



Notes while completing your sun salutations:

1. Every time you look up, take a deep **INHALE**. Every time you look down, take a deep **EXHALE**. Breathing is as important, or if not more in our yoga practice. It helps facilitate our movements, and takes our awareness and attention to the pose itself. Never hold your breath. Always keep breathing!
2. Always start with taking your **RIGHT** leg back. When you come back around, the right leg should still back. Switch to the left side on the next cycle.
3. Have fun! Sun salutations are meant for us to feel a deeper connection with our environment. Use this time to feel expansion from your body, and an ethereal connection with the universe around.