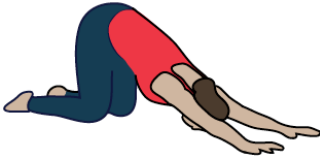


Modified Sun Salutation

A modified version of the Sun Salutation for those who require a gentler option.



<p>Inhale. Exhale: Namaste</p>	<p>Inhale: Extended mountain pose</p>	<p>Exhale: Forward fold with knees bent</p>	<p>Inhale: Right leg back into lunge</p>	<p>Retain breath: All fours</p>	<p>Exhale: Moving cat pose</p>
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<p>Inhale: Arch the back</p>	<p>Exhale: Kneeling downward dog</p>	<p>Inhale: Right leg forward into lunge</p>	<p>Exhale: Forward fold with knees bent</p>	<p>Inhale: Extended mountain pose</p>	<p>Exhale: Namaste</p>
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