

Supine Salute to the Sun – thanks to Les Hummel for sharing this



BI, BO – prayer position



BI – stretch arms, heels away, toes towards you



BO – knees to chest + head to knee if comfy



BI – Fingers and soles of feet towards ceiling, legs straight, heels away, toes towards you, palms facing



BO – semi supine, palms face down for bridge, pelvic tilt



BI – pressing down through feet and away with knees, lift into bridge



BO – back to semi-supine



BI – arms wide, palms face up



BO – crocodile twist, knees to right, head to left



BI – back to centre



BO – crocodile twist, knees to left, head to right



BI – back to centre



BO – knees to chest + head to knee if comfy



BI – stretch arms, heels away, toes towards you



BO – prayer position

BI = Breathe In, BO = Breathe Out.

Originally published in the YHET Magazine Summer 2009. Revised August 2012.

This is a gentle alternative to the Salute to the Sun and suitable for beginners.

If you have medical or health issues, please take appropriate professional advice before performing this or any other exercise.

There is no substitute for a good yoga teacher - visit the YHET website www.yoga-health-education.org.uk for yoga teacher listings and details of YHET events