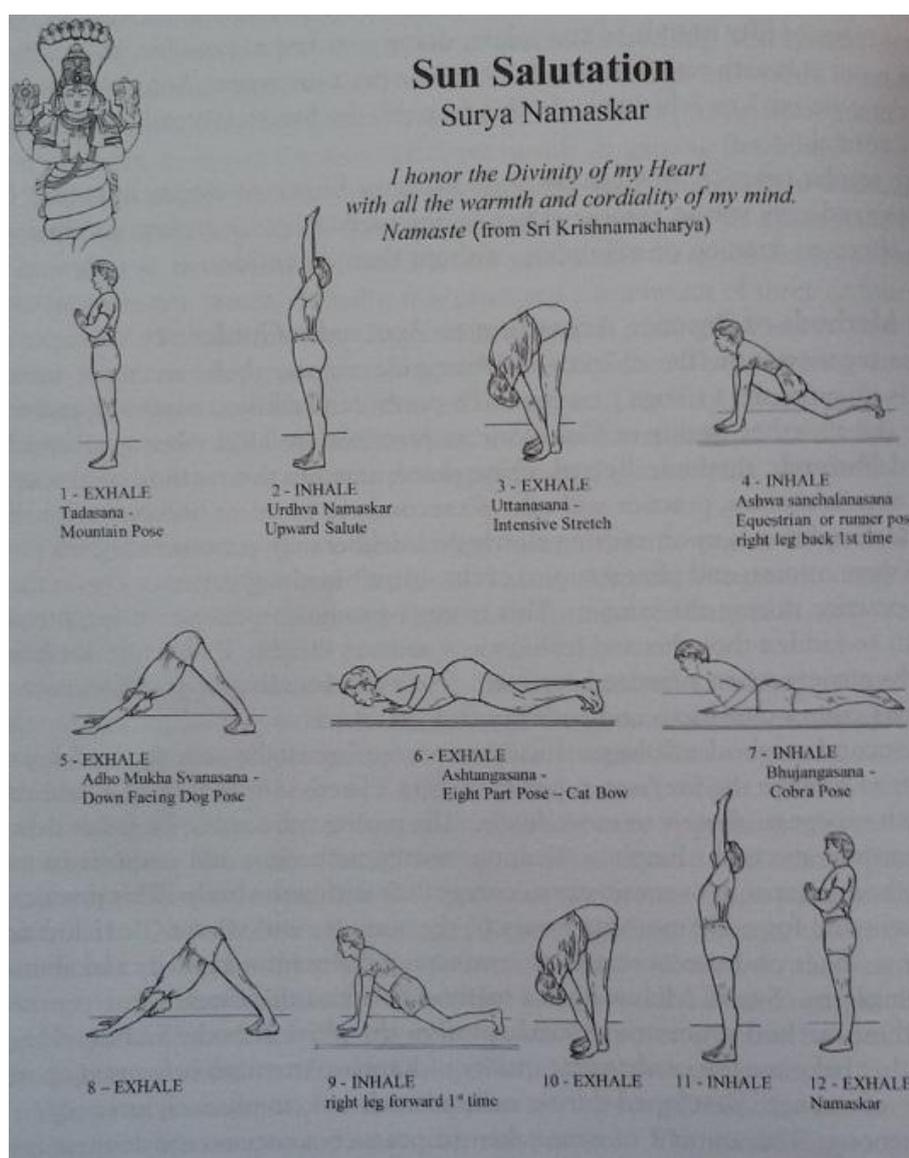


21 day challenge for International Yoga Day

Sun salutations are traditionally practised to honour the summer solstice. The practise deepens our humility as we give gratitude for the force that sustains life. By practising it daily, we take the sun into our own bodies, giving us renewed vigour and life.

CAUTION: **Weak back** – bend knees in standing forward bends; cobra should be performed without arm strength as pushing the chest higher will tax the lower back; no back-bending just lifting the middle back in poses 2 and 11.

BENEFITS: Strengthens and extends the long muscles of the front and back of the body. One of the best ways to gain flexibility and vitality



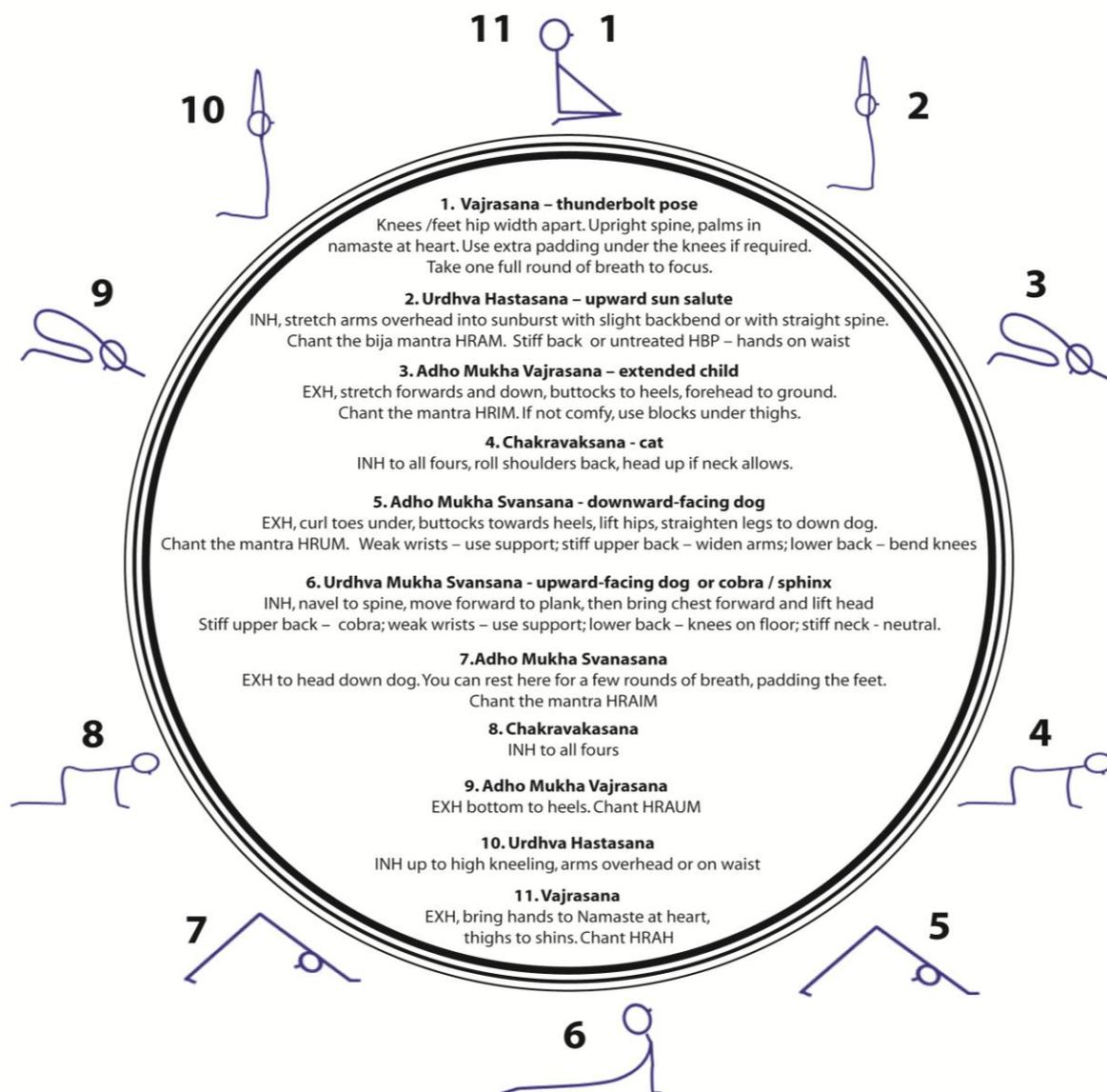
Instructions (REPEAT by alternating the forward leg for 1 full cycle)

1. Start with feet hips-width apart, palms in prayer pose at your chest. Breathe fully x 3.
2. INHALE extend arms forward and up with palms forming an upward pointing triangle.
3. EXHALE hinge from hips, stretch forwards and down, with arms relaxed by your feet.
4. INHALE bend knees, palms in line with toes, stretch right leg back, dropping knee to floor.

5. EXHALE move left leg back, as you lift hips high and draw chest to thighs. INHALE fully, then
6. EXHALE bend knees to floor, holding hips high as chest and forehead come to ground, elbows in.
7. INHALE draw your chest forward into Cobra pose. Let the movement come from your spine.
8. Exhale find your dog, lifting hips high and straightening your legs at the end of the motion.
9. INHALE step right foot between your hands, toes to fingertips, in runner's lunge.
10. EXHALE to the full forward bend, feet hips-width apart in one line
11. INHALE stretch arms forward and sweep up, tensing your buttocks slightly.
12. EXHALE palms come to prayer at the heart.

KNEELING VERSION

This is a simplified version of Surya Namaskar which is great for beginners and embodies the same benefits. For pregnancy, modify 6 by placing knees to floor and leaning forward to stack shoulders on top of wrists.



Name			
Week	Number of cycles	Completed cycles	Time elapsed
1 st - 8 th July	3-5 times a day	Day 1 - Day 2 - Day 3 - Day 4 - Day 5 - Day 6 - Day 7 -	
9 th -14 th July	5-7 times	Day 8 - Day 9 - Day 10 - Day 11 - Day 12 - Day 13 - Day 14 -	
15 th -21 st July	8-10 times	Day 15 - Day 16 - Day 17 - Day 18 - Day 19 - Day 20 - Day 21 -	