands
2. Hands on waist, squeeze elbows toward one another behind you, lower slowly with a flat back
3. Swan dive, arms wide, squeezing shoulder blades together on back
4. Hands on blocks, shins, or floor

Half lift

1. Fingertips on floor
2. Hands on blocks
3. Hands on shins

Step right foot back into low lunge

1. Fingertips on floor, take knees wide, plant hands & step back
2. Hands on blocks, step back, lower knee, walk blocks (& hands) back under shoulders

Plank pose

1. Drag left foot back to meet the right, keeping knees down, set blocks aside, shift into low plank
2. Bring left foot back to meet the right, set blocks aside, take high plank
3. Bring left foot back with knees down, set blocks aside, come to forearms, forearm plank with knees low or high

Lowering down

1. Skip it & do cat/cow
2. Elbows in tight, drape yourself forward - thighs, hips, belly, chest
3. Elbows in tight, knees, chest, chin - hips stay high
4. If on forearms, press elbows down, untuck toes, slowly lower

Backbend

1. Baby cobra
2. Stay there, or add higher cobra
3. If on forearms, sphinx pose

## Downward-facing dog

1. Tuck toes, shift hips back, stay in table
2. Puppy pose
3. Downward-facing dog (with or without blocks)
4. If on forearms, tuck toes, walk feet in for dolphin

## Stepping forward to low lunge

1. Float knees to the mat, get your blocks, step right foot forward into low lunge
2. Step right foot wide (to the right side of the right hand) & lower left knee
3. Step right foot forward as far as you can & help it with your hand up to the front of the mat, then lower left knee

## Coming up to half-lift

1. Tuck back toes, lift back knee, one big step or lots of little hops
2. Come back into down dog, walk feet to hands or hands to feet
3. Use blocks to stand up, walk to front of mat and come into half lift

## Fold down over legs

Come up (reverse what you did to come into the fold) & reach arms up

Standing/prepare

# Surya Namaskar A

Standing/prepare

Reach arms up

Forward fold

5. Hands through heart center, curl down over the legs, eyes follow the hands
6. Hands on waist, squeeze elbows toward one another behind you, lower slowly with a flat back
7. Swan dive, arms wide, squeezing shoulder blades together on back
8. Hands on blocks, shins, or floor

Half lift

4. Fingertips on floor
5. Hands on blocks
6. Hands on shins

## Step back to plank

1. Bend deeply through knees, take knees wide, come forward onto toes, plant hands on floor & step back
2. Hands on blocks, step back into high plank, come off blocks (lower knees to mat and remove blocks, or just bring one hand to the floor, then another, depends on strength)

## Lowering down (chaturanga dandasana)

1. Skip it & do cat/cow
2. Elbows in tight, drape yourself forward - thighs, hips, belly, chest
3. Elbows in tight, knees, chest, chin - hips stay high
4. Elbows in tight, chaturanga with a block under pelvis

## Backbend (upward-facing dog)

1. Baby cobra
2. Cobra
3. Upward-facing dog with a block under pelvis

## Downward-facing dog

1. Tuck toes, shift hips back, stay in table
2. Puppy pose
3. Downward-facing dog (with or without blocks)

## Stepping forward to half lift

1. Float knees to the mat, get your blocks, step right foot forward & then the left - one big step or lots of hops, extend spine, look forward
2. Bring blocks back under hands, step right foot wide (to the right side of the right hand) & then the left - one big step or lots of hops, extend spine, look forward
3. Blocks under hands, step right foot forward as far as you can & help it with your hand up to the front of the mat, then bring the left foot to meet the right - one big step or lots of hops, extend spine, look forward
4. Walk hands to feet, or feet to hands, come to half lift

## Fold down over legs

Come up (reverse what you did to come into the fold) & reach arms up

## Standing/prepare