



Sun Salutation has a lot of different variations and modifications. This cycle shown here gives some options for less intensity, so you can explore your own salutation to suit your body. Your sun salutation can be different every time... just listen to your body and let your breath be your guide!

As a general rule of thumb, it helps to inhale when lifting or extending the body, and exhale when lowering or folding the body. Feel free to add space as needed, this chart is just a guide. While a flow with one breath to one motion is traditional, do whatever works best for you!

