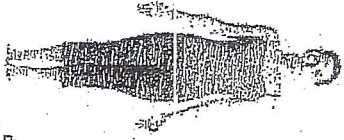


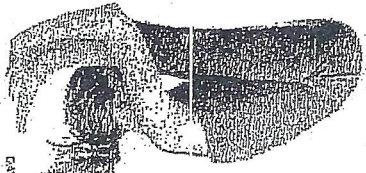
Sun Breaths



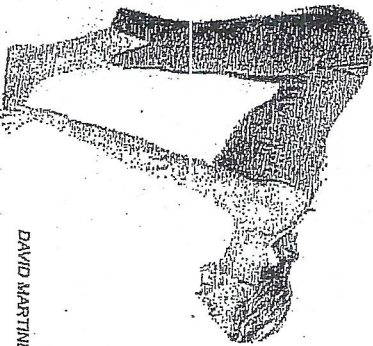
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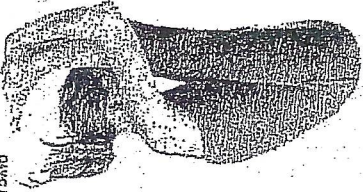


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Inhale

Exhale

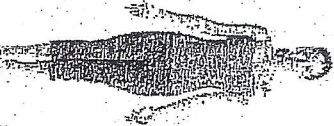
Inhale



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Exhale

Inhale

Exhale

Standing Sun Breath Yoga Sequence

This gentle flow is great for warming up the body, connecting breath with movement, and cultivating mindfulness. Repeat the sequence 3-5 times, syncing each movement with your breath.

Mountain Pose (Tadasana)

Stand tall with feet hip-width apart. Arms relaxed at your sides. Ground through your feet and lengthen your spine. Take a few deep breaths here.

Inhale - Reach Arms Up

Sweep your arms out to the sides and overhead. Palms can touch or stay shoulder-width apart. Gaze can follow your hands or stay forward.

Exhale - Forward Fold (Uttanasana)

Hinge at the hips and fold forward. Knees can bend slightly. Let your head and arms hang.

Inhale - Halfway Lift (Ardha Uttanasana)

Place hands on shins or thighs. Lengthen your spine forward. Gaze slightly ahead.

Exhale - Forward Fold

Release back down into the fold.

Inhale - Sweep Arms Up to Standing

Press through your feet. Rise up with arms sweeping overhead again.

Exhale - Return to Mountain Pose

Lower your arms back to your sides. Pause and breathe.