



# HEALTH AND WELLBEING CHECKLIST

Date 

17

## Daily Sun Salutation Routine

Practicing sun salutations promotes flexibility, strength, and mindfulness. Use this checklist to establish a daily yoga routine.

### Prepare Your Space

- Choose a quiet, open area with a yoga mat to ensure stability and focus.
- Tip: Keep water and a towel nearby for added convenience.



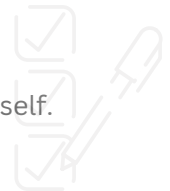
### Start with a Warm-Up

- Loosen your muscles with light stretches or gentle twists to prepare your body.
- Tip: Focus on areas like your shoulders, hips, and back to prevent stiffness during the flow.



### Begin in Mountain Pose (Tadasana)

- Stand tall with feet together, arms at your sides, and take a deep breath to centre yourself.
- Tip: Engage your core and ground through your feet to feel stable and balanced.



### Inhale and Reach Up

- Raise your arms overhead and stretch toward the sky to lengthen your spine.
- Tip: Keep your shoulders relaxed and avoid tensing your neck as you reach upward.



### Exhale into Forward Fold

- Hinge at your hips and let your hands reach toward the floor to stretch your hamstrings.
- Tip: Slightly bend your knees if needed to avoid straining your lower back.



### Step Back into Plank Pose

- Plant your hands firmly and step back into a straight-arm plank to engage your core.
- Tip: Align your shoulders over your wrists and keep your body in a straight line.





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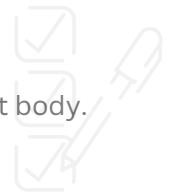
### Lower to Chaturanga

- Lower your body halfway down, keeping elbows close to your sides for proper alignment.
- Tip: Modify by lowering your knees to the mat if full Chaturanga feels too challenging.



### Inhale to Upward Dog

- Straighten your arms, lift your chest, and open your heart forward to stretch your front body.
- Tip: Keep your thighs lifted off the mat and press the tops of your feet into the floor.



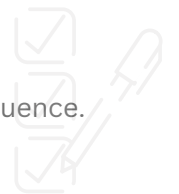
### Exhale to Downward Dog

- Lift your hips, forming an inverted “V” with your body to stretch your back and hamstrings.
- Tip: Spread your fingers wide and press evenly through your palms for stability.



### Step Forward and Rise

- Return to forward fold, then stand back up, raising arms overhead to complete the sequence.
- Tip: Move slowly and with control to maintain alignment throughout the transition.



### Repeat the Sequence

- Complete 3-5 rounds for a full-body workout that builds strength and flexibility.
- Tip: Synchronise your breath with each movement for a mindful, flowing practice.



### Cool Down with a Relaxation Pose

- Lie flat in savasana for a few minutes to rest and integrate the benefits of the practice.
- Tip: Close your eyes and focus on slow, deep breathing to fully relax your body and mind.



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