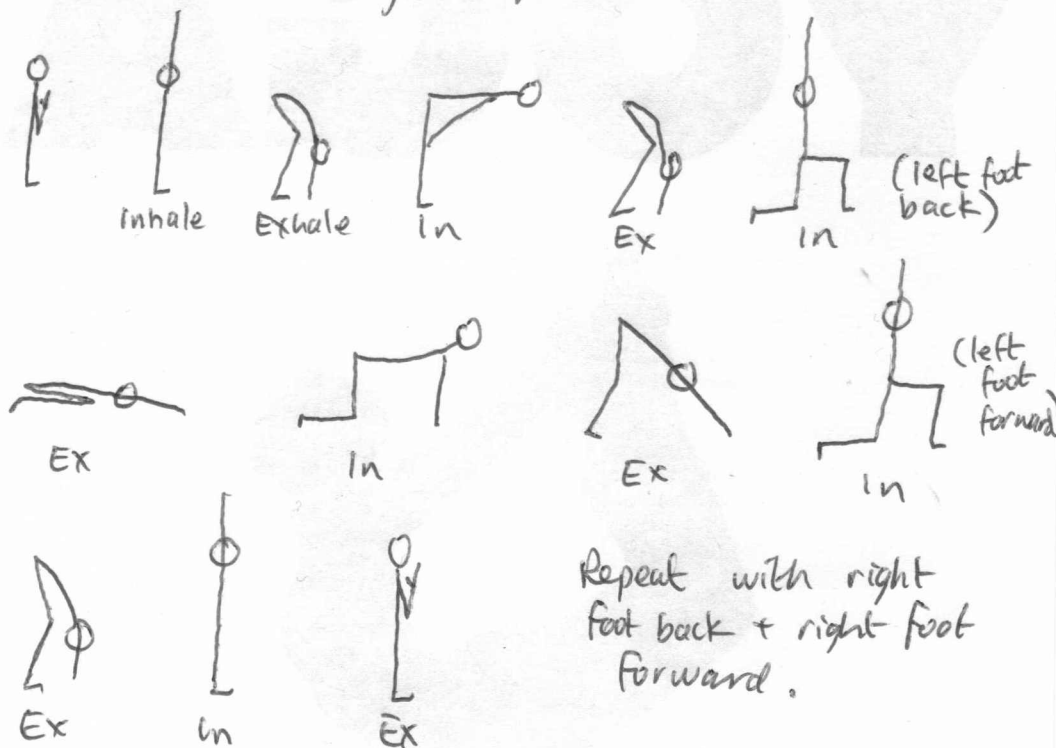


Beginners Sun Salutation

(or those with tight hips!)



Allow the breath to keep flowing and the movements gently following the breath. Gradually lengthen the breaths.

If you find it difficult to keep moving with breath, try holding each position for a few breaths. Slow it down!