

Movement

SALUTE TO THE SUN



This is something that I have done for over 20 years most mornings. The sequence can be done fast or slow. I personally aim for 6-10 repetitions (3-5 each leg).

There are so many health benefits including:

- Invigorates the nervous system
- Helps develop the lungs
- Improves hormone balance
- And much, much more...
- Invigorates the heart
- Improves quality of circulation
- Improves flexibility and strength



Salute to the Sun (or Sun Salutation)



Exhale | Inhale | Exhale | Inhale | Stop | Exhale



Inhale | Stop | Inhale | Exhale | Inhale | Exhale

Youtube demonstration

NOTE: Not being able to touch your toes is fine, do the best you can without hurting yourself and in time, over many months you'll notice an improvement. In the meantime the exercise covers a lot of positives.

