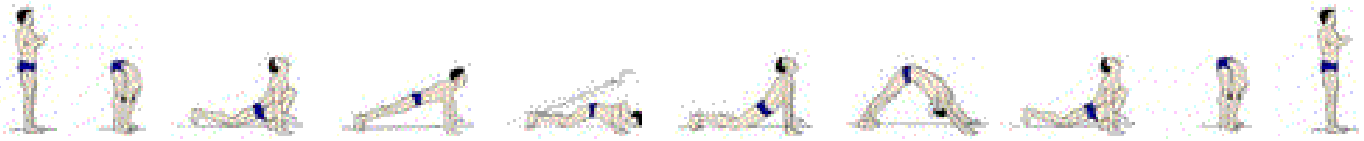


SUN Salutation

Start slowly. It is traditionally done in one minute, but is also valuable done more slowly.



Position 1:

Inhale and maintain the position as shown in figure in standing position with hands joined together near chest, feet together and toes touching each other.



INHALE

Position 2:

Exhale and bend forward in the waist till palms touch the ground in line with the toes. Don't bend knees while performing. At first you may find it difficult to attain the ideal position but try to bend as much as possible without bending in knees.



EXHALE

Position 3:

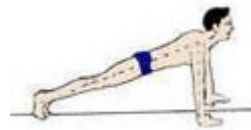
Inhale and take the left leg back with left toes on the floor, press the waist downwards and raise the neck, stretch the chest forward and push shoulders backwards. Keep the right leg and both the hands in the same position. Keep the right leg folded.



INHALE

Position 4:

Hold the breath and raise the knee of left leg. Take the right leg backwards and keep it close to the left leg. Straighten both the legs and both hands. Keep the neck straight and site fixed. Keep both the toes erect. Take care that the neck, spine, thighs and the feet are in a straight line.



HOLD THE BREATH

Position 5:

Exhaling bend both the hands in elbows and touch forehead on the ground, touch the knees on the ground, keep both the elbows close to chest. The forehead, chest, both the palms, both the toes, knees should touch the ground and rest of the body not touching the floor. Since only eight parts rest on the ground, it is called 'Ashtanga' position.



EXHALE

Position 6:

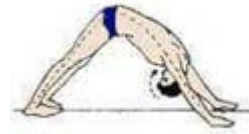
Inhale and straighten the elbows, stretch the shoulders upwards, press the waist downwards but don't bend the arms. Keep the knees and toes on the floor. Push the neck backwards and sit upwards.



INHALE

Position 7:

Hold the breath, bend the neck downwards and press the chin in the throat, push the body backwards and touch the heels on the ground, raise the waist upwards, do not move the palms on the floor.



HOLD THE BREATH

Position 8:

Hold the breath as in position 7, bring the right leg in the front and place it in between the hands like in position 3 but instead of left leg in the front here take right leg and place left leg in the back with left knee and toes on the ground.



HOLD THE BREATH

Position 9:

Exhale and bring the left leg forwards as in the position 2 and place it in between both the arms.



EXHALE

Position 10:

Inhaling start getting up and attain the position as in position 1.



INHALE

The Sun Salutation is a good exercise for the body and helps you to relax. It does not have to be performed with any philosophy associated with it.

The Sun Salutation includes several valuable concepts:

Stretching the spine; Compressing the spine; Compressing and stretching the organs; Deep breathing helps clear the lungs; Focusing the mind away from the concerns of the day and on to the importance of letting the body self-regulate as it adapts to the different postures.

I learned it from a physician from India, Dr. Vivek Shanbhag, M.D. (Ayu), N.D. and instructed his clinic patients in doing this. Now I offer it to you as an aid in strengthening your body and increasing the resilience of your Autonomic Nervous System.

Dr. Ralph Wilson, N.D.

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