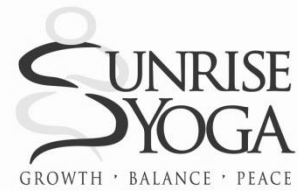


# Preparation schedule for the 108 Sun Salutations



## Warm Up

5 minutes

Virasana with twist	hero pose
Adho Mukha Virasana	child pose
Supta Padangusthasana I moving in and out of pose	reclined hand to big toe
Adho Mukha Svanasana - playful	downward facing dog pose
Shalabasana	locust
Adho Mukha Svanasana	downward facing dog pose

## Cool Down

10 minutes

Sukasana with twist	easy crossed legs pose
Baddha Konasana with side bend	bound angle
Marichyasana III	pose dedicated to sage, Marichi
Supta Padangusthasana III	reclined hand to big toe
Savasana - 5 minutes	corpse pose

## To prepare for doing 108 Sun Salutations – or close to that number

Week of	Practice
8 weeks prior	12 sun salutations
7 weeks prior	12 sun salutations - 2 times during week
6 weeks prior	12 sun salutations - 3 times during week
5 weeks prior	27 sun salutations
4 weeks prior	12 sun salutations - 2 times during the week
3 weeks prior	54 sun salutations
2 weeks prior	27 sun salutations
1 week prior	27 sun salutations
	the big day!

## To prepare for doing fewer Sun Salutations

Week of	Practice
8 weeks prior	6 sun salutations
7 weeks prior	6 sun salutations - 2 times during week
6 weeks prior	6 sun salutations - 3 times during week
5 weeks prior	12 sun salutations
4 weeks prior	6 sun salutations - 2 times during the week
3 weeks prior	27 sun salutations
2 weeks prior	12 sun salutations
1 week prior	12 sun salutations
	the big day!

This is the classical sequence, but please modify poses as needed.

