




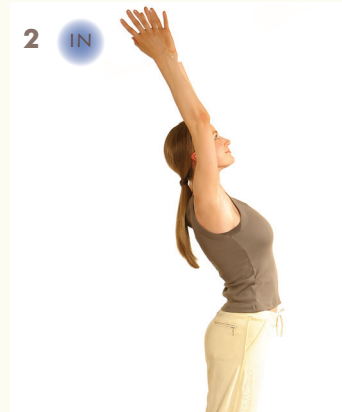
SUN SEQUENCE

सूर्या नमस्कारा

KEY INTENTION
TO CREATE RADIANT HEALTH

Over the millennia, solar therapy has been used by numerous cultures to heal a wide variety of dis-eases. The sun sequence has a similar effect. The internal heat it creates stimulates physical healing and activates your inner energy resources. Will-power and enthusiasm are awakened and creative decision-making promoted.

KEY CHAKRA
SOLAR CENTRE 
high energy levels



Visualise a soft light glowing in the navel moving up to the heart.

- 1 Stand in the mountain pose, palms together in front of your heart. The potential of the day lies before you as you greet a new dawn.
- 2 With your elbows soft and your palms still together,

INHALE

raise your hands in front of you, separating your palms above your head. Gently arch back, contracting the core and gluteal muscles to support your lower back. Lift through the sternum.

SAFETY POINTS



Please avoid this sequence if you have a prolapsed disc or if you have had recent abdominal surgery.

Also avoid the cobra in this sequence if you have:

- ☞ an overactive thyroid
- ☞ a hiatus hernia
- ☞ a peptic ulcer.



3 OUT



3 EXHALE Flow smoothly into a relaxed forward bend by flexing forward from the hips and contracting the lower abdominal muscles. Your arms lower towards the floor and your head and neck are relaxed. Bend your knees slightly, if necessary, to relax the

4 IN



4 INHALE Lengthen your spine as you uncurl your back from the base upwards, and come into a standing posture. Raising your arms, gently arch back with your arms overhead.



Visualise light travelling from the base of the spine to the crown.

Repeat stages **3** and **4** two or three more times, finishing in the forward bend position.

5



Visualise light at the navel, warm like a softly glowing sun ...



... rising from the navel to the heart.



6 IN



5 NORMAL Move into the runner posture by placing your hands on the floor and extending your left leg backwards, toes tucked under. Rest the left knee on the floor. The right shin is vertical. Keep your head and neck relaxed and look straight ahead.

6 INHALE Place the top of your left foot on the floor. Uncurl your back, lifting through the spine as you raise your arms overhead. Arch back slightly. Follow the movement of your hands with your eyes.

7 OUT



7 EXHALE In a single, flowing movement stretch forward from the hips, bringing your chest over the right thigh, and sweep your arms down bringing them back past the sides of your body and behind you.

Repeat stages **6** and **7** twice.

BODY BENEFITS



The sun sequence encourages ideal weight balance by:

- ☞ recharging your entire endocrine system
- ☞ stabilising all body functions.

Regular practice promotes:

- ☞ physical stamina
- ☞ mental and emotional balance
- ☞ toning of major muscle groups.

DID YOU KNOW



SUN FACTS

The sun is 150 million kilometres away from us. Its light only takes eight minutes to reach us, but those same photons will have taken 50 million years to travel from the core of the sun to its surface.

The sun contains more than 99.8% of the total mass of our Solar System. Its energy output is 386 billion billion megawatts per second. By attuning to it during this sequence you access your own inner power!

8



9 IN



10 OUT



Visualise light gradually flowing down from the throat and heart down to the navel.

11 IN



Visualise light flowing from the base of the spine, expanding in the heart and moving into the crown.

12 OUT



Visualise light at the navel.



13



NORMAL

Place your hands alongside your right foot, tuck your left toes under and draw your right leg back parallel with the left, in an inclined plane. Slowly lower your body onto the floor and position your hands below your shoulders.

INHALE

Pushing against your hands, slowly raise your head and chest from the floor into the cobra. Keep the navel on the ground and the elbows slightly flexed. Gently draw in the lower abdominal muscles to help engage the lumbar multifidus (see page 46).

EXHALE

Lower your chest onto the floor, elongating your spine and the back of your neck, and tucking in your chin.

Repeat stages 9 and 10 twice, lifting a little higher each time. Breathe normally in the full cobra, then lower yourself down as you exhale.

NORMAL

Tuck your toes under and raise your hips into the air. Separate your feet as you walk them a little closer to your hands.

INHALE

Still on your toes, lift your tailbone and push your hips back, keeping the knees soft.

EXHALE

Straighten your knees and press your heels down towards the ground to come into the full dog posture. Feel your spine lengthening. Let your head relax between your arms.

NORMAL

Draw your feet closer together and bring your left leg forward into a runner position, checking that the left knee is directly above the ankle. Relax the right foot and knee onto the ground.

BODY BOOST

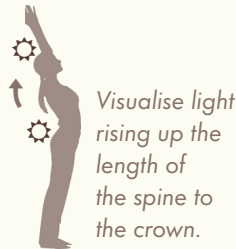
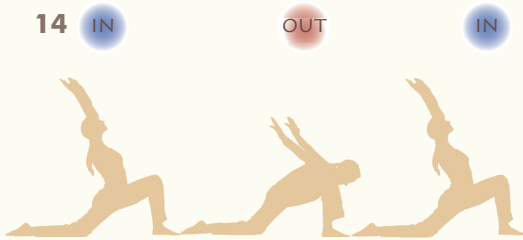


FATS THAT MAKE YOU THIN

Don't exclude essential fats from a weight loss diet. They actually facilitate the breakdown of excess body fat and so help you lose weight.

DIET DRINK

A daily cup or two of green tea promotes weight loss and also could help prevent cancer and arthritis. Green tea is packed full of anti-oxidants and stimulates the body to burn calories.



17 OUT SILENTLY AFFIRM
I CREATE
EASILY AND
EFFORTLESSLY



14 With the left leg forward, repeat stages 6 & 7.

16 Bring the right leg forward to join the left one in a forward bend position and uncurl as you breathe in.

17 Bring your palms together in front of your heart.

15 Place your hands on the ground on either side of your left foot.

Feel the fire of determination alive and active within you. You are ready to move forward into the day.

BODY BOOST



'SOLAR PANEL' FATS

The sun plays a crucial role in maintaining your health and is absorbed into your body when the correct nutrients are present. The electrons in essential fats such as flax oil lie

on the same wavelength as sunlight. This means that they can attract solar energy and store it in your body until it is needed.