# #137 The Forgotten Salutations

PRESENTED BY

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## Theory

Purpose:

3 Dimensional WarmUp:
*sagittal, frontal, transverse*

Sequencing:

Music:



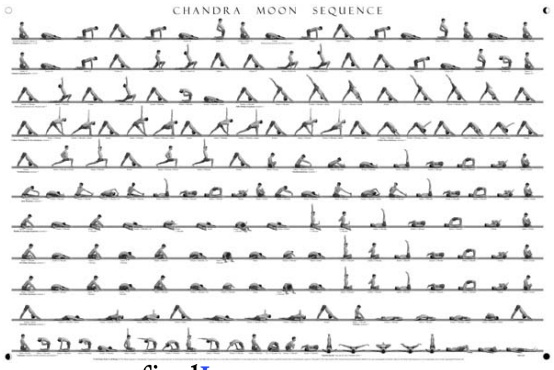
## Salutations

Sun includes:
*S to S*

Moon includes:
*S to F*

Earth includes:
*F to F*








## Moon of 15

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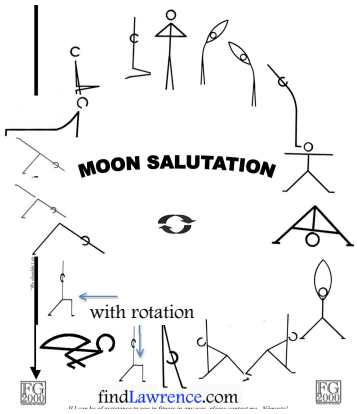

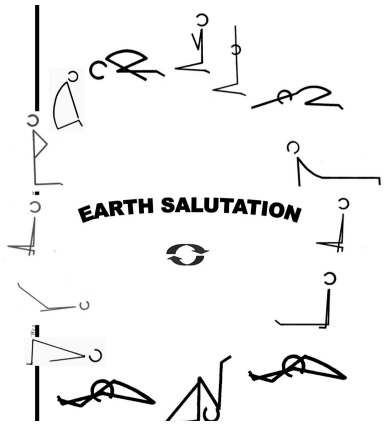


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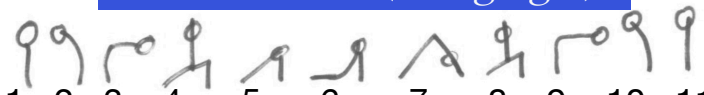
#ideaworld

IDEA WORLD

## Sun of 11 (facing right)




1.Mountain
2.Backbend
3.Chair (or Table, pictured)
4.Warrior
5.Plank
6.UpDog
7.DownDog
8.#4
9.#3
10.#2
11.Backbend

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IDEA WORLD

## Moon of 11 (facing right)

1.Mountain
2.LeaningPalm
3.BackBend
4.#2
5.Star
6.Triangle
7.#6
8.Mountain (or Chair)
9.Twisted Warrior
10.#9
11.Hero or Mountain

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IDEA WORLD

## Earth of 11 (facing right)

1.Hero
2.EarthSalute
3.UpDog
4.SeatedPalm
5.Staff
6.Intense Stretch
7.Bridge
8.#6
9.Camel
10.Earth Salute
11.Hero

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IDEA WORLD

## Class Ideas

Approach:
Teach and Explore Each Asana
Flow Through Each Asana (i.e. breath)
Use:
Warm-Up
Returning Visit
Once Through for Movement Experience
Build Up to a Trilogy

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IDEA WORLD

## Summary

Home-Work:

Final Take-Home Message:

Resources:

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IDEA WORLD