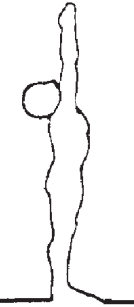


# MOVEMENT MEDITATION: The Sun Salutation

## -Some Notes on Movement Meditation-

The key to doing movement meditation is the breath. If you keep it smooth, breathing in and out of your nose, you will be able to maintain the meditation zone even while moving. For the Sun Salutation, try to bring your breath into your stomach. To do this you might have to breathe a little deeper than usual. Each movement should take place during either an inhale or an exhale. If you do the Sun Salutation more than once, try and stretch a little further your next time through. But remember, don't push yourself too hard. The purpose of movement meditation is to calm your mind and enhance your sitting meditation, not to cause an injury. If you want to do a session of movement meditation, it is good if you can do the Sun Salutation at least 3-9 times. \*It is ok to do the Sun Salutation if you are pregnant.

## -The Short Version-



Starting at the mountain position, your hands are pressed together in front of your chest. Take one deep breath before starting. This will center you.

**1. Inhale.** Reach your arms up towards the ceiling. Don't forget to look through your fingertips and really stretch your stomach.

**2. Exhale** As you exhale, lean over to touch your feet, or however far you can go. Remember that your eyes should be looking towards your belly button.

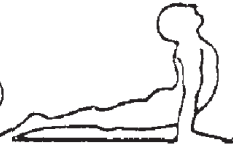
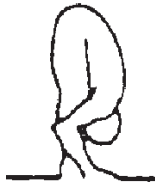
**3. Inhale** Bring your hands to your feet or shins while looking up. Remember to keep your back straight.

**4. Exhale** Relax your neck by looking down towards the floor.

**5. Inhale** Lift all the way up, again reaching towards the ceiling and looking through your fingertips.

**6. Exhale** Bring your hands back in front of your chest. This completes the cycle. To continue, start again with the first move.

## -The Long Version-



Starting at the mountain position, your hands are pressed together in front of your chest. Take one deep breath before starting. This will center you.

**1. Inhale** Reach your arms up towards the ceiling. Don't forget to look through your fingertips and really stretch your stomach.

**2. Exhale** As you exhale, lean over to touch your feet, or however far you can go. Remember that your eyes should be looking towards your belly button.

**3. Inhale** Bring your hands to your feet or shins while looking up. Remember to keep your back

**4. Exhale** Shoot or walk your legs back like you are going to do a push-up.

**5. Inhale** Lift your body up with your arms. This is like a cobra position. Hold this position for 4 complete breaths.

**6. Exhale** Bring your hips up. You should have your palms flat, and most of your body weight should be on your arms. Your knees should be bent. Hold this for 5 breaths.

**7. Inhale** Walk your legs to where your hands are. You should be looking up towards the ceiling.

**8. Exhale** Relax your neck by looking down towards the floor.

**9. Inhale** Lift all the way up again, reaching towards the ceiling and looking through your fingertips.

**10. Exhale** Bring your hands back in front of your chest. This completes the cycle. To continue, start again with the first move.