CHECKLIST · HEALTH WELLBEING

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Daily Sun Salutation Routine

Practicing sun salutations promotes flexibility, strength, and mindfulness. Use this checklist to establish a daily yoga routine.

12 steps | Print-ready A4



NAME _____ START _____ TARGET DATE _____

1 Prepare Your Space

Choose a quiet, open area with a yoga mat to ensure stability and focus.

TIP *Keep water and a towel nearby for added convenience.*

2 Start with a Warm-Up

Loosen your muscles with light stretches or gentle twists to prepare your body.

TIP *Focus on areas like your shoulders, hips, and back to prevent stiffness during the flow.*

3 Begin in Mountain Pose (Tadasana)

Stand tall with feet together, arms at your sides, and take a deep breath to center yourself.

TIP *Engage your core and ground through your feet to feel stable and balanced.*

PREVIEW



PREVIEW

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