

# Sun Salutations: Awakening

Bringing your focus inward

## Sun Salutation A

### Mountain-Tadasana (arms up) or Samasthiti (arms down)

Alignment:

- feet together
- arms extended
- shoulders relaxed

Drishti:

- straight ahead
- if hands in prayer position, tips of fingers

Assists:

- press heels into ground
- tips of finger on shoulder blades and direct down
- press tail bone down with one hand on stomach and other on tail bone



### Standing Forward Bend-Uttanasana

Alignment:

- feet together
- hands to floor
- relaxed shoulders

Drishti:

- knees

Assists:

- bend knees
- drop head and massage neck
- lengthen spine

