

Please read the **CAUTIONS** and **CONTRAINDICATIONS** at the end of this note before attempting to follow this sequence

# Bodies-Yoga



helping you to look after body and mind

## The shortened Sun Sequence

For a quick workout and body tone practise a few activation movements followed by the shortened Sun Sequence shown in this series of pictures



Tuck your toes under and raise your hips into the air. Separate your feet as you walk them a little closer to your hands. Still on your toes, lift your tailbone and push your hips back, keeping the knees soft.



Straighten your knees and press your heels down towards the ground to come into the full dog posture. Feel your spine lengthening. Let your head relax between your arms.



Lower your knees to the floor and come into an 'all fours' stance as shown



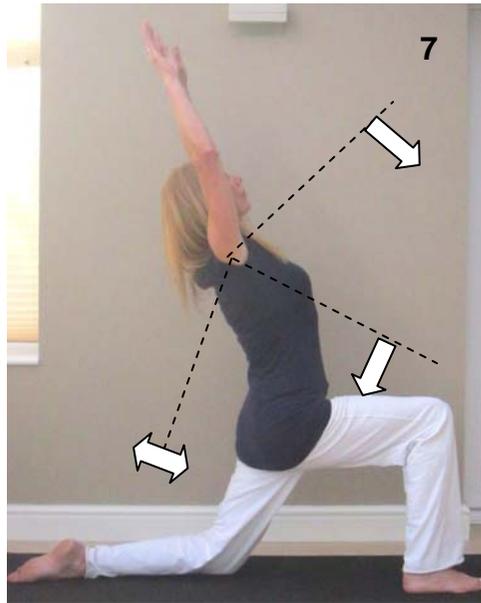
Raise your upper body and adopt a high kneeling position with your arms by your sides



Draw your right leg forward into a runner position, checking that the right knee is directly above the ankle. Relax the left foot and knee into the ground. Hands on the floor either side of your right foot



Place the top of your left foot on the floor. Uncurl your back, lifting through the spine as you raise your arms overhead. Arch back slightly. Follow the movement of your hands with your eyes,



In a single flowing movement stretch forward from the hips, bringing your chest over your right thigh, and sweep your arms down bringing them back past the sides of your body and behind you. Repeat moves 6 to 7 two more times. End with your hands either side of your right foot.



**Following position 8 return to the 'all fours' of position 3, then follow the whole sequence through from position 1 to position 8 again, this time putting the left leg forward. Then move on to position 9**

Bring the back leg forward to join the front one in a forward bend position and uncurl as you breathe in as shown in movements 9 to 12.



Bring your palms together in front of your heart.

**Feel the fire of determination within you. You are ready to move forward into the day**

If you have not previously carried out this sequence under Anne's instruction then please pay particular attention to the points listed below

### CAUTIONS

You should not carry out this sequence if you:

Have a prolapsed disc

Have had recent abdominal surgery

Are in the first 3 days of your menstrual cycle (Alternative version leaving out steps 1 & 2 is OK)

### CONTRA-INDICATIONS

If you suffer with any of the following please consult Anne for possible alternative movements, or consult with your doctor to check suitability:

High blood pressure

Breathing difficulties

Hip or knee problems

Hiatus hernia

### BENEFITS

This sequence of moves is good for:

Revitalising your whole system and recharging your 'batteries'.

Toning all major muscles

Burning calories and improving digestion

Improving flexibility

Relaxing you and calming your mind

Creating an 'inner focus'