

# Invigorate your body

The Sun Salutation is a morning yoga practice to get the blood flowing and stretch all the major muscles, awakening the whole body. Yoga teacher Amanda Fell ([amandafellyoga.com](http://amandafellyoga.com)) explains how.



1. Stand tall with feet together and palms touching each other in front of the chest.
2. Inhale, raise the arms and gently bend backwards, stretching the arms above the head.



3. Exhale and slowly bend forwards so your head meets your knees and your hands reach your feet (or as far as they can go).
4. Inhaling deeply, take a long backwards step with the right leg. Keep your hands and feet firmly on the ground, with the left foot positioned between the hands. Look up to the sky.
5. While exhaling, take the left foot to meet the right one. Keeping your arms straight, raise the hips and position the head in between the arms.
6. Hold your breath and lower the entire body to the floor until your feet, knees, hands, chest and forehead touch the ground.
7. Inhale, and lift the torso to bend it backwards, and look towards the sky.
8. Exhale and push the hips towards the ceiling, keeping the arms straight.
9. Inhale and step the right leg between your hands.
10. Exhale and bring your left leg to join the right. Repeat step 3.
11. Inhale and repeat step 2.
12. Exhale and return to the starting position. Repeat the sequence eight times, alternating between legs.

