Sun Salutations in Yoga50plus

1 Bring the palms of your hands together in front of your chest, inhale deeply, and exhale. Let's get started!

2 Inhaling, bring your hands up over your head, your palms facing forward, and

Sun Salutations on the chair are a wonderful way to integrate yoga into everyday life. Grab a chair, place the book in the right place, and go through the movements and the transitions step by step. You will discover that the harmonic flow of the successive movements makes it easy to follow the steps. Inhaling, you go into the stretch, and exhaling, you relax and move into the next position. You'll be able to do this very quickly without using the book. One of my participants once said: "The sun salutations are like a dance." How right she is!

3 Exhaling, bring your head to your left knee, your hands grasp your left shin. If you can't bend this far, grab the bottom of your thigh at the back of your knee (see detail in photograph).

4 Inhaling, sit upright, lift your sternum, and pull your left knee toward your chest. Exhaling, lower your left leg. Repeat the sequence with your right leg.

5 Exhaling, relax your hands, lower your right leg, and let both arms hang down at the sides.

6 Inhaling, rotate your left hand up and over your head. Follow your hand with your eyes. Stretch your side. Exhaling, lower your left hand. Repeat on the right side. Then lower your right hand to your left knee.

7 Inhaling, place your left hand on the left side of the backrest, and twist your upper body to the left. Exhaling, come back to the center. Repeat on the right side.

8 Inhaling, come into Cobra Pose, your palms facing forward. Open your chest upward, stretch your chin up, and hold.

9 Exhaling, stretch your arms back, and grip the sides of the seat with your hands. Inhaling, raise your left leg. Exhaling, lower your leg. Repeat with the right leg.

10 Inhaling, raise both legs.

11 Exhaling, lower both extended legs and stretch your chin far forward. Slide your hands up higher and higher on the backrest, release your hands like wings from the backrest.

12 Inhaling, rotate your arms down past your ankles, forward, and up.

13 Bring the palms of your hands together over your head. Stretch yourself upward.

14 Exhaling, bend your knees, and bring your hands together in front of your chest. If you wish, start another cycle.