

Sitting Sequence to Honour the Sun

Sit with legs in front, Dhandasana, stick pose; take time to make your connection to the Sun. Practice the following whilst chanting the Surya Mantras.

1 hands to heart

2 raise arms overhead and look up

3 fold over legs

4 sit up arms to sides shoulder level

5 hands behind lift bottom and chest towards ceiling (or sitting cat)

6 release and fold over legs

7 sit up and arms out to shoulder level

8 fold to left (keep buttocks on floor), raise right arm above look up

9 fold to right (keep buttocks on floor), raise left arm above look up

10 fold over legs

11 sit up arms overhead

12 hands back to heart.

As you practice notice what the breath is doing, the placement of the hands...and try and flow effortlessly with the mantras.