

# The Ultimate Yoga Sun Salutation Routine That Will Power Up Your Day!

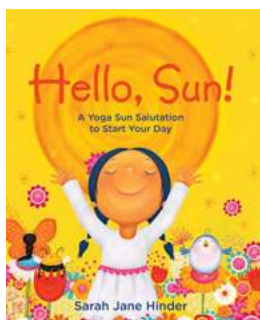
Are you tired of starting your day feeling sluggish and lacking energy? Look no further than the invigorating practice of Yoga Sun Salutation. This ancient sequence of poses, also known as Surya Namaskar, combines movement, breathwork, and mindfulness to help you kickstart your day on a positive note. In this article, we will guide you through a revitalizing Yoga Sun Salutation routine that will leave you feeling refreshed, energized, and ready to conquer anything that comes your way.

## What is Yoga Sun Salutation?

Before diving into the specifics of the Sun Salutation routine, let's delve into the origins and benefits of this practice. Surya Namaskar is a traditional sequence of asanas (poses) that originated in India thousands of years ago. It is performed in a flowing manner, synchronizing each movement with the breath. The Sun Salutation is not only a physical exercise; it is a complete mind-body-spirit practice that improves flexibility, strength, and mental clarity.

## The Sun Salutation Routine

The Sun Salutation routine consists of a series of 12 poses, each with its own unique benefits. Let's break down the sequence step by step:



### **Hello, Sun!: A Yoga Sun Salutation to Start Your Day** by Sarah Jane Hinder (Kindle Edition)

★★★★☆ 4.8 out of 5

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## **1. Mountain Pose (Tadasana)**

Begin by standing tall with your feet together and your arms relaxed at your sides. Ground your feet into the earth, engage your core, and lengthen your spine. Take a few deep breaths here, centering yourself and setting your intention for the practice.

## **2. Upward Salute (Urdhva Hastasana)**

Inhale and sweep your arms up overhead, palms facing each other. Arch your back slightly, opening up your chest and lifting your gaze towards the sky. Feel the stretch through your whole body as you reach for the sun.

## **3. Standing Forward Bend (Uttanasana)**

Exhale and fold forward from your hips, keeping your spine long. Allow your hands or fingertips to touch the floor or rest on your shins. If flexibility is an issue, you can bend your knees slightly. Feel the stretch in the back of your legs and let your head hang relaxed.

## **4. Halfway Lift (Ardha Uttanasana)**

Inhale and lift your torso halfway, lengthening your spine and extending your heart forward. Keep your fingertips on the floor or place your hands on your shins. This pose helps to strengthen the back and increase flexibility.

## **5. Plank Pose (Phalakasana)**

Exhale and step or jump back into a high plank position. Create a straight line with your body, engaging your core and leg muscles. Keep your wrists directly

under your shoulders and gaze between your hands. This pose builds upper body strength and strengthens the core.

## **6. Four-Limbed Staff Pose (Chaturanga Dandasana)**

As you lower down from Plank Pose, bend your elbows and hover halfway. Your elbows should stay close to your body, forming a 90-degree angle. This challenging pose strengthens the arms, shoulders, and core.

## **7. Upward-Facing Dog (Urdhva Mukha Svanasana)**

Inhale and roll over your toes, pressing the tops of your feet into the mat. Straighten your arms, lift your chest, and broaden your collarbones. Feel the stretch in your abdomen, chest, and shoulders. This pose opens the heart and strengthens the arms and back.

## **8. Downward-Facing Dog (Adho Mukha Svanasana)**

Exhale and lift your hips up and back, forming an inverted V shape with your body. Press your palms into the mat, your heels towards the floor, and relax your head and neck. This pose helps to stretch the entire back body, increase circulation, and improve digestion.

## **9. Standing Forward Bend (Uttanasana)**

Inhale and step or walk your feet to meet your hands at the front of the mat. Return to the Standing Forward Bend position described earlier. Take a few breaths here, allowing your body to relax and release tension.

## **10. Upward Salute (Urdhva Hastasana)**

Inhale and rise up slowly, sweeping your arms overhead and arching back if comfortable. Reconnect with the feeling of stretching towards the sun and channeling positive energy into your body.

## 11. Mountain Pose (Tadasana)

Exhale and return to the Mountain Pose, standing tall and grounding your feet into the earth. Take a moment to observe the sensations in your body and feel the energy flowing through you.

## 12. Repeat the Sequence

To experience the full benefits of this Yoga Sun Salutation routine, it is recommended to repeat the sequence 3-5 times. Each repetition helps to deepen the mind-body connection and further warm up the muscles.

## Benefits of Yoga Sun Salutation

The Sun Salutation routine offers numerous benefits for mind, body, and spirit. Some of the key advantages of incorporating this energizing practice into your daily routine include:

- **Increased Energy:** The combination of movement, breathwork, and stretching helps to invigorate your body and boost energy levels, leaving you feeling revitalized.
- **Improved Flexibility:** The Sun Salutation routine systematically stretches all major muscle groups, promoting flexibility and reducing the risk of injury.
- **Enhanced Strength:** The sequence of poses engages the entire body, building strength in the arms, legs, core, and back.
- **Stress Relief:** The mindful nature of the practice, combined with the flow of movement and deep breathing, helps to calm the mind and reduce stress.
- **Increased Focus:** By aligning movement with breath, the Sun Salutation routine cultivates mindfulness and enhances concentration.

- **Improved Digestion:** The gentle compression and stretching of the abdominal muscles stimulate digestion and alleviate digestive issues.

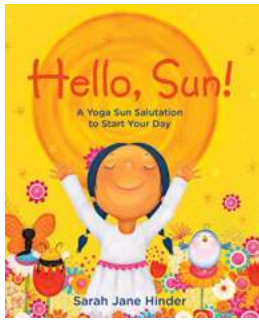
## Tips for a Successful Sun Salutation Practice

To make the most of your Yoga Sun Salutation practice, keep these tips in mind:

- **Warm-up:** Before diving into the Sun Salutation routine, it's essential to warm up your body with a few gentle stretches or a short walk.
- **Listen to Your Body:** Pay attention to how your body feels during each pose. If any movement causes pain or discomfort, modify the pose or skip it altogether.
- **Breathe Deeply:** Focus on slow, deep breaths throughout the practice. Sync your breath with each movement to create a rhythmic flow.
- **Stay Hydrated:** Remember to drink water before and after your practice to stay hydrated and support your body's overall function.
- **Practice Consistency:** Incorporate Yoga Sun Salutation into your daily routine to experience the full benefits. Consistency is key when it comes to seeing progress and reaping the rewards.

## Weave Yoga Sun Salutation into Your Morning Routine

If you're ready to step into each day with renewed vitality and mental clarity, consider incorporating the Yoga Sun Salutation routine into your morning ritual. Set aside a few minutes every morning to move through the sequence and take time to connect with yourself before the demands of the day kick in. Embrace the power of this ancient practice and discover the transformative effects it can have on your overall well-being.



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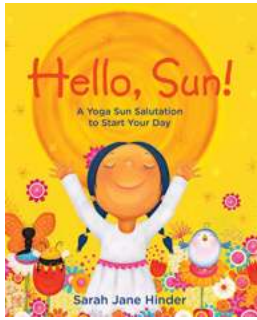
An illustrated picture book for children that guides them through a morning sun salutation yoga flow

The latest from the illustrator of the beloved Good Night Yoga and Good Morning Yoga series, Hello, Sun! gives children a great way to connect with their bodies and calm their thoughts before jumping into the adventures of a new day.

Sarah Jane Hinder's bright color palette and playful illustrations are filled with nature imagery and fun details for children to find. Beginning and ending with Mountain Pose, children follow along with ten classic postures as they learn to breathe, stretch, and greet the day.

For parents, grandparents, teachers, and childcare providers, Hello, Sun! is a heartwarming way to introduce children to the wonders of yoga and help set them up for a happy, mindful day.

The book includes a complete illustrated flow of poses, as well as a brief history of sun salutations and a special sunshine meditation.



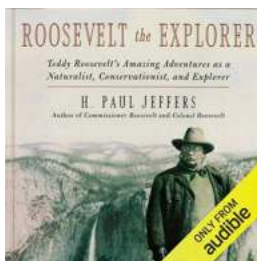
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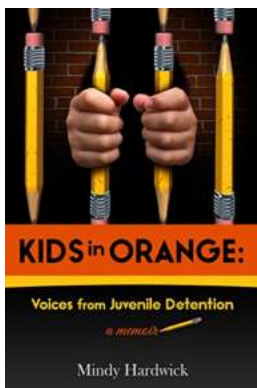
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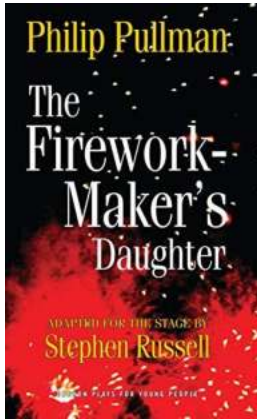
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