

A few rounds of the Sun Salutations can boost energy and calm and clear the mind.

Start in the Mountain pose. Stand erect with head and body straight but relaxed. Feet are together, knees are straight, and arms relaxed at the sides. Inhale deeply, then exhale bringing the palms together in prayer position in front of the heart centre.

Inhale lifting arms over head. Arch body backwards keeping arms up alongside ears and look up at your hands. Exhale as you bend over into a forward fold. Knees can be bent to allow hands to touch floor next to feet while head relaxes.

Inhale straightening knees into a half fold, then exhale stretching first the right leg then left leg back as far as possible. Body should be in a straight line with palms flat on the floor, Chaturanga pose or high plank.

Exhale lowering body to the floor, then inhale lifting up upper body. Keep hips on the ground and palms on floor beneath the shoulders. Gently stretch upward with the head keeping shoulders down and relaxed so there is no tension in the neck, Cobra pose.

Exhale tucking your toes under, bring hips up to form an inverted V, Downward Dog pose or Adho Mukha Savasana.

Inhale to half forward fold as before, then exhale to forward fold allowing hands to touch the floor by your feet, Uttanasana. Finally Inhale lifting arms above head, arch backwards as before, then exhale returning hands to prayer position in Mountain pose.

One round completed!

