





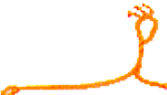







Yoga for Peace 2008 Sun Salutation (Surya Namaskar)

<p>1. Mountain (Tadasana)</p>  <p>Begin by standing in Mountain pose, feet about hip width apart, hands either by your sides or in prayer position. Take several deep breaths.</p>	<p>2. Hands up (Urdhva Hastasana)</p>  <p>On your next inhale, in one sweeping movement, raise your arms up overhead and gently arch back as far as feels comfortable and safe.</p>	<p>3. Forward Bend (Uttanasana)</p>  <p>As you exhale, bend forward, bending the knees if necessary, and bring your hands to rest beside your feet.</p>
<p>4. Lunge</p>  <p>Inhale and step the right leg back.</p>	<p>5. Downward Dog (Adho Mukha Svanasana)</p>  <p>Exhale, lift from the hips and push back and up.</p>	<p>6. Stick (Chataranga)</p>  <p>Inhale, come forward into plank. Exhale, and lower down with elbows bent to sides. Lower your knees if needed.</p>
<p>7. Upward Dog (Urdhva Mukha Svanasana)/ Cobra (Bhujangasana)</p>  <p>Inhale and stretch forward and up, bending at the waist. Lift your legs up so that only the tops of your feet and your hands touch the floor. (For Cobra, allow your thighs and pelvis to touch.)</p>	<p>8. Downward Dog (Adho Mukha Svanasana)</p>  <p>Exhale, lift from the hips and push back and up.</p>	<p>9. Lunge</p>  <p>Inhale and step the right foot forward.</p>
<p>10. Head to knees (Uttanasana)</p>  <p>Exhale, bring the left foot forward and step into head-to-knee position.</p>	<p>11. Hands up (Urdhva Hastasana)</p>  <p>Inhale and rise slowly while keeping arms extended .</p>	<p>12. Mountain (Tadasana)</p>  <p>Exhale, and in a slow, sweeping motion, lower your arms to the sides. End by bringing your hands up into prayer position. (Repeat sequence on left side.)</p>