

# THE FORGOTTEN SALUTATIONS

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## I. INTRODUCTIONS

1. Traditional and yogic greetings: Nāmaste! (“*My inner peace meets, greets, and salutes your inner light*”)
2. Lawrence’s Background & Golden Door Spa
3. Our Purpose Today:
4. Resources and Gum:

## II. THEORY

1. Purpose of Salutations:
2. Uses of salutations:
  - i.
  - ii.
  - iii.
  - iv.
  - v.
3. Modifications
4. Feeling and Doing
5. Important transitions in Sun, Moon, and Earth Salutations:  
(duck, tiger, high staff, flying bridge, rotated warrior, star)
6. Ancient yogic wisdom:
7. Remember your first Sun Salutation....
8. Home-Work:
9. Final Take-Home Messages:

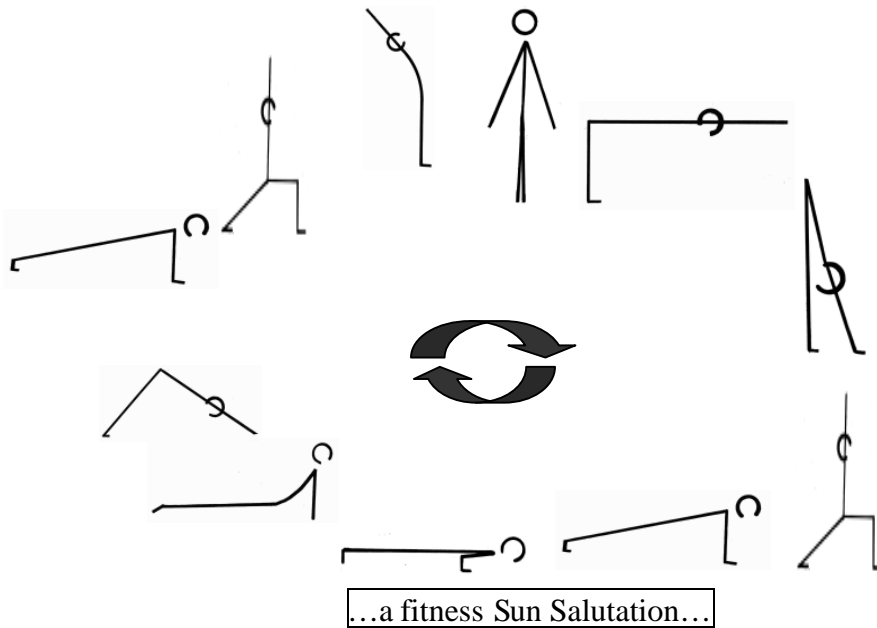
“We shouldn’t stop playing because we grow old, for we will grow old if we stop playing!”



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*If I can be of assistance to you in fitness in any way, please contact me. Nāmaste!*

### III. PRACTICAL



#### MODIFIED SUN OF 11

Mountain, Standing Backbend, Table, Warrior #1, Plank, Upward Facing Dog (or Cobra), Downward Facing Dog (or 1/2 Dog), Warrior #1, Table, Standing Backbend, Mountain



#### MODIFIED MOON OF 11

Mountain, 1/2 Moon Pose, Standing Backbend, 1/2 Moon Pose, Star, Triangle, [inhale going towards] Triangle, Mountain, Rotated Warrior #1, Chair, Rotated Warrior #1



#### MODIFIED EARTH OF 11

Hero, Child, Upward Facing Dog, Short Easy Palm, Staff, Forward Bending Palm (or Intense Stretch), Bridge, Short Easy Palm, Camel, Child, Hero



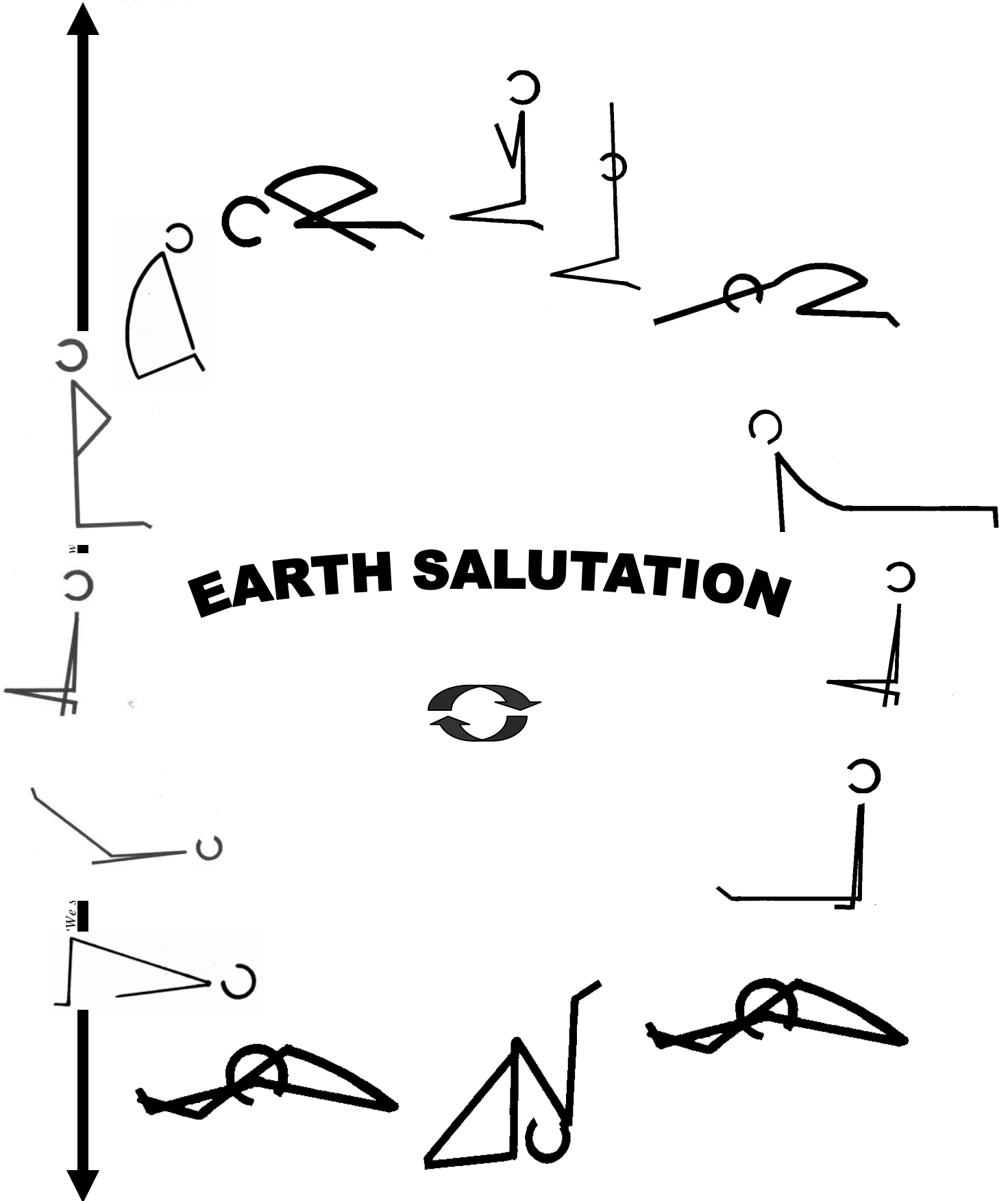
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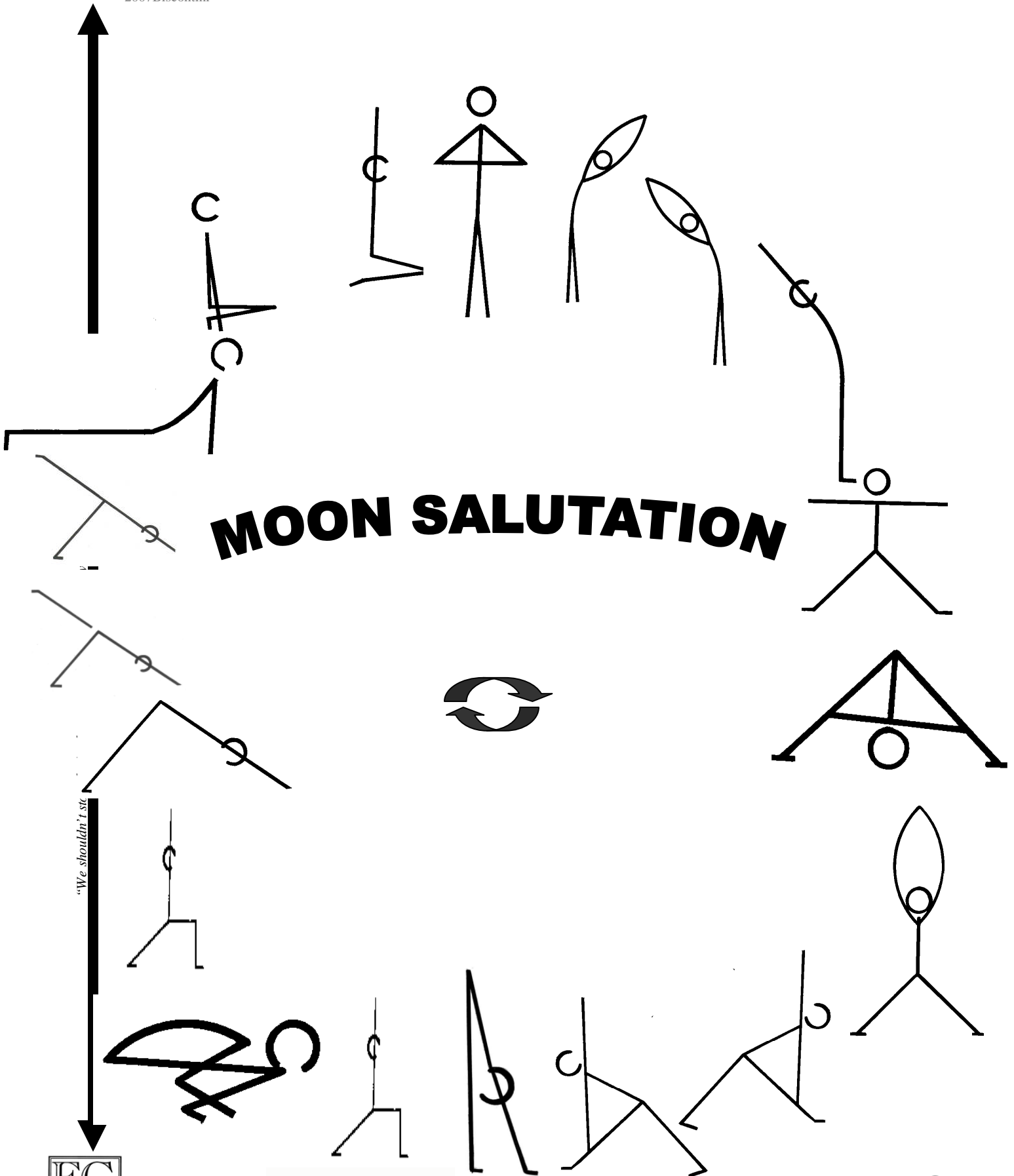
# EARTH SALUTATION



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# MOON SALUTATION



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