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The Salutation to the Sun dates back to Vedic times and is therefore three to six thousand years old; although the exact date remains unknown. In ancient India yoga exercises, breathing techniques and body control were extensively practised in many ashrams. The Salutation to the Sun arose from these yoga postures and techniques.

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The Salutation to the Sun arose from these yoga postures and techniques. In this book, learn how the Salutation consists of a number of movements which flow into each other and together, form a self-contained whole.