

## Salutation to the Sun

The Salutation to the Sun is a very important part of a Yoga practice. We don't teach this to our very young kids but we do like to start the younger ones when they are ready with the ROLLING SALUTATION. THEN we teach the Sergeant Salutation. THEN we teach a regular 12 step Salutation to the Sun.

**THE ROLLING SALUTATION:** For all ages, especially younger...

1. Standing in Mountain pose
2. Hands in prayer/wish'n position (what are you wish'n?)
3. Reach your hands up to the sky (Butterfly up) (inhale)
4. Reach down (Butterfly down) (exhale)
5. Rag doll position (hold and keep breathing)
6. Wind breaking pose, rock and roll Yoga three times
7. Rag Doll position (exhale)
8. Reach your hands up to the sky (Butterfly up) (inhale)
9. Hands in prayer/wish'n position (exhale)

We like to ask the kids what is their favorite Rock'n Roll band? Or three of them.

Then when we do this Rock'n Roll Salutation we yell out the names of our favorite Rock bands as we roll. If they are clueless pick bands like:

The Beatles, The Rolling Stones, The Beach Boys. Or find bands that are current and *clean*.

**THE SERGEANT SALUTATION: CALL AND RESPONSE STYLE!**

This was invented out of sheer necessity to get the kids in our LARGE class to stop talking.

NAMASTE/BUTTERFLY UP/BUTTERFLY DOWN/RAG DOLL/JUMP BACK/PLANK  
POSE/DOWNWARD DOG/UPWARD DOG/DOWNWARD DOG/JUMP FORWARD/RAG  
DOLL/BUTTERFLY UP/NAMASTE

We usually do 2 or 3 rounds and mix it up each time. Add other poses like: Side Plank, Bow Pose, Three Legged Dog, Walk the dog, etc.

**THE SALUTATION TO THE SUN:**

Integral Yoga <sup>tm</sup> "Salutation to the Sun."

Follow the song from KAY "Salutation to the Sun"