



Start in prayer position in vajrasana or kneeling up if preferred. Use extra padding under your knees, if required. Breathe in, breathe out, to focus.



Come up into a sunburst as you breathe in.



Exhale into cat stretch. If not comfy bringing bottom back towards heels, keep thighs vertical.



Breathe in, coming up onto all fours into the cat dip, lower back gently dipped, head up, ensure that knees and feet are hip bone width apart.



Exhale into the cat arch, tail bone tucks under, navel to spine, back draws up, chin to chest, arms stay straight, focus on the back lifting.



Inhale into the cat dip once more, releasing the tail bone, allowing the bottom to move away slightly, lower back dips gently and head comes up.



Exhaling, tuck the toes under, lift the knees a little from the floor, take the bottom back towards the heels and straighten the legs into dog.



On an inhalation bend the knees coming back down into a cat dip



Exhale into the cat arch, tail bone tucks under, navel to spine, back draws up, chin to chest, arms stay straight, focus on the back lifting.



Inhale into the cat dip once more, releasing the tail bone, allowing the bottom to move away slightly, lower back dips gently and head comes up.



Exhale into cat stretch. If not comfy bringing bottom back towards heels, keep thighs vertical.



Inhaling, kneel up into the sunburst. It is kinder to your lower back to bring the hands back to the knees before raising the arms.



Exhale into prayer position, either in vajrasana or kneeling up.

This is a much gentler alternative to the Salute to the Sun and well suited to most beginners.

Start gently - you can always work more strongly as you become more familiar with the sequence, if you wish. Leave out dog if this is not appropriate for you. If you have wrist problems work in cat on forearms.

**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