

Namaste



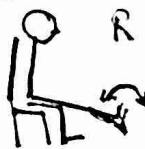
Arms Up



Head Forward
and
Back



Forward Bend



R Leg
Forward
Foot
twist



Twist
away from
extended leg



L. leg
Forward
Foot
twist



Twist away
from
extended leg



Forward Bend



Head Forward
and
Back



Namaste

Seated Sun Salute

- ⊗ Shuffle fwd - as able
- ⊗ Prayer hands + circle overhead (if poss)
- ⊗ Fwd bend down legs if able
 - ↳ gentle rotation both sides — head turn — arms up legs
- ⊗ raise each leg
 - + one knee towards chest as able
- ⊗ Seated cat - Slide hands up
 - + down thighs
 - ↳ into seated cobra
- ⊗ Seated fwd bend - as able
 - ↳ circle arms