Beginner Sun Salutation Sequence and Safety Checklist

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1. Before you start

[ ] Cleared with my doctor if pregnant, injured, over 65, or living with high blood pressure, glaucoma, or a back, hip, knee or wrist problem

[ ] Empty stomach or 2 to 3 hours after a meal [ ] Water nearby [ ] Clear space the length of a mat

[ ] Not in a heated room if pregnant [ ] I will stop for pain, chest pain, dizziness or breathlessness

2. Sun Salutation A: one breath per movement

#	Pose	Breath	Easier option
1	Mountain (Tadasana): stand tall, feet hip-width	Breathe in	Feet wider for balance
2	Upward salute: sweep arms overhead	Inhale	Hands at chest instead
3	Forward fold (Uttanasana): hinge at hips	Exhale	Bend knees generously
4	Half lift: hands on shins, back long	Inhale	Hands on thighs
5	Plank, lower slowly (Chaturanga)	Exhale	Knees down, or lower all the way
6	Cobra or upward-facing dog: lift chest	Inhale	Low cobra, elbows bent
7	Downward-facing dog: hips up and back	Exhale, 3 to 5 breaths	Knees bent, heels lifted
8	Step forward, fold, rise to Mountain	Inhale, exhale	Walk feet up slowly

Start with 3 slow rounds. Finish with 3 to 5 minutes lying still (Shavasana).

3. Form checks

Breath stays smooth? If not, slow down. Knees bent in folds? Shoulders away from ears?

Wrists: weight spread through the whole hand, fingers wide. Low push-up: knees down until you have the strength.

Skip as a beginner: headstand, shoulder stand, full lotus, forceful breathing (NCCIH).

4. Two-week practice log

Day	Date	Rounds	Breath smooth? (Y/N)	How I felt after
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

Yoga is not a treatment for any illness. Learn with a qualified teacher where possible; self-taught practice is linked to higher injury risk (NCCIH).