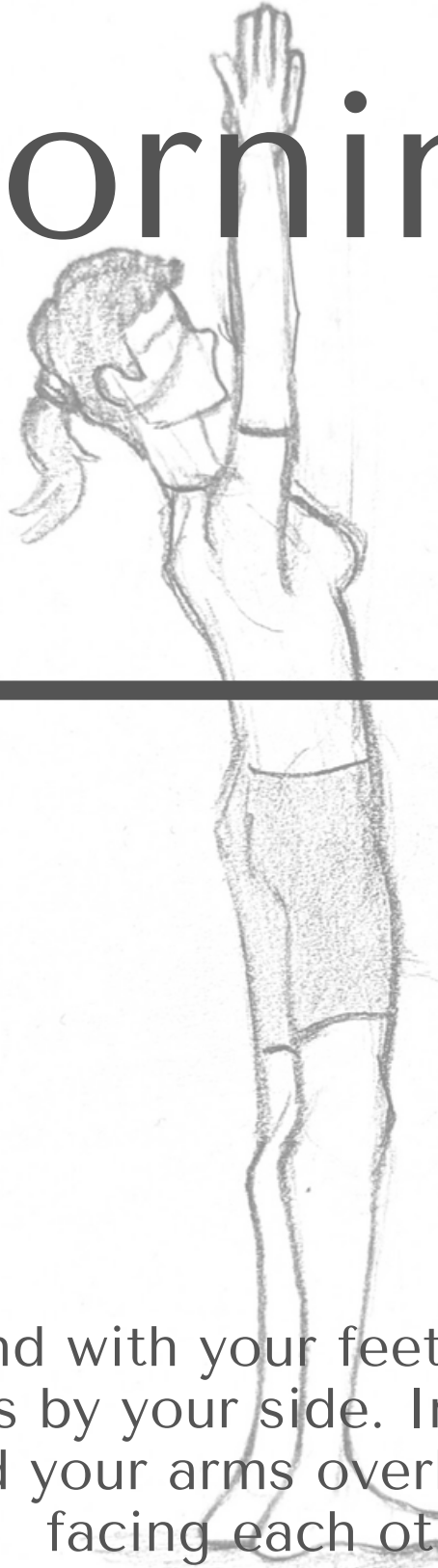


Morning Sun Salutation

Here is a sample variation



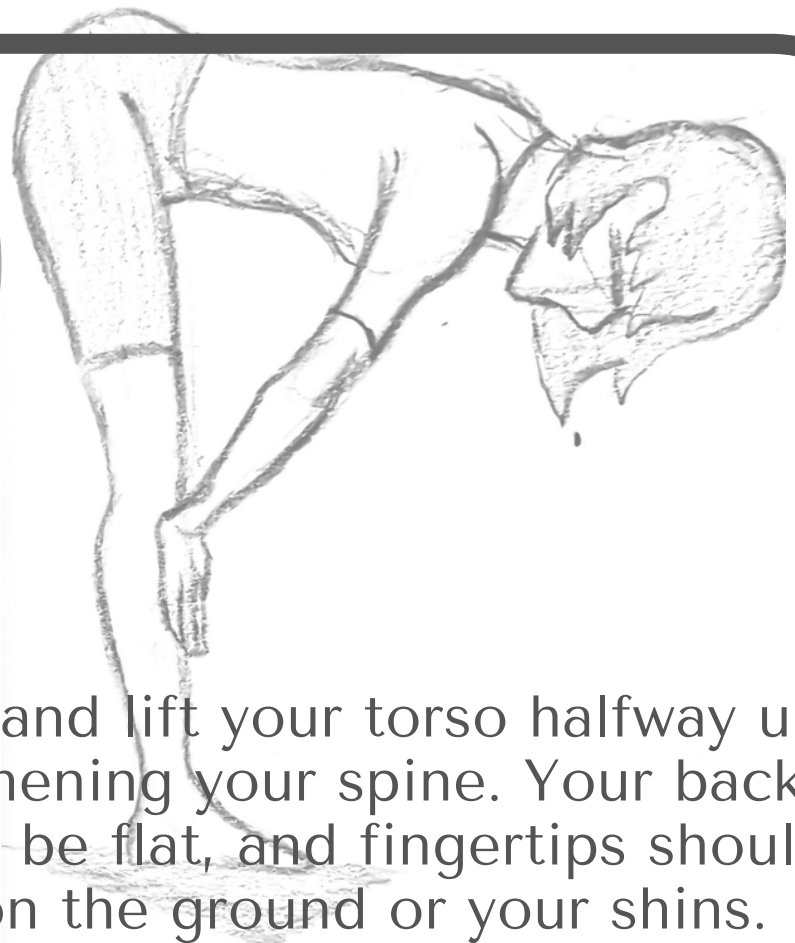
**Mountain
Pose**

Stand with your feet together, arms by your side. Inhale and extend your arms overhead, palms facing each other.



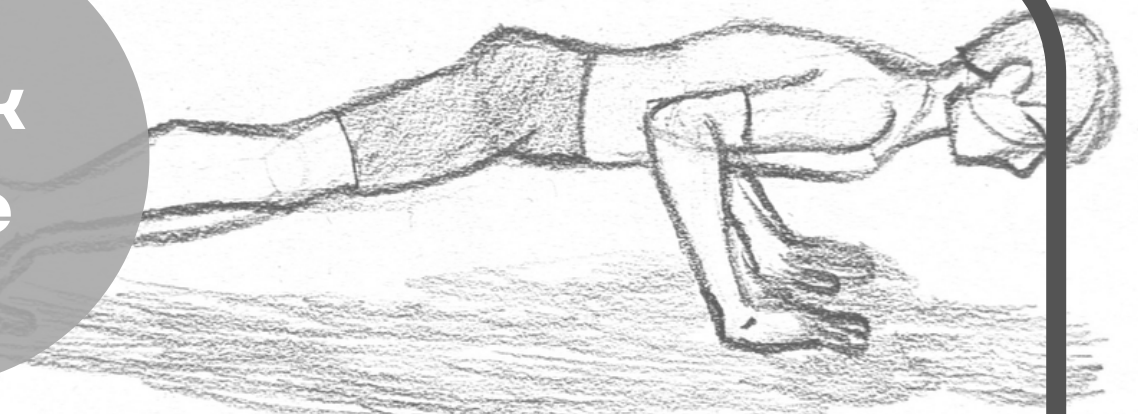
**Forward
Fold**

Exhale and bend forward from your hips, not your waist. Bring your hands down to touch the floor beside your feet.



**1/2
Standing
Forward
Fold**

Inhale and lift your torso halfway up, lengthening your spine. Your back should be flat, and fingertips should be on the ground or your shins.



**Plank
Pose**

Exhale and step or jump into a plank position. Keep your body in a straight line from your heels to your head. Inhale to low plank down to floor, elbows close to your body.



**Upward
Facing
Dog**

Inhale and straighten your arms, pushing your chest forward and up. Lift your thighs off the floor, only your hands and tops of the feet on the ground.



**Downward
Facing Dog**

Exhale and lift your hips up and back, forming an inverted V shape. Keep your hands shoulder-width apart and feet hip-width apart.

Repeat your way back to Mountain Pose: Inhaling to 1/2 Standing Forward Fold, exhale to to Forward Pose, inhale to Mountain Pose to complete this round. Repeat 2 more times.