













# KNEELING SALUTES TO THE SUN

	<b>BREATHE LIGHTLY AND SLOWLY</b>		<b>MAKE THE BREATH AND THE MOVEMENT THE SAME LENGTH</b>		<b>CONSIDER CHOOSING A RATIO FOR BREATH AND MOVEMENT</b>	
1 BREATHE IN		2 BREATHE OUT		3 BREATHE IN		4 BREATHE OUT / BREATHE IN
						
5 HOLD BREATH IN		6 BREATHE OUT		7 BREATHE IN		8 BREATHE OUT
						
9 BREATHE IN		10 BREATHE OUT		11 BREATHE IN		12 BREATHE OUT

**SUGGESTED RATIOS A METRONOME CAN BE HELPFUL**

**4 : 2 : 4 : 2**  
In Pause Out Pause  
**IS A GOOD START**

**2 : 2 : 2 : 2**  
In Pause Out Pause  
**TO INCREASE HEART RATE**

**5 : 2 : 10 : 2**  
In Pause Out Pause  
**TO PROMOTE MEDITATION**