

# SUN SALUTATION ACTIVITIES

→ a CORD for yoga-based activities

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## Some context on yoga:

Yoga comes from India and is practiced in many different ways in many different places by many different people. It usually includes posing in still positions—poses, postures or asana—and breathing deeply. The word yoga means to yoke, or put together. In western practices, yoga is often framed as a secular, physical practice of moving, stretching and strengthening that allows you to de-stress, focus and relax. Sometimes yoga poses are strung together into flowing sequences that use an inhale or exhale for each movement. The Sun Salutation is one of these sequences.

## Suggestions for incorporating the Sun Salutation (see next page) into your classroom lessons:

- After teaching the Sun Salutation to your class, allow them to do it next to their desks to decompress between academic activities. Or, allow them to choose a pose from the sequence to do for a couple of breaths.
- The poses evoke landscape, animals and forms of travel. So create a (repeatable) yoga story/adventure that goes with the Sun salutation.
- Copy each pose onto a notecard and have students "choose their own adventure" by reorganizing them into a new sequence. Note: Adding in a lunge or another mid-level pose will help students to create smoother transitions between high and low poses.
- Have students create their own poses inspired by the Sun Salutation. They can even insert the poses into their own yoga stories/adventures/sequences.
- Present the Sun Salutation and the context on yoga provided above in a discussion about cultural appropriation. Follow up questions: Under what circumstances is doing movement borrowed from another culture a form of appropriation? When might it be more appropriate?

# SUN SALUTATION

INHALE  
arms overhead



EXHALE  
forward fold



INHALE  
long spine // to floor



EXHALE  
forward fold



INHALE  
step feet back

modified  
"push-up"  
position



EXHALE  
lower knees,  
chest & chin



INHALE  
lengthen/snake through  
(thighs on or off floor,  
elbows straight or bent  
back)



EXHALE  
inverted "V"



on an EXHALE

walk hands  
or feet to  
forward fold



INHALE  
long spine // to floor



EXHALE  
forward fold



INHALE  
arms  
overhead



EXHALE  
standing tall  
palms facing forward



BEGIN/END

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