



STEP 1: Stand on your **yoga mats** and start with the **Yoga Mountain Pose**. Bring your palms together in prayer position. Exhale.



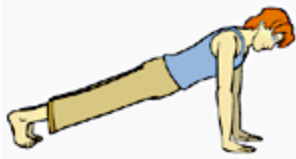
STEP 2: As you inhale, raise your arms overhead, keeping your palms together.



STEP 3: Exhale and then bend forward until your hands touch your feet.



STEP 4: As you inhale, step the right leg back, arch back and lift your chin.



STEP 5: Exhaling, step the left leg back into plank position. Keep your spine and legs in a straight line and support your weight on hands and feet.



STEP 6: Retaining the breath, lower your knees, your chest and then your forehead, keeping your hips up and toes curled under.



STEP 7: Inhaling, stretch forward and bend back. Keep your arms straight.



STEP 8: Exhaling, curl your toes under, press down into your heels, and lift your hips.



STEP 9: As you inhale, bring your right leg forward, with the top of the foot stretched out flat on the floor, and lift your chin.



STEP 10: Exhale and then bend forward until your hands touch your feet.



STEP 11: Inhaling, stretch your arms forward and over your head. Slowly bend backward from the waist.



STEP 12: Exhaling, gently come back to Tadasana.

As with all other **Yoga Exercises** and poses, make sure to perform the Sun Salutation Pose correctly to achieve optimum results. To be safe, you can use **yoga straps** or your Yoga instructor for assistance so he or she will be able to tell you how to do it the right way.