



Video Transcript

Learn Sun Salutations & Why You Do Them

Hi, thanks for joining me. My name's Amanda, and I'm going to be going through sun salutations,

Serenomascar A and Serenomascar B. So a lot of times you'll see this vinyasa sequence throughout the class or the practice. A lot of times we use this to warm up. So I'm going to go through some of the basics so you can start to focus on these and start to string them together so it feels fluid and flawless.

It can be really challenging sometimes when we're moving and breathing and trying to follow along. Insert Namaskar A, it's one breath to one move.

So it's a little easier to follow along and and breathe and it kinda makes sense as we're moving we inhale look up reach up exhale fold forward go down so the rhythm is that we lift up and inhale and exhale as we fold down go within and Surin Namaskar B, Sun Salutation B, sometimes we're adding a few more moves in there to one breath, to one inhale or one exhale. So it can start to be quite challenging, very invigorating. And that's why it's a great way to start your day or your practice with these moves. If you don't have a whole lot of time for a full practice, Do a few of these, and you're going to be good to go. So we're going to start with Sun Salutation A, Surinamaskar A. Come to the top of your mat into Samastithi. The hands will be by your side. This really starts to invoke this presence and this openness that you're ready to take on the day.

Allow for your sun salutation, in Syria to be like an active devotion to the source that gives us all life and energy. So it's like a moving meditation. Allow gratitude to come into your heart center and move from there. Hands by your side.

Take a moment. Take a deep breath in.

Exhale through the nose. All the breath out. On the next Inhale reach the arms up look up exhale fold forward bow down half lift inhale exhale reach the hands down we're going to walk it back so take as many steps just into your high plank that's on an exhale and we're going to take an extra breath here inhale exhale and going through full chaturanga first slowly lower elbows in, strong legs, look forward, lower halfway, Chaturanga. Upward facing dog, we inhale as we look up, lifting our hearts. Downward facing dog exhale, we take it back into Atomukashwanasana, downward facing dog. We stay here for five breaths, so Ujjayi breath for five counts, five breaths. After that last exhale, you can soften the knees, really stretch the hips back, complete the exhale, looking forward. You want to see where you want to go. Take little steps, big steps, or for some of you, you hop to the top on that breath, inhaling half lift, exhaling, Uttanasana, fold forward. Inhale, we rise up, take the arms up, look up, exhale, we're right back where we started. So I'm going to go through that a little bit faster. I'm going to go through it with the jumps and then I'm going to go through it again with a few modifications. Starting in Samastithi. Inhale, look up. Exhale, fold forward all the way down. Inhale, half lift, try and keep the fingers where they are. Jumping into Chaturanga or walking. Exhale.

Inhale, upward facing dog. Downward facing dog, exhale. The breath and the moves are always coordinated the same. You remain here for five breaths. On the base of that exhale, soften the knees look forward. On the inhale, jump to your half lift. Exhale, fold. Inhale, rise.

Stay standing. Exhale, Samastithi. So that's a little bit more of an intermediate advance variation. Work your way up to it. This is the very same breath and a little bit of a modified. Just follow along. Starting from Samastithi, hands by your side. Inhale, look up, lift the arms. Exhale, fold forward.

Half lift, inhale, you can even bring the hands a little higher. Exhale, you can walk, step, or jump into your plank, then lower knees.

Chest and chin, upward facing dog or cobra. My hips are down.

Upward facing dog is where the arms are straight. My knees are straight and lifted my toes are pointed you can soften the knees even from here if you're more down in your cobra tuck the toes press onto the knees and we all meet in downward facing dog on the exhale you're here for five breaths on the base of that exhalation soften the knees reach the hips back so almost like leapfrog you inhale walk step or jump Half lift. Exhale, fold forward. Inhale,

rise up. Hands by your side, exhale. So you can see that the breath is always coordinated to the movement. This is what makes vinyasa yoga. So even if your breath doesn't match the cue, it will get there eventually. Practice, practice, practice. practice. For Sun Salutation B, Surya Namaskar B, there's a few more components added in there. Just do the best that you can, get back into the breath where you know you can breathe. Like in downward dog, you exhale, and we all meet back up at the top. Take your time. So starting in Samastithi He,

equal standing pose. You can see I'm very strengthened through my legs. I'm strong, attentive, and ready.

We start with an in-breath and go into chair pose, so it's a love and hopefully a love situation eventually with chair pose. So bend the knees, reach the hips back, weight through the heels, take the arms up. That's all on one breath. Sink low, reach the arms up. Inhale, we look up. Exhale, fold forward. All the breath out, fold down. Half lift, inhale. We go through the Chaturanga. Hands down, walk, step, or jump.

Inhale, upward facing dog. Look up. Exhale, downward facing dog. Get your feet planted. Ready for Warrior One, right foot forward. Inhaling, inhaling.

I'm still inhaling that one Inhale, look up, reach up. Exhaleing, hands down, I'm still exhaling, exhaling, lowering through my chaturanga. Inhale, we lift up through the heart and chest, upward facing dog, exhale, other side, left footsteps forward, ground through the back heel, bend deeply, Warrior One, Birabedrasana, one other side, inhaling, bring the hands together. Exhale, one exhale to take it all the way down. Chaturanga Dundasana, upward facing dog. Here we are, meeting together, downward facing dog and breathe. Five breaths and downward dog. So take those five breaths after adding those vinyasas and those warriors with those breaths. You're really going to want to take it. On the base of the exhale, soften the knees, look forward, walk step or jump, inhale.

Inhaling, half lift. Exhale, fold, and we revisit chair pose, bend the knees.

Utkatasana, sink low, look up, hands by your side. So that's Surinamaskar B.

Let's put it all together.

Surinamaskar B, starting with your hands by your side. Inhale, sink low.

Reach up. Exhale, fold forward. Half lift, inhale. Chaturanga, exhale. Inhale, upward facing dog. Exhale, downward facing dog.

One breath, right foot steps forward, Warrior One. Look up, reach up, exhale.

One breath, Chaturanga Dandasana, inhale, upward facing dog, exhale, downward facing dog, other side, one breath, left foot forward, plant the back heel, look up, reach up, sink low, Chaturanga Dandasana, exhaling one breath.

Upward facing dog, look up, downward facing dog, take it back, exhale, you did it, stay here for those five breaths in your practice or if we're in a vinyasa class, however many breaths the instructor may give you. You can always rest.

You can come down, you can come back, join the rest, and then getting ready to come back to the top of your mat. Exhaling, soften the knees, reach the hips back. Looking forward, you inhale, Half lift.

Exhale, fold forward. Chair pose, Utkatasana, sink low. You can do it.

Lift the hands up, look up. Lift the heart standing, samistatehi.

Good job. Go ahead and have fun with that. Take your time and let your practice develop slowly. Like a lotus flower, we have to get through the mud before we find the blossom.

