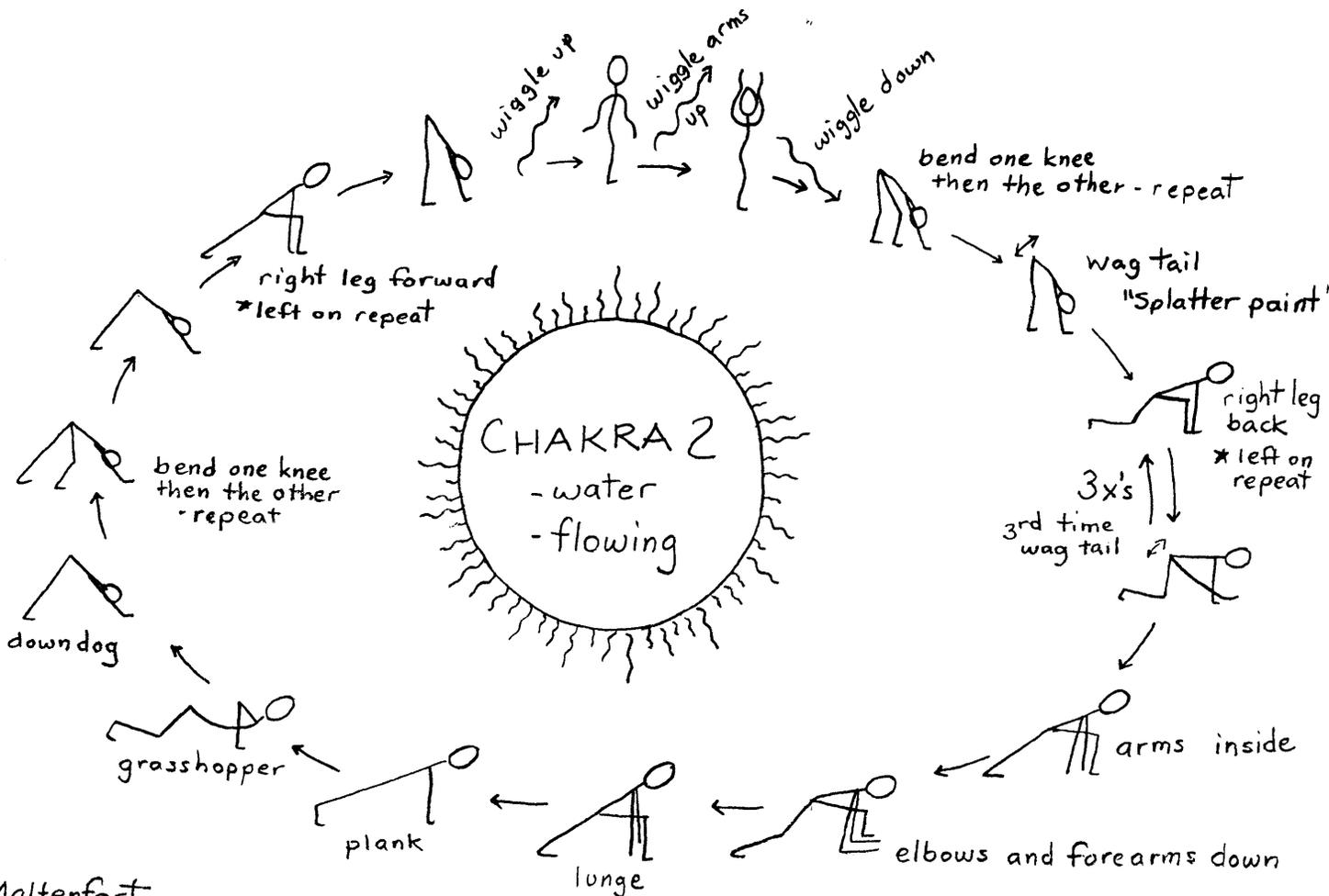
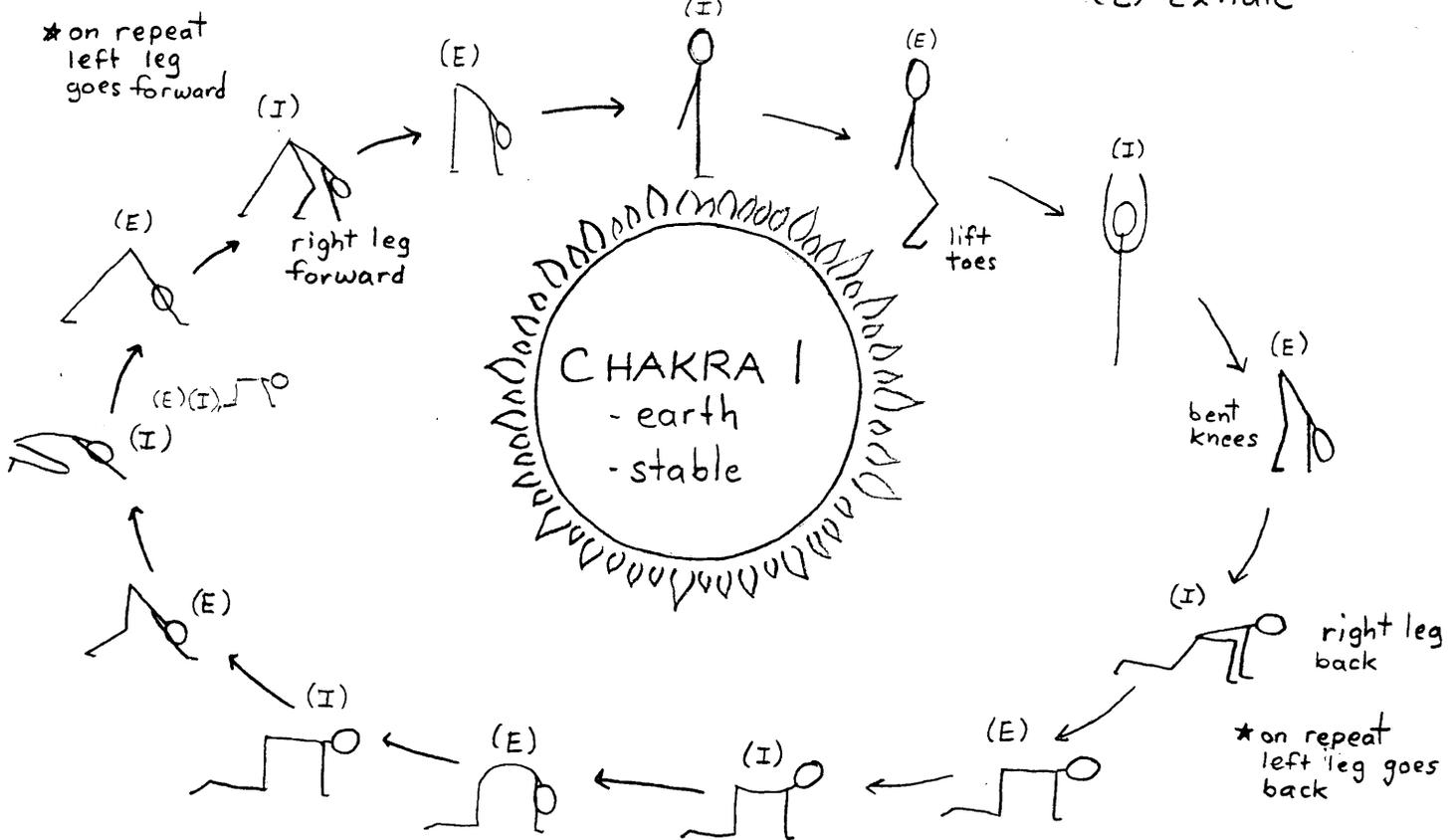
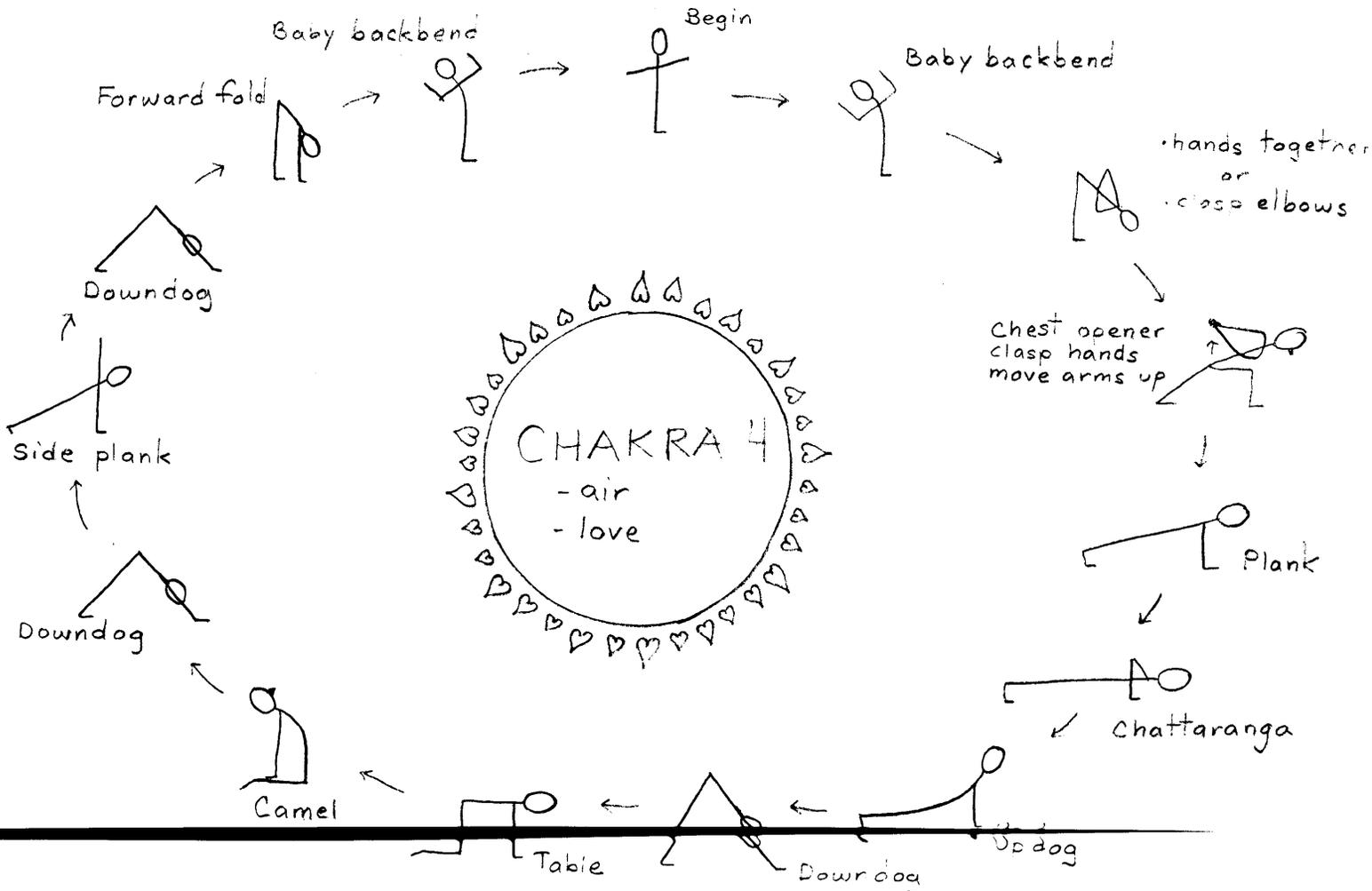
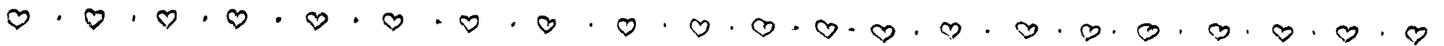
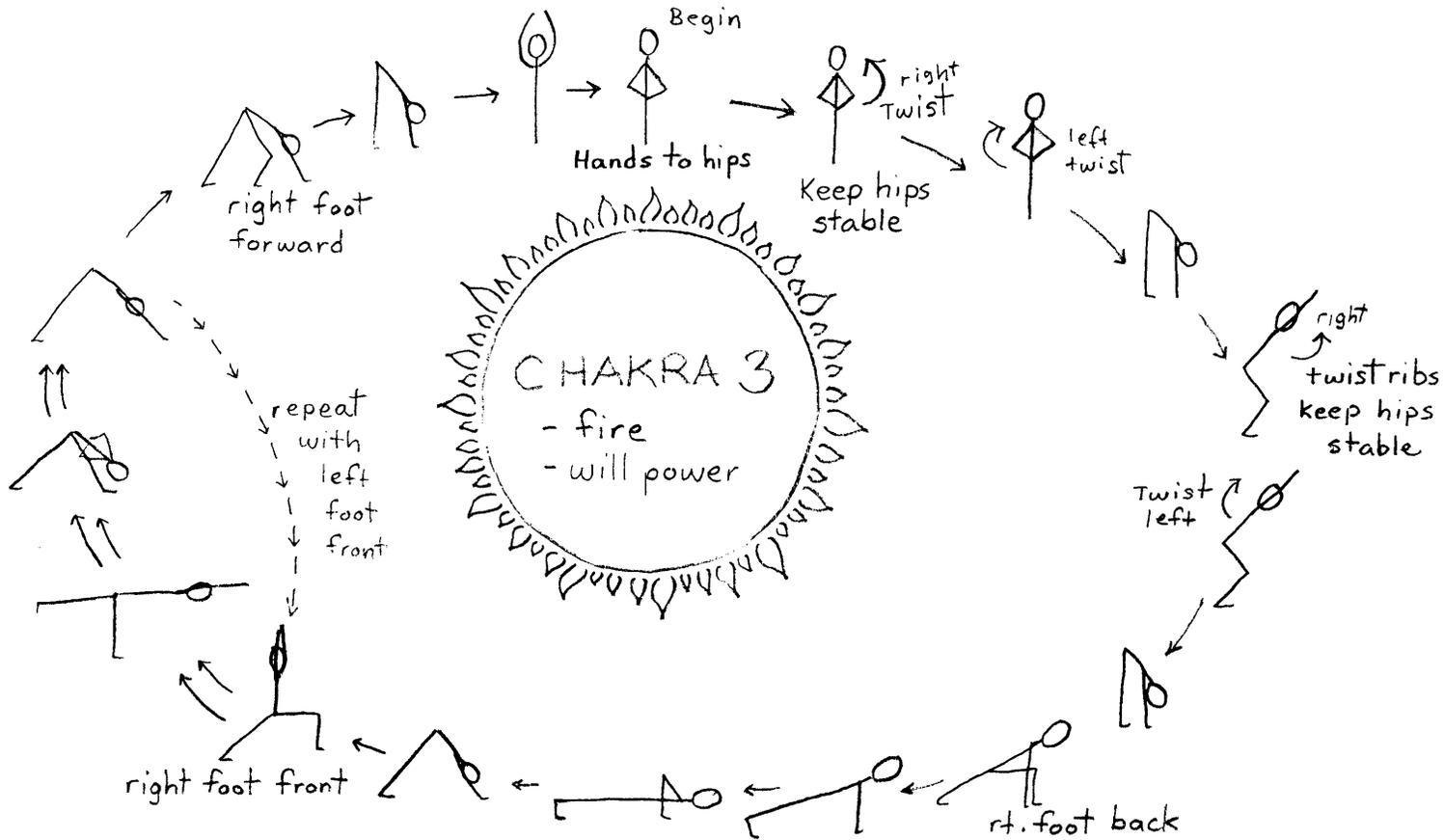


# SUN SALUTES

(I) Inhale  
(E) Exhale



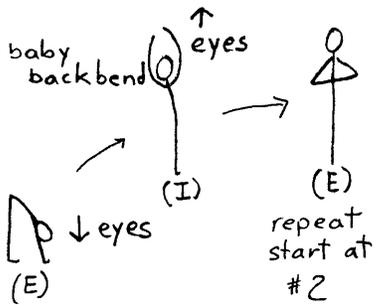
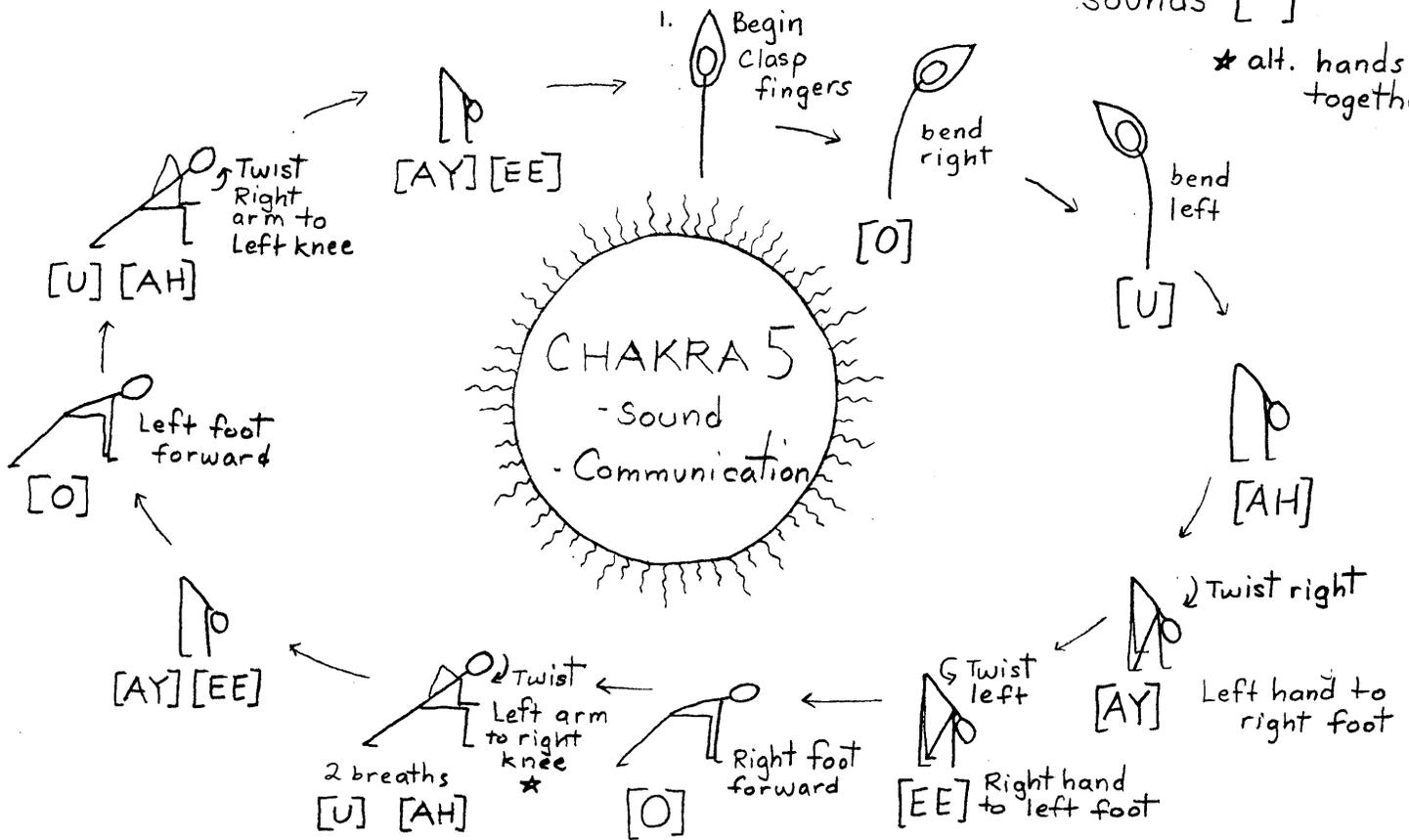
# SUN SALUTES



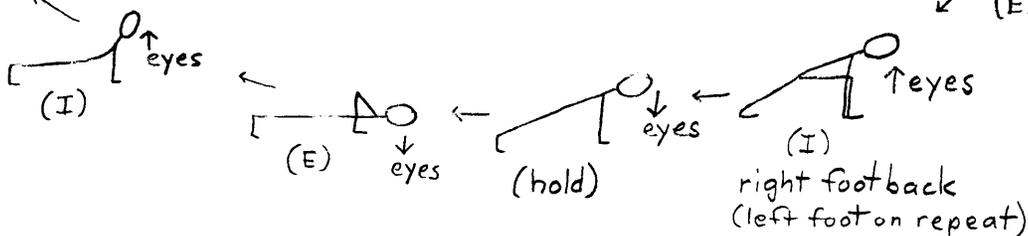
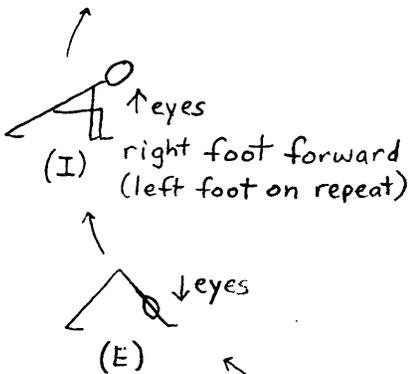
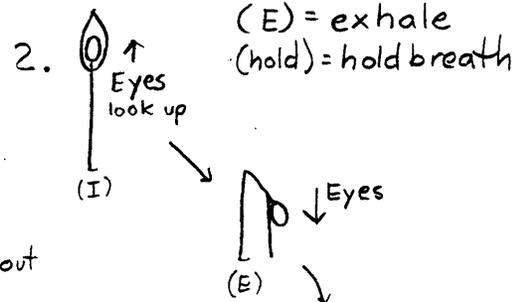
# SUN SALUTES

All exhales make sounds [ ]

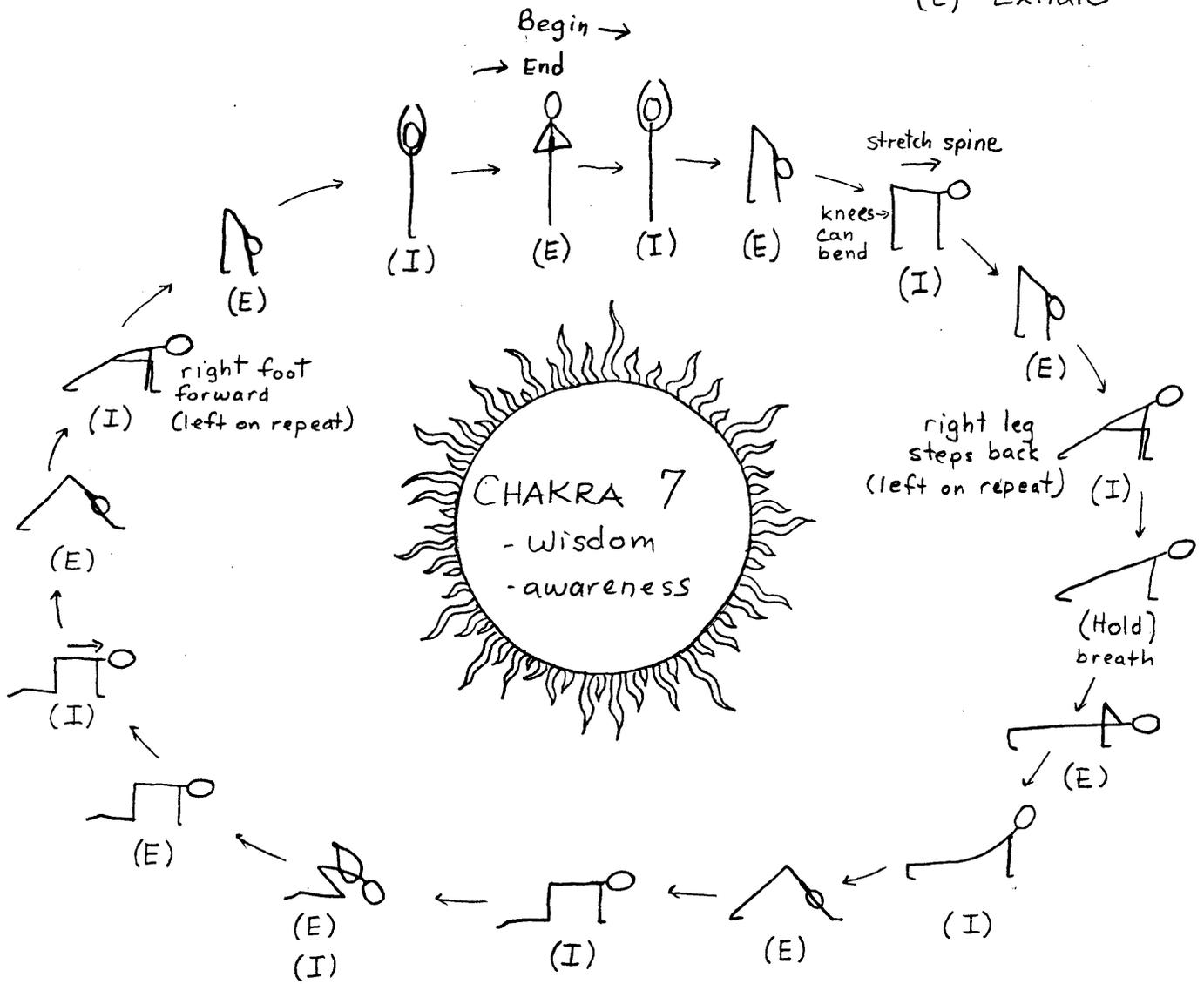
\* alt. hands together



1. EYE MOVEMENTS
- left, right, up, down
  - right, left, down, up
  - 3x's left to right
  - counter clockwise
  - clockwise
  - spiral - center out
  - reverse spiral - center out



(I) = Inhale  
(E) = Exhale



Other poses to add to Sun Salutes or vary the poses



- Chakra 7 - Headstand
- Chakra 5 - Shoulderstand or Bridge Pose ("Hum" on exhales)
- Chakra 4 - Backbends, Bhikasana (Frog Pose)
- Chakra 3 - Boat to 1/2 Boat
- Chakra 2 - Janu Sirsasana , Paschimottanasana   
Dandasana , Upavista , Baddhakonasana
- Chakra 1 - Malasana (squat) , Utkatasana (air chair) (Butterfly)