

Sun Salutation with Katie B

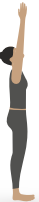
Sun A

We'll cover this workout in class.



1. Mountain

Stand with your feet hip-width apart. Press your palms together in prayer position.



2. Upward Salute

Inhale as you sweep your arms out to the side and overhead. Gently arch your back and gaze toward the sky.



3. Standing Forward Fold

Exhale as you fold forward from the hips. Bend your knees if necessary. Rest your hands beside your feet and bring your nose to your knees.



4. Half Standing Forward Fold

Inhale as you lift your torso halfway, lengthening your spine forward so your back is flat. Your torso should be parallel to the floor. Keep your fingertips on the floor, or bring them to your shins.



5. Four-Limbed Staff Pose

Exhale as you step or jump back into Plank Pose (High Push-Up Pose), with your hands under your shoulders and feet hip-distance apart. Continue exhaling as you lower your body toward the floor. Keep your elbows tucked in toward your sides. If needed, come to your knees for Half Chaturanga. Otherwise, keep your legs straight and reach back through your heels.



6. Upward-Facing Dog Pose

Inhale as you draw your chest forward and straighten your arms. Draw your shoulders back and lift your heart to the sky. Press through the tops of your feet, lifting your thighs off the floor and fully engaging your leg muscles. Keep your elbows tucked in toward your sides.



7. Downward-Facing Dog Pose

Exhale as you lift your hips and roll over your toes, placing the soles of your feet on the floor. Your heels do not need to touch the ground. Ground down through your hands and the soles of your feet as you lengthen your spine. Lift your belly and sit bones toward the sky. Stay here for five breaths. On your last exhalation, bend your knees and look between your hands.



8. Half Standing Forward Fold

Inhale as you step or jump both feet between your hands. Lift your torso halfway, lengthening your spine forward so your back is flat. Your torso should be parallel to the floor. Keep your fingertips on the floor, or bring them to your shins.



9. Standing Forward Fold

Exhale as you fold your torso over your thighs. Bend your knees if necessary. Rest your hands beside your feet and bring your nose to your knees.



10. Upward Salute

Inhale as you sweep your arms out to the side and extend up once again. Gently arch your back and gaze toward the sky.



11. Mountain

Exhale as you come back into Mountain Pose. Bring your hands into prayer position.

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Sun C

We'll cover this workout in class.



1. Mountain

Stand with your feet hip-width apart. Press your palms together in prayer position.



2. Upward Salute

Inhale as you sweep your arms out to the side and overhead. Gently arch your back and gaze toward the sky.



3. Standing Forward Fold

Exhale as you fold forward from the hips. Bend your knees if necessary. Rest your hands beside your feet and bring your nose to your knees.



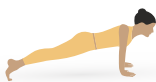
4. Half Standing Forward Fold

Inhale as you lift your torso halfway, lengthening your spine forward so your back is flat. Your torso should be parallel to the floor. Keep your fingertips on the floor, or bring them to your shins.



5. Lunge (right foot back)

Exhale as you step your right foot back. Keep your fingertips and left heel on the ground. Reach back through your right heel. Beginners can place the right knee on the ground.



6. Plank

Inhale as you step your left foot back, coming into Plank Pose (also known as High Push-Up Pose). Spread your fingers and align your wrists directly under your shoulders. Your feet should be hip-distance apart. Draw back through your heels and lengthen your spine.



7. Knees, Chest, and Chin

Exhale as you lower your knees to the floor, keeping your elbows tucked in toward your sides. Keeping your hips lifted off the floor and palms flat, bring your chest and chin to the floor. Place your chest between your hands.



8. Cobra

Inhale as you draw your chest forward, keeping your hands underneath your shoulders. Extend your legs along the floor and un-tuck your toes. Draw your shoulders back and lift your chest slightly. Keep your lower ribs on the floor.



9. Downward-Facing Dog

Exhale as you lift your hips and roll over your toes placing the soles of your feet on the floor. Your heels do not need to touch the ground. Ground down through your hands and soles of your feet as you lengthen your spine. Lift your belly and sit bones to the sky. Stay here for five breaths. On your last exhalation, bend your knees and look between your hands.



10. Lunge (right foot forward)

Inhale as you step your right foot between your hands, coming into a lunge on the opposite side. Keep your fingertips and right heel on the ground. Reach back through your left heel. Beginners can place the left knee on the ground.



11. Upward Salute

Inhale as you sweep your arms out to the side and extend up once again. Gently arch your back and gaze toward the sky.



12. Standing Forward Bend

Exhale as you step your left foot forward, coming back into the Forward Fold. Bend your knees if necessary. Rest your hands beside your feet and bring your nose to your knees.



13. Mountain

Exhale as you come back into Mountain Pose. Bring your hands into prayer position.

State Farm® Presents

Sun Salutation with Katie B

Ending Meditation

Welcome to your cooldown & connect moment— better known as meditation. Today's happy formula focuses on gratitude and healing.

Healing yourself will ask more of you...

More rest
More self love
More letting go
More time for learning
More space for transition
More honesty about your feelings
More time developing good habits
More courage to try new practices
More time cultivating your inner strength
More faith in yourself and the process.

- Yung Pueblo



Mental Health is Multidimensional

Meditation is good, but there are other ways to help you live in the moment and boost your mental health. Here are five principles for you to put into practice.

1. Build and keep strong relationships
2. Get plenty of sleep
3. Eat quality foods to receive proper nutrition
4. Practice self-care through therapeutic interactions
5. Express gratitude regularly