




















SEATED SALUTES TO THE SUN

	BREATHE LIGHTLY AND SLOWLY		MAKE THE BREATH AND THE MOVEMENT THE SAME LENGTH		CONSIDER CHOOSING A RATIO FOR BREATH AND MOVEMENT		4 : 2 : 4 : 2 In Pause Out Pause IS A GOOD START A METRONOME CAN BE HELPFUL							
1 Breathe In		2 Breathe Out		3 Breathe In		4 Breathe Out		5 Breathe In						
														
6 Breathe Out	7 Breathe In	8 Breathe Out	9 Breathe In	10 Breathe Out	11 Breathe In	12 Breathe Out	13 Breathe In							
														
14 Breathe Out	15 Breathe In	16 Breathe Out	17 Breathe In / Out	18 Breathe In	19 Breathe Out									