

WHY?

Strengthens the entire digestive system and cures, and prevents constipation. Vitalizes the nervous system and cures brain-fog, forgetfulness, worries and other forms of mental derangement. Vitalizes the heart. Develops the lungs. Improves the quality and circulation of the blood. Wonderful skincare exercise. Strengthens the neck, shoulders, arms, wrists, fingers, back, stomach, waist, abdomen, intestines, thighs, knees, calves and ankles.

Strengthening the back is known to be a simple but efficient remedy for kidney troubles. Improves and develops the chest, i. e. keeps it hard, firm and elastic; restores it to normal loveliness.

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10.

Here comes the sun.

30 days YOGA challenge

1.



2.



3.



4.



5.



6.



7.



8.



9.



Surya Namaskar/Sun Salutation

WHAT?

Surya Namaskar is the perfect morning practice to awaken the body, focus the mind, and connect to a sense of gratitude for the new day. 1. Tadasana-mountain pose 2. Urdhva Hastasana-Upward Salute 3. Uttanasana-standing forward bend 4. Anjaneyasana-low lunge 5. Kumbhakasana-plank pose 6. Chaturanga Dandasana-four-limbed staff pose 7. Urdhva Mukha Svanasana-upward facing dog 8. Ardha Mukha Svanasana-downward facing dog 9. Anjaneyasana-low lunge 10. Uttanasana-standing forward bend 11. Urdhva Hastasana-Upward Salute 12. Tadasana-mountain pose

HOW MANY?

Each day the number of the day of the month x 2 as we have to do the exercise for both legs. So we start with 1 round of sun salutation (x2) on the 1st of May, on the 2nd of May we should do $2 \times 2 = 4$ rounds, on the 15th of May $15 \times 2 = 30$ etc. On the 31st of May we will arrive to 31 rounds = 62. But remember, each body has a different capacity and different flexibility. The idea is not to compete with anyone. Do only as much as you can or your body can take. It is a good idea to do Surya Namaskar early morning at sunrise, on an empty stomach.

Are YOU READY?