

Kneeling Salutations – A Meditation Sequence

- 1) Start in vajrasana, kneeling position.
- 2) Inhale, lift up, pelvis leads.
- 3) Exhale to bharmanasana, table top pose.
- 4) Inhale to bitilasana, cow pose.
- 5) Exhale to adho mukha svanasana, downward facing dog. Inhale, lengthen spine and push hips away.
- 6) Exhale to balasana, child's pose.
- 7) Inhale lift arms back to kneeling.
- 8) Exhale, bring hands together at chest or place on knees to sit in vajrasana for 5 breaths.
- 9) Exhale, release hands to side of hips ready for the next salutation.

This practice is a simple sequence that begins and ends in Vajrasana, an ideal meditation posture for both new and experienced students. Meditation can be hard physically and mentally. Sitting still in one position can become uncomfortable and the mind can have trouble not to wander. Practice several salutations before meditation to focus the mind or practice between meditation to relieve the ankles, knees, back, shoulders and neck.

Vajrasana

Vajra = thunderbolt or diamond. Asana = posture.

Props (optional) - Use a blanket as padding under knees. A bolster to sit on for kneeling and child's pose.

Do not practice if experiencing knee or ankle injuries.

Ashtanga Vinyasa Yoga, Surya Namaskara A

The vinyasa count for surya namaskara A is in *italics* under each corresponding picture. These salutations can be practised alongside surya namaskara A when a student is injured, tired, menstruating or just needing a gentler approach.



1) Vajrasana



2)

Ekam: in 1



3) Bharmanasana

Dve: ex 2



4) Bitilasana

Trini: in 3



5) Adho Mukha Svanasana

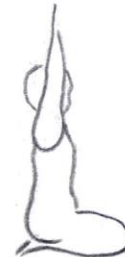
Catvari: ex 4

Panca: in 5



6) Balasana

Sat: ex 6: 5 breaths



7)

Sapta: in 7



8) Vajrasana

Astau: ex 8



9)

Nava: in 9