

Mind & Body
LAP 2 Sun Salutation Picture Project

Due date: 9:00 am on Wednesday, March 4, A day

The Sun Salutation is an energizing sequence of yoga **poses** that link the breath, body and mind. **Proper breathing** during this sequence is crucial in order to maintain form and strength. **Proper form** of each pose is vital in order to gain full benefit of each exercise and limit the risk of injury. In this assignment, you will demonstrate a knowledge and understanding of the Sun Salutation sequence, the poses and the breath cycle.

You will be given class time during the following class periods to work on this project. Please check the LAP dates and bring your phone and laptop to these classes as needed.

- Feb. 24, D day - DAY 1= Discuss assignment, begin to take pictures
- Feb. 26, F day - DAY 2 = Finish taking pictures, upload pictures to computer, begin formatting
- Feb. 27, G day - DAY 3 = Format and edit project (place or print pictures, add breath, add tips)
- Mar. 3, K day - DAY 4 = Finish formatting & editing, turn-in project if finished

* If additional time is needed, work must be completed on your own.

*Project is due at 9:00 am on Mar. 4, A day. We do not have class on this day.

Directions:

1. Working with a partner, begin with a warm-up by performing the Sun Salutation cycle on the Right and Left Side.
2. Then, discuss and analyze proper technique associated with each pose of the Sun Salutation sequence. Practice performing each pose with proper alignment and form.
3. Take turns taking pictures of yourself correctly executing the poses/transitions of the Sun Salutation. Be mindful to choose a camera angle that captures the most detail of each pose.
4. Upload the pictures to a computer. Use the pictures to create a visual representation of the Sun Salutation. You may print and cut and paste your pictures to paper/ poster board. Or, create a Google Slides presentation.
5. **Each picture must be clearly labeled with these 3 items:**
 - a. the name of the **pose** that is being performed
 - b. at least one detailed description about proper **form** during the pose/movement
 - c. the **breath** initiation associated with that pose/transition
6. Please include your name and the name of the assignment.
7. All pictures must be of your own body. You may not use pictures of poses from the internet.
8. Final projects may be submitted electronically via email or hand delivered hard copy.

The following poses and transitions must be represented in your assignment.
There are 13 total. (Some poses repeat.)

Pose	Breath
Mountain Pose	<i>Full breath cycle</i>
Upward Salute	
Swan Dive/ Flatback	
Forward Standing Bend	
Lunge 1. One leg plank 2. Low lunge	<i>Begin with inhale, finish with exhale</i>
Plank	<i>Inhale</i>
Knees Chest Chin	
Cobra	
Downward Dog	
Lunge	
Upward Salute	
Mountain Pose	<i>Exhale</i>

Please note:

* You may reuse the same picture for any pose that repeats throughout the series: *One-leg Plank, Standing Forward Bend, Upward Salute and Mountain Pose.*

* You will only need to take pictures and display one leg/ side of the sequence. You may choose which leg you use on the lunges. (All other poses are symmetrical.)

Projects are assessed on:

- ✓ Proper technique displayed in each picture
- ✓ Proper breath cycle noted for each pose
- ✓ Proper technique tip noted for each pose
- ✓ Creativity & Neatness