

An All-Around Yoga Exercise: 12-Step Salute to the Sun One of the all-around yoga exercises is the 12-step salute to the sun. Exhale slowly and raise your hips until your feet and palms are flat on the floor and your arms and legs are straight in an inverted V position. Do it once or twice when you get up in the morning to help relieve stiffness and invigorate the body. Multiple repetitions at night will help you to relax; insomniacs often find that six to 12 rounds help them fall asleep. Slowly inhale, bend your knees, and if your fingertips aren't outside your feet on the floor, place them there. 1. 2. 3. 4. 5. 7. 8. 9. 10. 11. 12.