








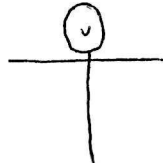









Egyptian Sun Salute

 'NAMASTE'	 In Breath	 Out Breath	 In Breath	Lateral Stretch  Out Breath	Centre  In Breath
Lateral Stretch  Out Breath	Centre – Prayer  In Breath	Uttanasana  Out Breath	Centre  In Breath	Lateral Stretch Rotation  Out Breath	Centre  In Breath
Rotation  Out Breath	 In Breath	 Out Breath	 In Breath	Tadasana  Out - Namaste	The go to work Left side first in Lateral and Rotation to complete ONE round.

NOTE: LATERAL AND ROTATION **TWICE** EACH SIDE – START RIGHT ON 1ST ROUND, START LEFT ON 2ND ROUND.

- RELAX SHOULDERS, SOFT KNEES IF NEEDED, KEEP HIPS FORWARD IN TWIST
- SHOULDER PROBLEMS WORK WITH ARMS TO SIDE IN LATERAL, AND VERY SOFT IN TWIST.