

Camp Utopia Yoga

24 Hours to Better Verbal Cueing

Sun Salutation A & B Scripts



Sun Salutation A

- Begin in Mountain Pose at the top of the mat.
- Inhale - arms up.
- Exhale - bend your knees, forward fold
- Inhale – lift and lengthen the back of your body.
- Exhale – release, forward fold.
- Inhale – one leg, then the other, to the back of the mat.
- Exhale - plank
- Inhale - bend your elbows, tuck them in.
- Exhale - float the hips toward the floor.
- Inhale – squeeze your legs, lift your chest. Updog.
- Exhale – bend the knees, push your hips back.
- Inhale – pull your belly in, hips high.
- Exhale –downward facing dog.
- Inhale - look between your hands
- Exhale – step or jump to the front of the mat.
- Inhale - lengthen the back body.
- Exhale - forward fold.
- Inhale – bend the knees and push up.
- Exhale – let the arms float down.

Sun Salutation B

- Stand at the top of your mat with your feet together, toes and ankles touching.
- Inhale - arms up.
- Exhale - drop your shoulders down the back.
- Inhale - suck in your stomach.
- Exhale – sit. Lift your chest, pull the arms gently back.
- Inhale – press your belly and thighs together.
- Exhale – lift the hips, forward fold.
- Inhale - lengthen the back body.
- Exhale – release, forward fold.

- Inhale – one leg, then the other, to the back of the mat.
- Exhale - plank
- Inhale - bend the elbows, tuck them in.
- Exhale - float the hips to the floor.
- Inhale – squeeze the legs, lift the chest, updog.
- Exhale – bend the knees, push the hips back.
- Inhale – pull your belly in, hips high.
- Exhale – downward facing dog.

- Inhale - float the right foot forward.
- Exhale - find your ground.
- Inhale - lift your arms to the sky.
- Exhale - drop the hands to the floor.
- Inhale – float the right foot back.
- Exhale - plank.
- Inhale - bend the elbows, tuck them in.
- Exhale - float the hips to the floor.

- Inhale – squeeze the legs, lift the chest, updog.
 - Exhale – bend the knees, push the hips back
 - Inhale – pull your belly in, hips high.
 - Exhale – downward facing dog.
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- Inhale - float the left foot forward.
 - Exhale - find your ground.
 - Inhale - lift your arms to the sky.
 - Exhale - drop the hands to the floor.
 - Inhale – float the left foot back.
 - Exhale - plank.
 - Inhale - bend the elbows, tuck them in.
 - Exhale - float the hips to the floor.
 - Inhale – squeeze the legs, lift the chest, updog.
 - Exhale - bend the knees, push the hips back
 - Inhale – pull your belly in, hips high
 - Exhale – downward facing dog.
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- Inhale – look between your hands.
 - Exhale – walk or jump to the front of your mat.
 - Inhale - lengthen the back body.
 - Exhale – release, forward fold. **
 - Inhale - bend the knees; drop the hips, lift your arms.
 - Exhale – chair pose. Lift the chest, pull the arms gently back. **
 - Inhale – push up to the sky.
 - Exhale – let the arms float down.