

THE GROUNDING OF

EARTH SALUTATION

BRINGS CALM TO BODY & MIND

Synchronise your breath as you inhale & exhale through the asanas.

One round includes doing the sequence with the right side and then the left.

The asanas that change with the sides are half camel & thread the needle.

START by sitting with legs folded under you, hands at heart. **Right side first.**

INHALE - arms stretch up

EXHALE - fold forward into child's pose

INHALE - into table top

EXHALE - spare exhale here

INHALE - into cow pose, eyes look up

EXHALE - draw belly & diaphragm up into cat pose

INHALE - into downward dog

EXHALE - knees to the mat

INHALE - right arm stretches up into half camel pose

EXHALE - hands to mat to prepare for downward dog

INHALE - into downward dog

EXHALE - knees to the mat

INHALE - right arm stretches up

EXHALE - right arm threads the needle through left

INHALE - into child's pose

EXHALE - kneel back with hands at your heart ready to start the other side.

