



10 Inhaling, comfortably stretch arms overhead



1&11 Exhaling, palms together



2 Inhaling, comfortably stretch arms overhead



9 Exhaling, forward bend, hands on chair or floor



## STANDING CHAIR SUN SALUTATIONS



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3 Exhaling, forward bend, hands on chair or floor



8 Inhaling, step back to right lunge



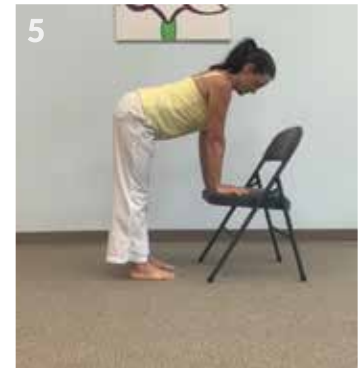
4 Inhaling, step back to left lunge



7 Exhaling, round back, tuck chin & tailbone



6 Inhaling, lift head, arching back



5 Exhaling, step up, flat back