



Surya Namaskar



Surya Namaskar Stithi – Ek – Please put your feet in a V shape

HSS Source - <https://www.youtube.com/watch?v=Hy2DLiGbslo>



Do – Please put your feet together



Teen – Please fold your hands



Surya Namaskar Dhyana Sloka





Namaskarasana (Prayer pose)

Exhale

Om Mitraya Namah

(Salutations to Mitra, the bestower of universal friendship)

Anahata Chakra (heart center)

Stand facing the direction of the sun with both feet touching each other near the front edge of your yoga mat. While exhaling, bring the hands together, palm-to-palm, at the heart with a feeling of gratitude.

Establishes a state of humility, gratitude, concentration and calmness. Helps maintain the balance of the body. Relaxes the nervous system.



Hasta Uttanasana (Upward arm stretch)

Inhale

Om Ravaye Namah

(Salutations to Ravi, the bestower of radiance and light)

Vishuddhi Chakra (throat center)

While inhaling, raise the arms upward. Slowly pushing the chest forward, go back, stretching arms parallel to the ears besides the head.

Stretches abdominal and intestinal muscles, arms and spinal cord. Expands the chest resulting in the full intake of oxygen.



Hastapadasana (Standing head to knee)

Exhale

Om Suryaya Namah

(Salutations to Surya, the dispeller of darkness and who induces activity)

Swadishtana Chakra (sacral center)

While inhaling, raise the arms upward. Slowly pushing the chest forward, go back, stretching arms parallel to the ears besides the head.

Tones abdomen, muscles of thighs and legs. Stretches spine and back muscles.

Opens the hips and shoulders.

Ashwa Sanchalanasana (Equestrian pose)

Inhale

Om Bhaanvo Namah

(Salutations to Bhaanu, the shining principle, who illumines)

Ajna Chakra (eyebrows center)



While inhaling, raise the arms upward. Slowly pushing the chest forward, go back, stretching arms parallel to the ears besides the head.

Tones abdomen, muscles of thighs and legs. Makes the spine and neck flexible.

Good for indigestion, constipation, and sciatica.

Phalakasana (Plank pose)

Exhale or retain

Om Khagaya Namah

(Salutations to Khaga - the all-pervading who moves through the sky
Vishuddi Chakra (throat center))



While exhaling, bring the left foot together with the right. Keep arms straight, and align the legs, hips, back, shoulders, and head in a straight line to form a plank.

Strengthens arm, back and abdominal muscles. It also helps in curing certain problems of the spinal column and cord. Improves posture. Calms the mind.

Ashtanga Namaskara (Eight Points Salute)

Retain or Exhale

Om Pooshney Namah

(Salutations to the mystic fire -the giver of strength and nourishment)

Manipura Chakra (navel center)



Curl your toes. Retaining the breath, lower your knees, your chest and then your forehead, keeping your hips and tummy up.

Strengthen nerves and muscles of shoulders, arms, back and chest. Enhances the flexibility of the back and spine. Reduces tension and anxiety.

Bhujangasana or Sarpasana (Cobra pose)

Inhale



Om Hiranayagarbhay Namah
(Salutations to the Golden Cosmic Self- who brings healing)
Swadishtana Chakra (sacral center)

Flatten your toes, hips and tummy. Inhaling slowly raise the head and chest to bend backward as much as possible, bending the spine to the maximum keeping both the feet together.

Improves blood supply to adrenal glands and kidneys. Tones ovaries, uterus and liver. Strengthens muscles of the back, abdomen and upper body. Helps with menstrual irregularities. Relieves constipation. Elevates mood. Invigorates the heart.

Adhomukhashwanasana (Downward facing dog)

Exhale



Om Marichaye Namah
(Salutations to the Rays of the Sun)
Vishuddhi Chakra (throat center)

While exhaling, lift the knees, bring both feet together. Keep arms straight, raise the hips and align the head with the arms, forming an upward arch. Gently push the back backwards so that both the feet touch the ground.

Stretches arm, back and abdominal muscles. It also helps in curing certain problems of the spinal column and cord. Increases blood flow to the brain and head region.

Ashwa Sanchalanasana (Equestrian pose)

Inhale



Om Adityaya Namah
(Salutations to Son of Aditi - the Cosmic Mother)
Ajna Chakra (eyebrow center)

Inhaling, move the right leg to front in a wide forward step. Keep the hands and feet firmly on the ground, with the right foot between the hands. Raise the head.

Tones abdomen, muscles of thighs and legs. Makes the spine and neck flexible. Good for indigestion, constipation, and sciatica.

Hastapadasana (Standing head to knee pose)

Exhale



Om Savitre Namah
(Salutations to the Stimulating power of the Sun)
Swadishtana Chakra (sacral center)

Exhaling slowly bend forward, touching the earth with respect until the hands are in line with the feet, head touching knees.

Tones abdomen, muscles of thighs and legs. Stretches spine and back muscles. Opens the hips and shoulders

Ek - Inhale – Hasta Uttanasan



Do - Exhale - Hasta Padasan



Teen - Inhale - Ashwa Sanchalanasan



Char - Exhale - Chaturanga Dandasana



Panch - Retain - Sashtanga Namaskar



Chey - Inhale - Bhujanga Asan



Saat - Exhale - Parvatasan



Aat – Inhale - Ashwa Sanchalanasan



Nau - Exhale – Hasta Padasan



10 - Retain - Pranamasan



1 - Inhale - Urdhva Hastasan



2 - Exhale - Hasta Padasan



3 - Inhale - Ashwa Sanchalanasan



4 - Exhale - Chaturanga Dandasan



5 - Retain - Sashtanga Namaskar



6 - Inhale - Bhujanga Asan



7 - Exhale - Parvatasan



8 - Exhale - Chaturanga Dandasana



9 - Exhale - Hasta Padasan



10 - Retain - Pranamasan





Ādityasya Namaskāran



Yé Kurvanti Diné-Diné I



Ayuḥ Pradnyā Balam Veeryam



Tejas Teshān Ch Jayaté II