

# Surya Namaskar

Surya means Sun and Namaskara means salutation. It is basically saluting the Sun through postures. Surya Namaskara is a series of 12 physical postures. These postures stretch various muscles and spinal column and give flexibility to the whole body.

## Pranamasana

Stand (prayer pose) upright keep the eyes closed with feet together. Place the palms together in front of the chest in a namaskara mudra mentally offering homage to the sun the source of all life. Remain in this posture for a few seconds.

### Mantra:

Om Mitraya Hamaha, salutations to the friend of all.

## Hasta Utthanasana (raised arm pose)

Inhaling, raise both arms above the head and slightly bend trunk backward.

Remain in this posture for a few seconds.

### Mantra:

Om Pavaye Vamaha, salutations to the shining one.

## Padahastasana

Exhaling, bend forward from the waist keeping the arms by the side of the ears until palms touches the floor on both sides of the feet and the forehead touches the knees. Remain in this posture for a few seconds.

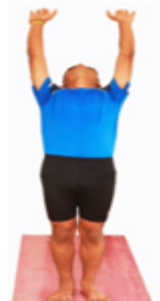
### Mantra:

Om Suryaya Namaha, salutations to He who induces activity.

## Ashwa Sanchalanasana

Extend the right leg behind as far as possible. Bend the left knee and keep the left foot on ground between the palms. Remain in this posture for a few seconds.

### Mantra:



Om Bhanave Namaha salutations to he who illumines.

### **Parvatasana (mountain pose)**

Exhaling, bring the left leg back to join with the right leg. Simultaneously, raise the buttocks and lower the head between the arms so that the body forms a triangle with the floor. Try to place the heels flat. on the ground Remain in this posture for a few seconds.



### **Mantra:**

Om Khagaya Namaha Salutations to he who moves quickly in the sky.

### **Ashtanga Namaskara (salute with eight parts or points)**

Gently lower knees, chest and chin to the ground with normal breathing. Toes, knees, chest, hands and chin should touch the floor. The buttocks are kept up. Remain in this posture for a few seconds.



### **Mantra:**

Om pushne namaha. Salutations to the giver of strength.

### **Bhujangasana (cobra pose)**

Lower the hips while pushing the chest forward, and raise the trunk upward until the spine is fully arched and the head is facing up. The legs and lower abdomen remain on the floor. Inhale while raising the torso. Remain in this posture for a few seconds.



### **Mantra:**

Om Hiranya Garbhaya Namaha salutations to the golden, cosmic self

### **Parvatasana: (mountain pose)**

Exhaling, lower the trunk keeping the palms flat on the floor. Place both feet flat on the ground. Raise the buttocks and power the head between the arms in this posture for a few seconds.



### **Mantra:**

Om Marichaye Nemaha, salutations to the Lord of the dawn.

### **Ashwa Sanchalanasana (ear **estrain** pose)**

Inhaling, extend the left leg behind as far as possible. Bend the right knee and keep the right foot on the ground between the palms. Remain in this posture for a few seconds.

#### **Mantra:**

Om Adityaya Namaha salutations to the son of Aditi  
the cosmic Mother



### **Padahasthasana (Hand to foot pose)**

Exhaling, bring the stretched left foot forward. Join both legs, straighten the knees and bend forward. Bring the head near the knees. Palms should be placed on floor beside the feet. Remain in this posture for a few seconds.

#### **Mantra:**

Om Savitre Namaha, salutations to the creation.



### **Hasta Utthanasana**

- \* Inhaling raise both arms and the trunk slowly. Bend backwards with arms stretched up. Stay in the posture for a few seconds.



#### **Mantra:**

Om Arkaya Namaha , salutations to he who is fit to be praised.

### **Pranamasana (prayer pose)**

- \* Breathing out, come to an erect and straight position. Bring the hands in front of the chest and place the palms together in namaskara posture. **Breathe** normally in this position. Remain in this posture for a few seconds.



**Mantra:**

Om Bhaskaraya Namaha, salutations to he who leads to enlightenment.

**Benefits of Surya Namaskar**

- It helps to increase strength, endurance and flexibility.
- It improves concentration.
- It removes excess fat.
- It gives energy to the body.
- It helps in increasing the height of growing children and tones up their body.
- It warms up the body.
- It improves blood circulation all over the body.
- It provides flexibility to the whole body.