

# Sun Salutation

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- Standing in Tadasana, hands in Namaste

First take the right leg back + then the right leg forward, + next time the left.

## Some variations

- or go from to by bending the elbows + lowering the body.
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Worry the lunges with half-hero

Make sure there is NO PAIN in knee or lower back (foot beside left hip) and pigeon preparation [good rule for life]

Begin with balancing.

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## Strength variations

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