

# Greeting the Sun

Art by Lynne Avril

1. Heart Pose. Stand up with your feet together, joining your palms at your heart.



2. Hands up over head.



3. Touch toes.



4. Downward Dog. Plant your palms on the ground in front of you and hop your feet back. Push your heels down and keep your hips lifted high.




5. Come down on your knees, then lower your chest and chin onto the floor. Your bottom should stick up in the air.



Greet the sun with these yoga poses and imagine you are giving thanks for its warmth and light. Try to do the poses all the way through in one smooth motion. Breathe softly in and out as you complete the greeting.



10. Return to Heart Pose.



9. Slowly come up to standing, hands overhead.



8. Hop your feet forward to your hands. Straighten your legs and touch toes.



7. Push back up to Downward Dog.



6. Cobra. Slide forward onto your tummy and raise your head and shoulders.