

# Sun power

Breathe in the early summer air and loosen up for the holiday season with this flow sequence from the sun specialists at Sun Power Yoga

Anne-Marie Newland is the founder of Sun Power Yoga ([www.sun-power-yoga.co.uk](http://www.sun-power-yoga.co.uk)) and the Sun Power Yoga Training School. The school mixes three traditional styles of yoga: dynamic hatha, sivananda and ashtanga vinyasa.

Sequencing is a big part of this style. The name given to the sequencing of poses is actually rather old, vinyasa krama. The Sanskrit word vinyasa means 'yas' to place and 'vin' in a special way.

Placing poses that compliment each other has a quality that is a joy to practice. This particular series is one of Newland's used in her own practice and quite advanced. For those still working on their poses, try this with the half lotus instead of the full lotus. You will not get off the floor but will start to use the right muscle groups to strengthen arms and abdominals.

Please remember that these sequences should not be practised on their own but as part of a practice that has already warmed up the body enough to achieve a pose without injury.

Practice the breath at all times and stay focused when holding any poses. The main pose can be held for a minimum of three breaths. After a while, you can hold for longer but without force...use the flow of the breath throughout.

Enjoy your practice; it should never be a chore!



1.

Sit down and prepare the pose Padmasana/Lotus. Inhale, exhale, and allow the pose to settle as well as the mind



2.

Place your hands down by the side of your hips, spreading the fingertips and mentally preparing. Take a strong inhale and contract the abdominals; drawing the knees towards the navel. Breathe in and out slowly and steady the mind by focusing the eyes on one spot.



3.

Lower yourself with the out breath. Place the hands in open lotus Mudra/gesture and breathe until the heart rate drops.



4.

Inhale raise the arms palms together thumbs crossed over palms and lift out of the hips to the sky.



5.

Inhale and exhale then inhale deeply and lower arms to floor allowing you to come up onto the knees and lay out on the floor. Watch out for your toes! Hold, breathing for 3-5 breathes



6.

Push your self up using your hands and abdominals to come back to sit and lower hands to open lotus once more, breathe and focus

7.



Inhale and roll onto your left side remaining in lotus pose. Lift out of the ribs and press elbow and forearm into the floor to stabilise. Lower the right arm to the knee with the hand in Chin Mudra, 1st finger and thumb together. Hold for 3-5 breaths

8.



Inhale to come back to sit. Raise the arms above the head and look at fingertips to stretch out the hips and ribs. Breathe calmly

9.



Bring your feet together knees out and lift your heels off the floor as you hold them. Balancing here, begin to extend legs to the side. Aim for a good supported spine and use your abdominals to help you. If you cannot fully extend legs then hold under the knees. Breathe slowly and focus your eyes on one spot. Hold for 3-5 breaths

10.



Slowly come down to bring yourself back into Lotus. Then with some attitude, strike a pose that says "not bad!"

Repeat on the other side, folding the left leg over the right this time, to make sure the hips work the same on each side.