**Sun Salutation Instructions**

(1st round only) Standing at the top of the mat, feet together, arms relaxed by the sides of the body.

**Right Side**

Inhale (give enough time for the inhalation) Exhale 1: Prayer position

Inhale 2, raise the arms up, slightly arch back

Exhale 3, reach forward and down, place the hands on the mat, hands in-line with the feet, bend the knees as much as you need to

Inhale 4, bring the Right leg back, knee down, head up

Retain Left leg back, straight push-up position

Exhale 6, knees, chest and forehead down to the mat

Inhale 7, head up, chest up and arch back

Exhale 8, hips up and heels down into Inverted V

Inhale 9, bring the Right leg forward in between the hands, left knee down and head up

Exhale 10, bring the Left leg forward

Inhale 11, raise the arms up and arch back

Exhale 12, bring the hands down

**Left Side**

Inhale (give enough time for the inhalation) Exhale 1: Prayer position

Inhale 2, raise the arms up, slightly arch back

Exhale 3, reach forward and down, place the hands on the mat, hands in-line with the feet, bend the knees as much as you need to

Inhale 4, bring the Left leg back, knee down, head up

Retain Right leg back, straight push-up position

Exhale 6, knees, chest and forehead down to the mat

Inhale 7, head up, chest up and arch back

Exhale 8, hips up and heels down into Inverted V

Inhale 9, bring the Left leg forward in between the hands, Right knee down and head up

Exhale 10, bring the Right leg forward

Inhale 11, raise the arms up and arch back

Exhale 12, bring the hands down

**Anuloma Viloma Written Instructions**

* Place the left hand in Chin Mudra on the knee.
* Place the right hand in Vishnu Mudra.
* Inhale deeply through both nostrils.
* Exhale through both nostrils.
* Raise the right hand up, block the Right nostril with the thumb.
* Slowly inhale through the Left, (count out loud) Om 1, Om 2, Om 3, Om 4
* Gently retain blocking both nostrils, (count out loud, softly) Om 1, Om 2…. Om 16
* Exhale Right (count out loud) Om 1, Om 2… Om 8
* Inhale Right (count out loud) Om 1, Om 2… Om 4
* Retain, (count out loud, softly) Om 1… Om 16
* Exhale Left, (count out Loud) Om 1, Om 2… Om 8

Continue until reaching desired number of rounds