LAILIN YOGA

DAY 7 - SUN SALUTATION ROUNDS - STANDING AND FLOOR POSES

Transcript

This recording guides you through three rounds of *Surya Namaskara*, the sun salutation.
To achieve a faster pace, only key actions are described or the main poses named.
So this recording is for those who are familiar with the main poses and the modifications or alternative poses available.
If you have low blood pressure or vertigo, be careful with this pace. Move slowly as you move between standing and floor poses.
At any time, if you feel tired or dizzy, lay down on your back in *shavasana* and rest.

(0:49) FIRST ROUND

Stand at the front of your mat hands together in prayer position.
Deep breath in and out.

1. Inhale: Arms above the head, open the chest.
2. Exhale: Forward bend or squat.
3. Inhale: Step back with the right foot – lunge.
4. Exhale: Downward dog or cat.
5. Flow into caterpillar, plank or half plank.
6. Inhale: Cobra or sphinx.
7. Exhale: Downward dog.
8. Inhale: Left foot forward.
9. Exhale: Forward bend or squat.
10. Inhale: Open the chest.
11. Exhale: Hands in prayer position at the heart.
12. Deep breath in and out.
13. Inhale: Raise the arms.
14. Exhale: Forward bend or squat.
15. Inhale: Stepping back with the left foot.
16. Exhale: Downward dog or cat.
17. … flowing into caterpillar, plank or half plank.
18. Inhale: Cobra or sphinx.
19. Exhale: Downward dog.
20. Inhale: Right foot forward.

21. Exhale: Forward bend or squat.
22. Inhale: Open the chest.
23. Exhale: Hands in prayer position at the heart.

(2:38) Second round

Take a couple of breaths, and when you're ready:

1. Inhale: Arms above the head.
2. Exhale: Forward bend or squat.
3. Inhale: Step back with the right foot.
4. Exhale: Downward dog to …
5. … Caterpillar, plank or half plank.
6. Inhale: Cobra or sphinx.
7. Exhale: Downward dog.
8. Inhale: Left foot forward.
9. Exhale: Forward bend or squat.
10. Inhale: Open the chest.
11. Exhale: Hands in prayer position at the heart.

12. Inhale: Arms above the head.
13. Exhale: Forward bend or squat.
14. Inhale: Step back with the left foot.
15. Exhale: Downward dog to …
16. … caterpillar, plank or half plank.
17. Inhale: Cobra or sphinx.
18. Exhale: Downward dog.
19. Inhale: Right foot forward.
20. Exhale: Forward bend or squat.
21. Inhale: Open the chest.
22. Exhale: Hands in prayer position at the heart.

(4:08) Third round

Last round.

1. Inhale: Arms above the head.
2. Exhale: Forward bend or squat.
3. Inhale: Stepping back with the right foot.
4. Exhale: Downward dog to …
5. … Caterpillar, plank or half plank.
6. Inhale: Cobra or sphinx.
7. Exhale: Downward dog.
8. Inhale: Left foot forward.

9. Exhale: Forward bend or squat.
10. Inhale: Open the chest.
11. Exhale: Hands in prayer position at the heart.
12. Inhale …
13. Exhale …
14. Inhale: Arms above the head.
15. Exhale: Forward bend or squat.
16. Inhale: Stepping back with the left foot.
17. Exhale: Downward dog to …
18. … caterpillar, plank or half plank.
19. Inhale: Cobra or sphinx.
20. Exhale: Downward dog.
21. Inhale: Right foot forward.
22. Exhale: Forward bend or squat.
23. Inhale: Open the chest.
24. Exhale: Hands in prayer position at the heart.

Close the eyes.
Deep breaths in and out. Let the breath settle.

Slowly, make your way down, laying on your back in *shavasana.*
Rest here awhile then, when you're ready, sit up and continue with your day.