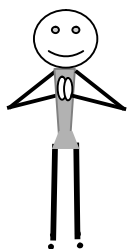




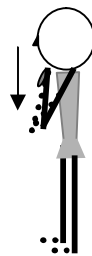
# Sun Flow



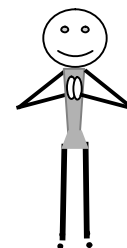
Stand in mountain posture  
hands at the heart



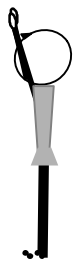
Raise hands  
IN



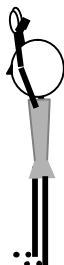
Bring hands down in front  
of body  
OUT



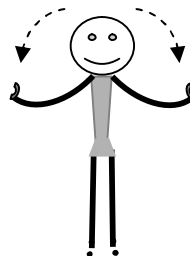
Raise hands,  
IN



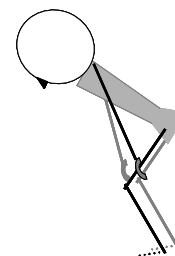
look up through diamond  
shape formed by hands to  
sun OUT



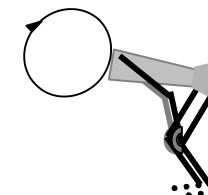
Look forward  
IN  
(up on toes?)



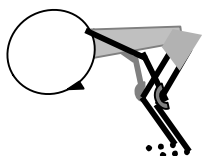
Make shape of sun as arms  
lower to  
OUT



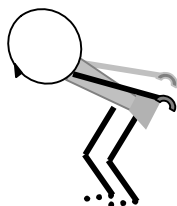
Hands come to thighs to  
make soft forward bend  
OR Deep squat



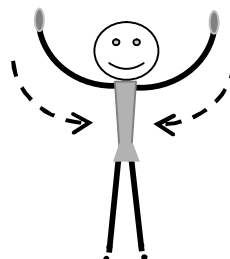
Look up  
(standing cat)  
IN



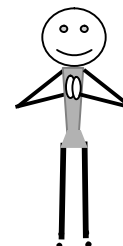
Round back to look to toes  
OUT  
Repeat 3 times



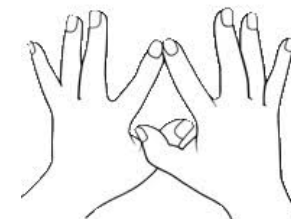
Come to neutral spine then  
raise bring arms to  
overhead



Make shape of sun with  
hands  
IN



to return to mountain  
posture  
OUT



Repeat as many times as you  
wish and enjoy the flow

