

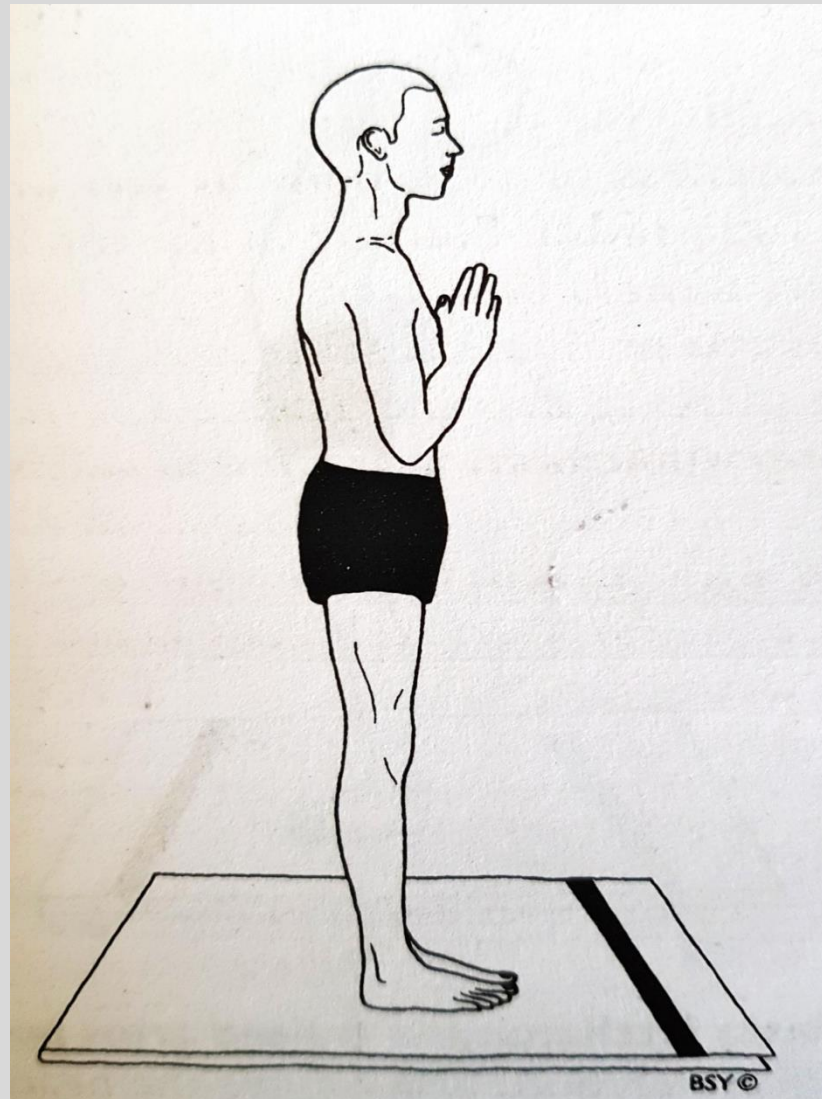
# Surya Namaskar

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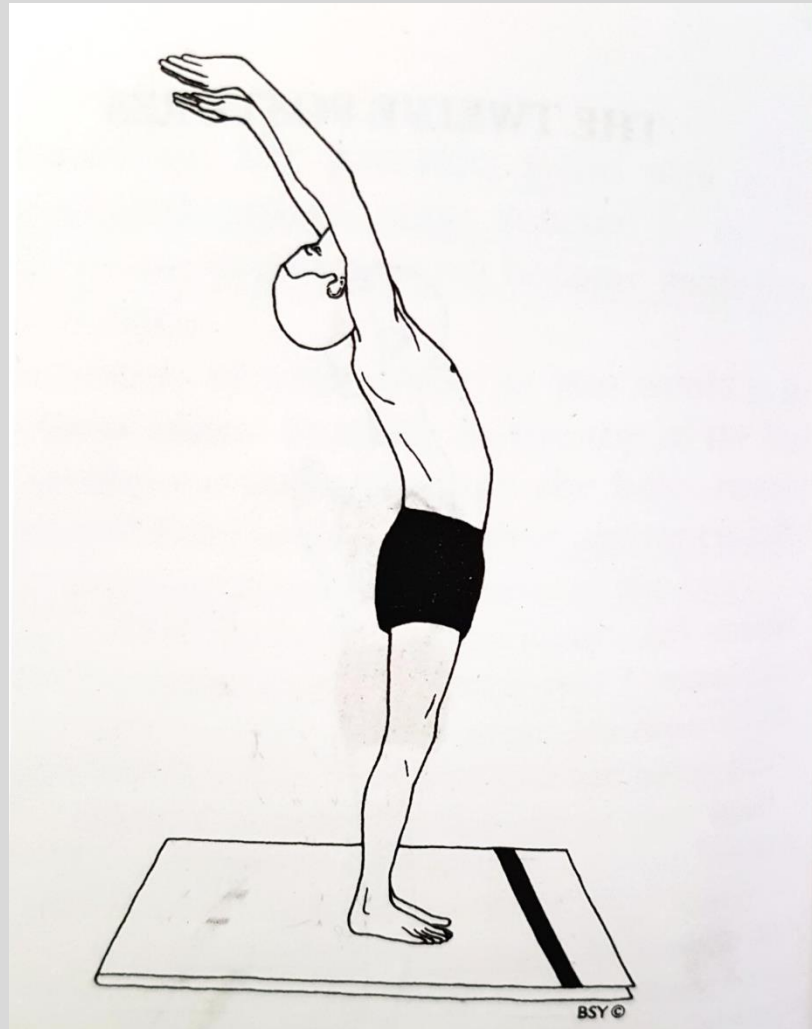


# 1. Pranam-asana

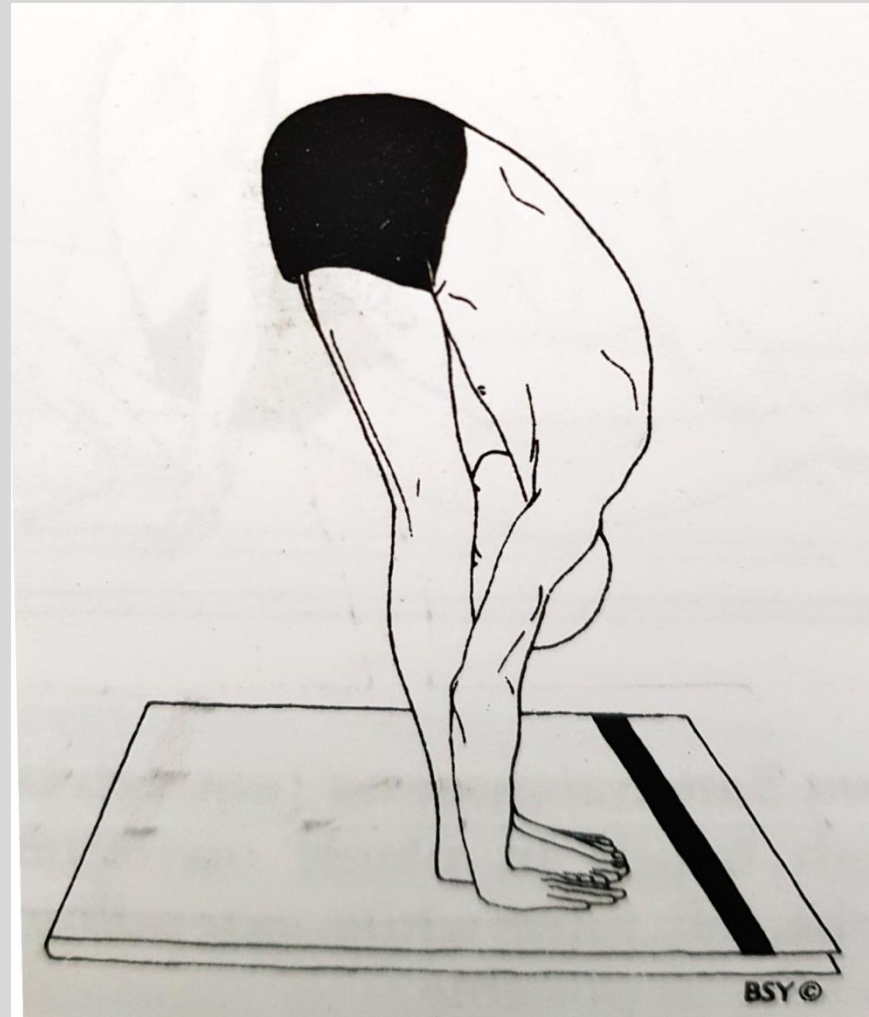
Breath normally



## 2. Hasta Utthan-asana inhale while raising hand

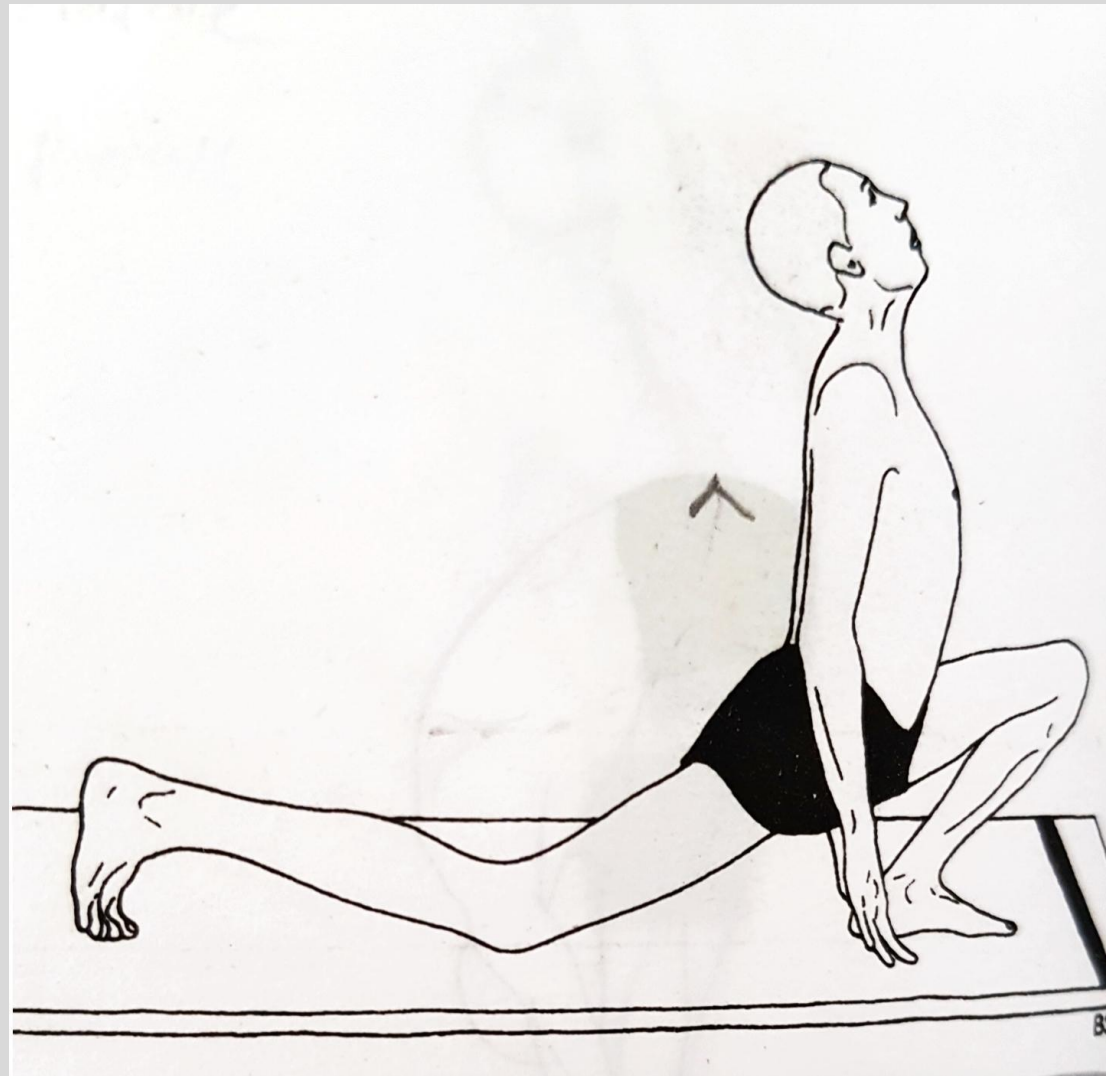


### 3. Padahast-asana Exhale while bending forward



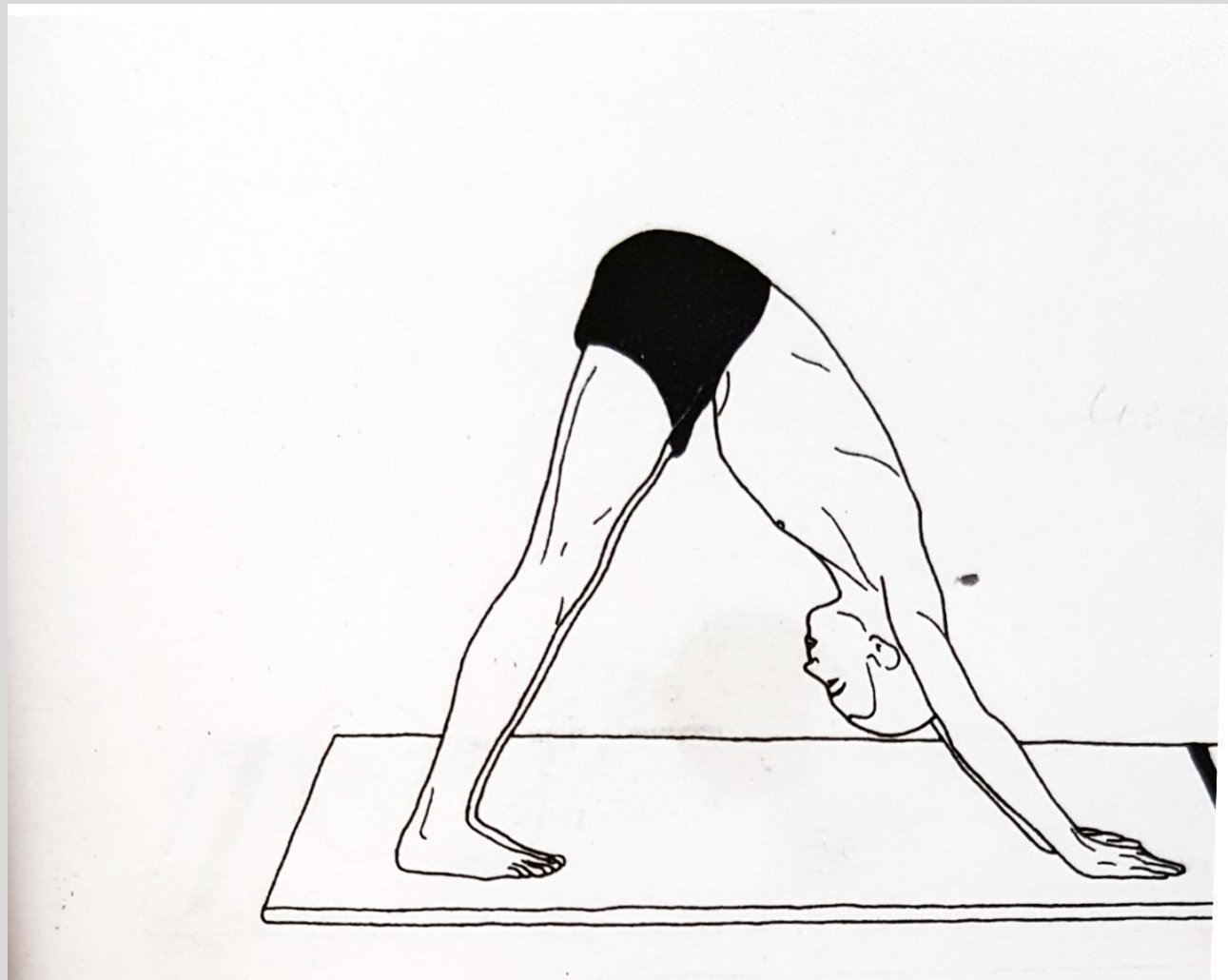
## 4. Ashwa-sanchalan-asana

Inhale while bringing chest forward



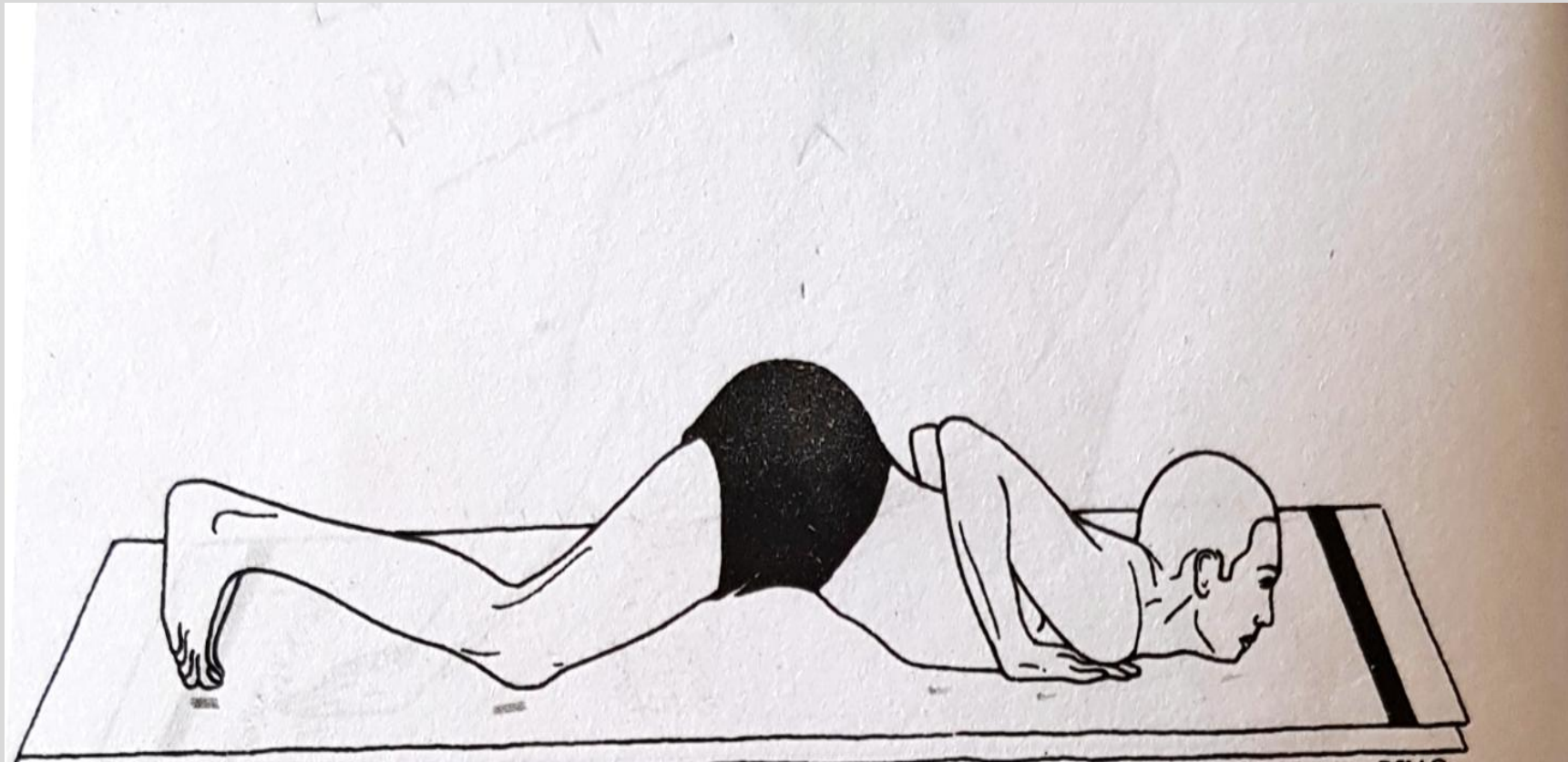
## 5. Parvat-asana

Exhale while taking leg back



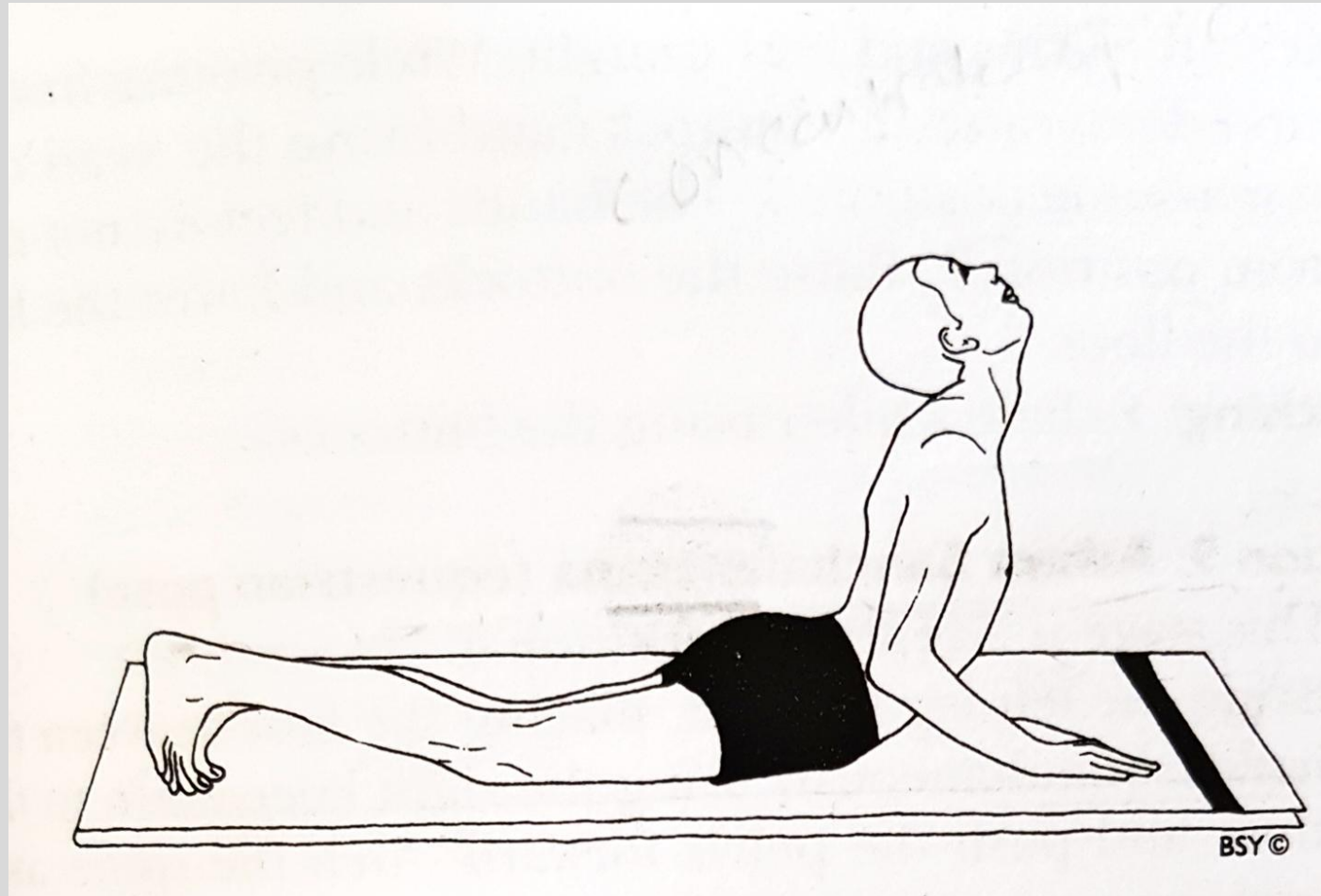
## 6. Ashtanga Namaskar

Hold your Breath



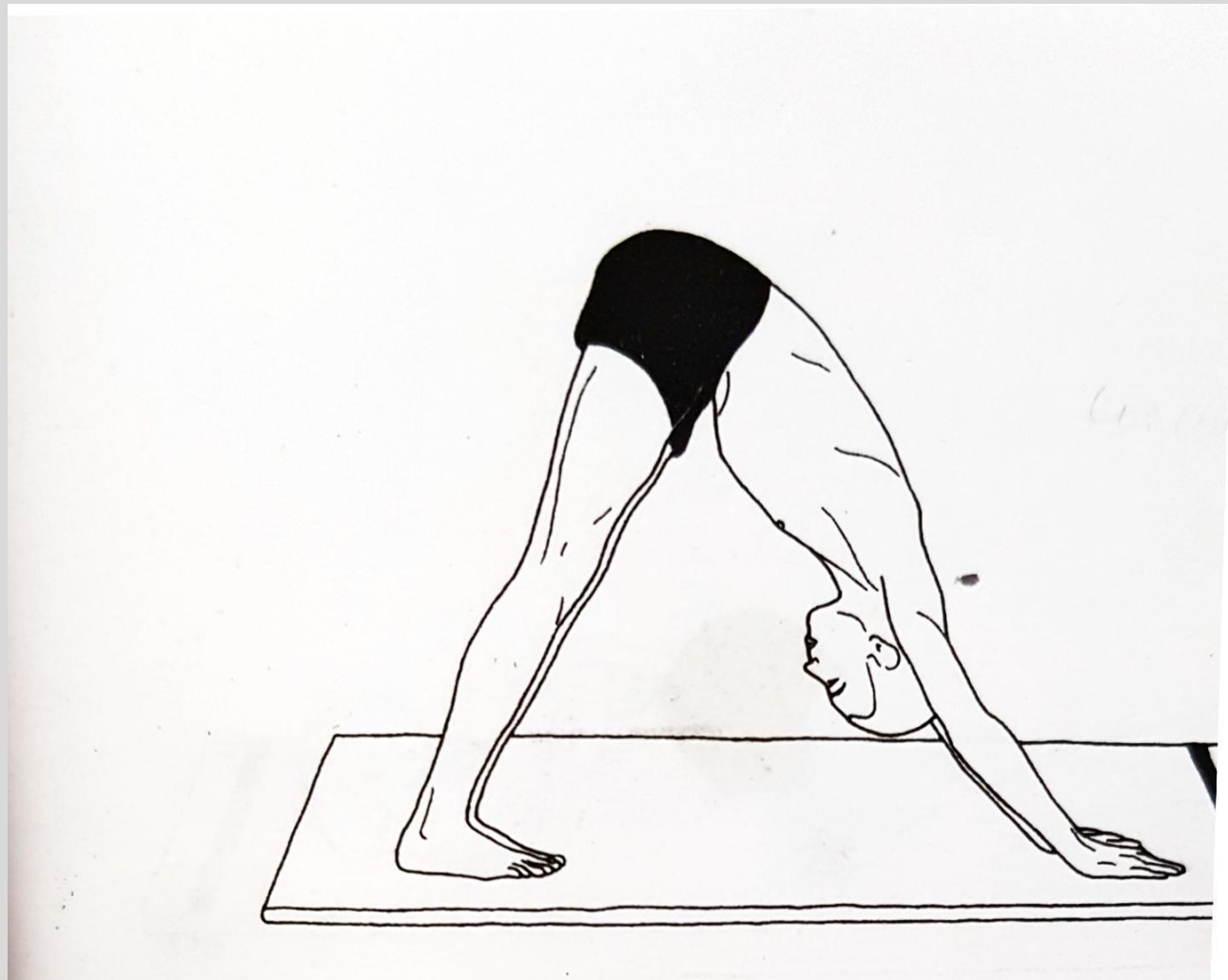
## 7. Bhujang-asana

Inhale while arching back

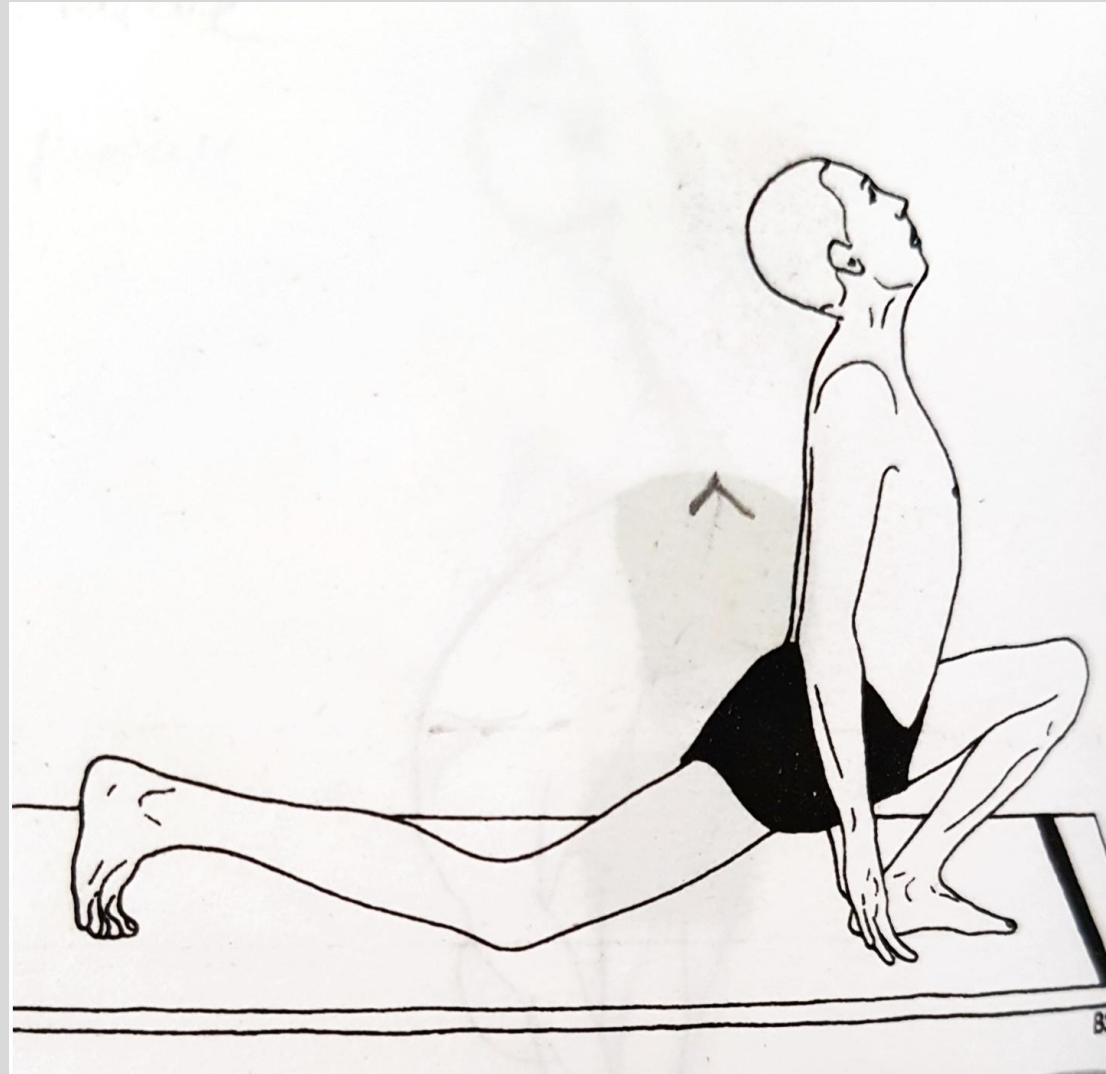




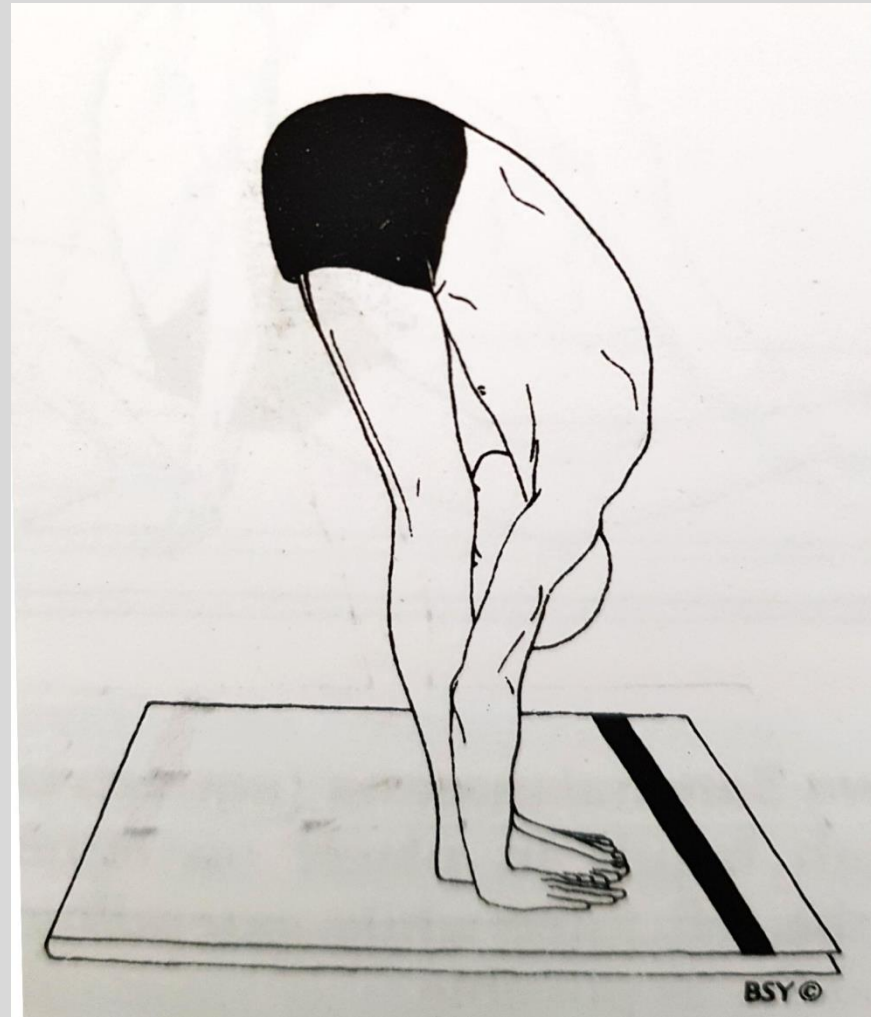
## 8. Parvat-asana Exhale



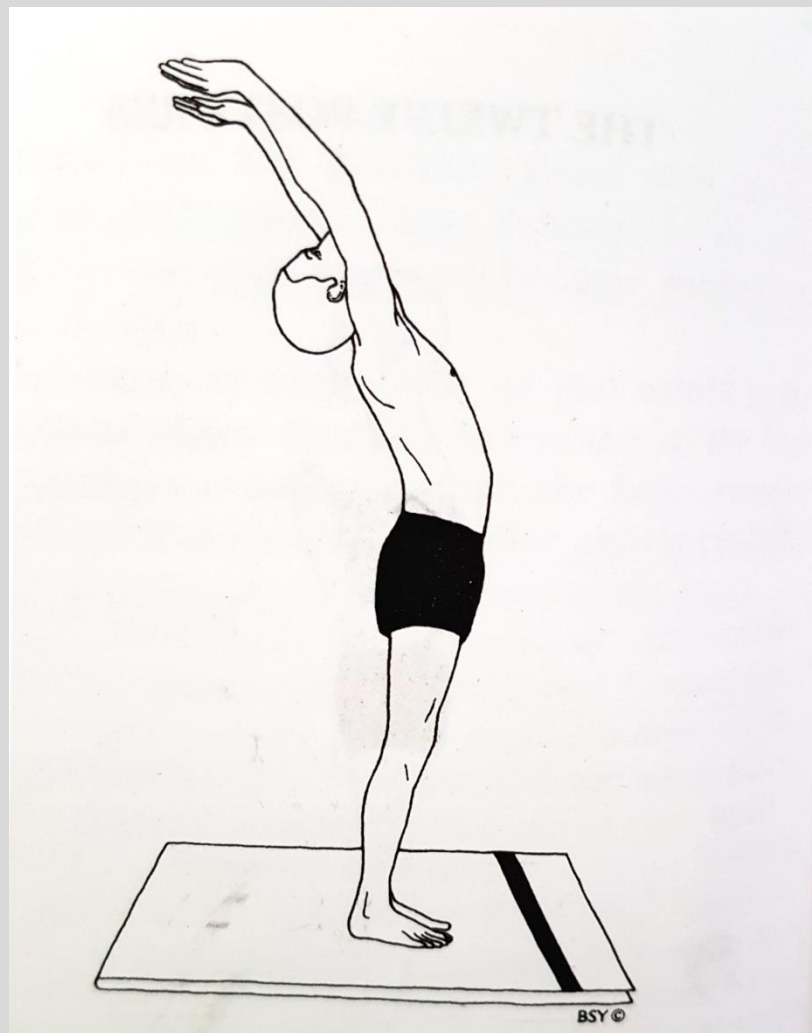
## 9. Ashwa-sanchalan-asana Inhale



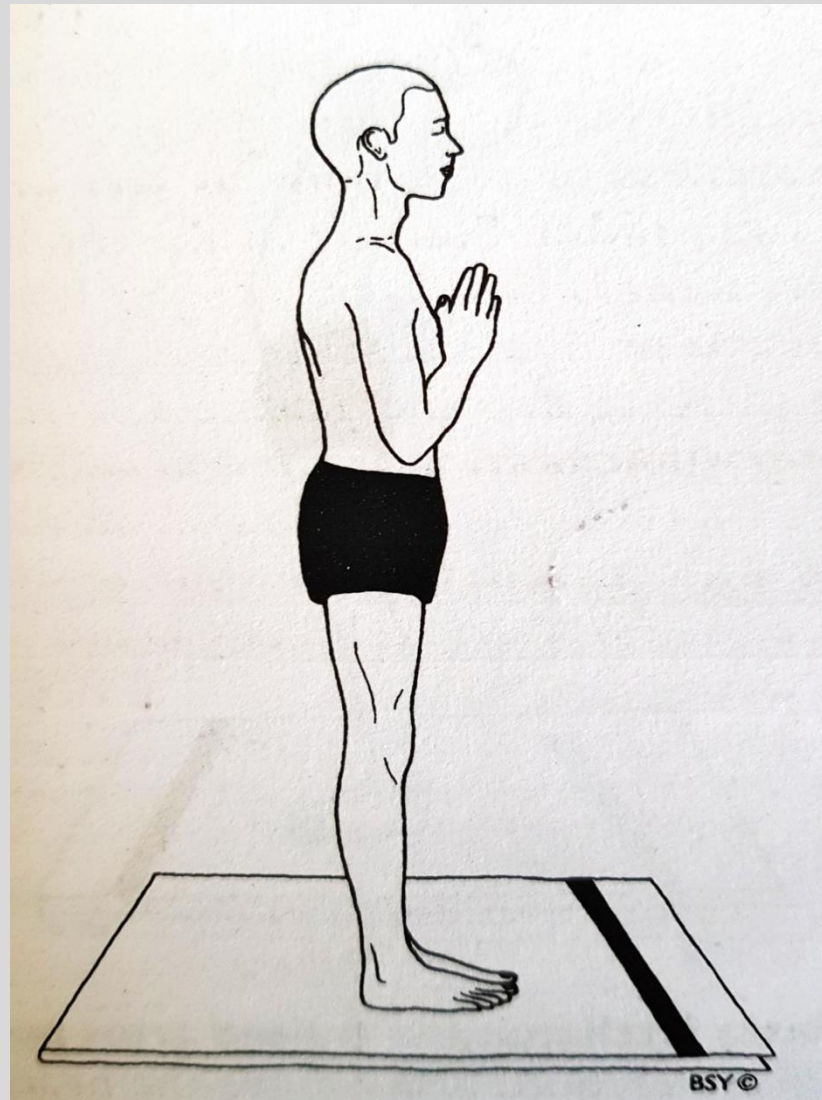
# 10. Padhastasana Exhale



# 11. Hasta Utthan-asana Inhale



## 12. Pranamasana Exhale



# Sun Mantras

- Mantras are combinations of sounds which are designed to produce specific effects on mind and its functioning.
- 12 Sun mantras to be mentally repeated in their respective order in conjunction with 12 postures of surya-namaskar
- These mantras are vehicle for basic eternal energy...Shakti

# Sun Mantras

- 1. ॐ मित्राय नमः ....Sun is a universal friend
- 2. ॐ रवये नमः...one who shines and offers divine blessings
- 3. ॐ सूर्याय नमः...Salutations to Deity Surya, who induces activity..
- 4. ॐ भानवे नमः..Sun is a physical representation of guru who removes darkness of ignorance
- 5. ॐ खगय नमः...one who moves in the sky...who is responsible for measurement of time

# Sun Mantras

- 6. ॐ पुष्णे नमः...one who gives nourishment and strength  
...mental, physical and spiritual strength
- 7. ॐ हिरण्यगर्भाय नमः...salutations to the golden cosmic self
- 8. ॐ मारिचाये नमः ...salutations to the lord of Dawn...we pray for true illumination and discrimination in order to be able to distinguish between the real and unreal.Maricha..Brahma's son, also means Mirage
- 9. ॐ आदित्याय नमः..Salutations to son of Aditi, the cosmic mother



# Sun Mantras

- 10. ॐ सावित्रे नमः...salutations to stimulating power of the sun
- 11. ॐ आर्काय नमः...Arka means energy. Salutation to the Sun who is source of energy
- 12. ॐ भास्कराय नमः...salutation to he who leads to enlightenment

# Bija Mantras

1. Om Hraam      ॐ ह्राम्
2. Om Hreem      ॐ ह्रीम्
3. Om Hroom      ॐ ह्रूम्
4. Om Hraim      ॐ ह्रैम्
5. Om Hraum      ॐ ह्रौम्
6. Om Hrah      ॐ हः

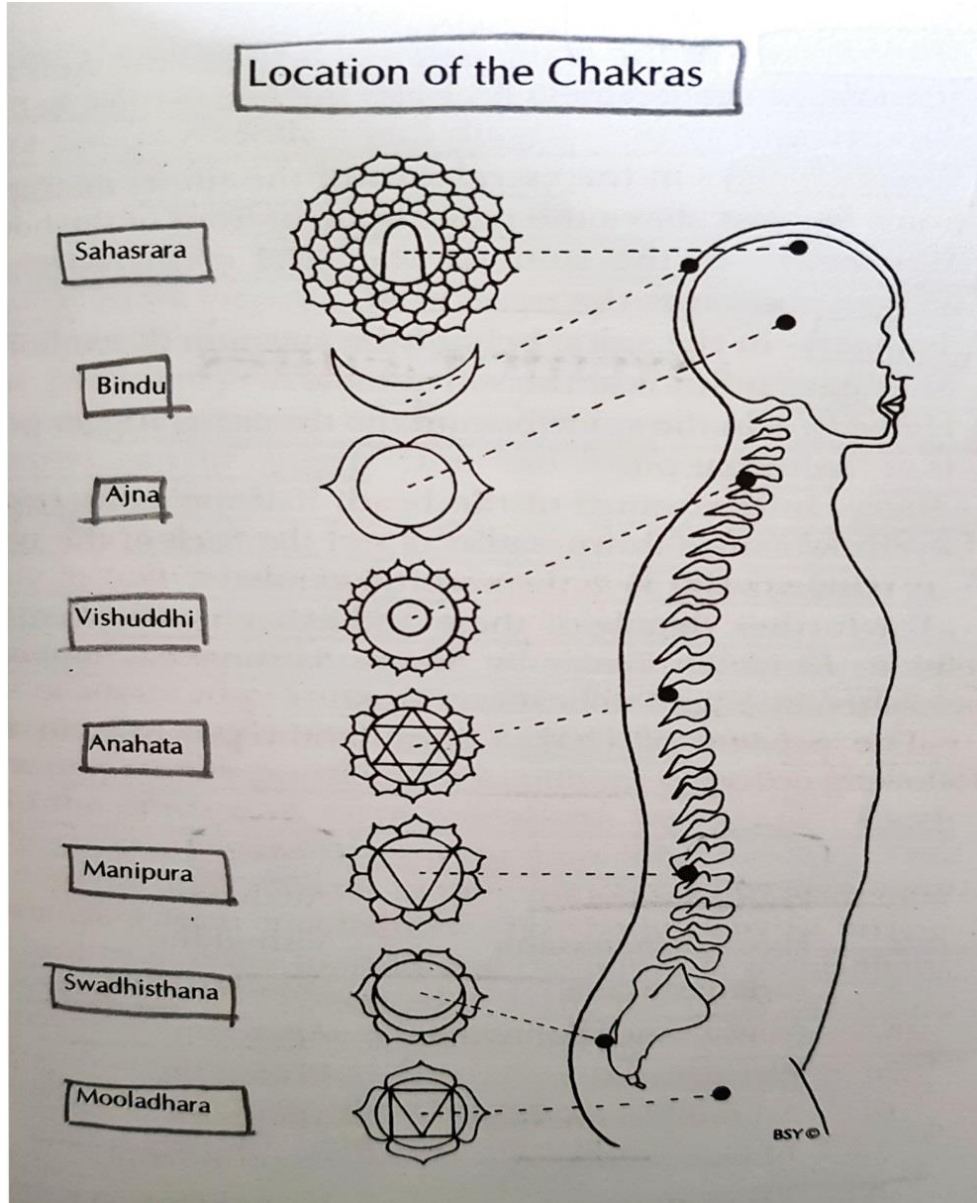
# Bija Mantras

- As an alternative to sun mantras
- Bija mantras also can set up powerful vibrations of energy within the mind and body
- Six Bija mantras are repeated four times during one complete round of suryanamaskar

# Surya namaskar and Chakra activation

- With regular practice of suryanamaskar one should start concentrating Chakras to get maximum benefits of their balance
- Balancing Chakras help to manage emotions, stress, self confidence, power of discrimination
- One should practice this after regular practice of Suryanamaskar






# Chakras










	<i>Asana</i>	<i>Chakra</i>
1.	Pranamasana	Anahata
2.	Hasta utthanasana	Vishuddhi
3.	Padahastana	Swadhisthana
4.	Ashwa sanchalanasana	Ajna
5.	Parvatasana	Vishuddhi
6.	Ashtanga namaskara	Manipura
7.	Bhujangasana	Swadhisthana
8.	Parvatasana	Vishuddhi
9.	Ashwa sanchalanasana	Ajna
10.	Padahastana	Swadhisthana
11.	Hasta utthanasana	Vishuddhi
12.	Pranamasana	Anahata

# **Suryanamaskar in Nutshell**

**Summary of Asanas, Mantras and Chakras**

Posture	Mantra	Concentration
 Exhale 1. Pranamasana	Om mitraya namaha Om hraam	Heart centre Anahata
 Inhale 2. Hasta Utthanasana	Om ravaye namaha Om hreem	Neck centre Vishuddhi
 Exhale 3. Padahastasana	Om suryaya namaha Om hroom	Root of spinal column Swadhisthana
 Inhale 4. Ashwa Sanchalanasana	Om bhanave namaha Om hraum	Eyebrow centre Ajna
 Exhale 5. Parvatasana	Om khagaya namaha Om hraum	Neck centre Vishuddhi

 Retain 6. Ashtanga Namaskara	Om pushne namaha Om hrah	Behind navel Manipura
 Inhale 7. Bhujangasana	Om hiranyagarbhaya namaha Om hraam	Root of spinal column Swadhisthana
 Exhale 8. Parvatasana	Om marichaye namaha Om hreem	Neck centre Vishuddhi
 Inhale 9. Ashwa	Om adityaya Sanchalanasana namaha Om hroom	Eyebrow centre Ajna
 Exhale 10. Padahastasana	Om savitre namaha Om hraum	Root of spinal column Swadhisthana
 Inhale 11. Hasta Utthanasana	Om arkaya namaha Om hraum	Neck centre Vishuddhi
 Exhale 12. Pranamasana	Om bhaskaraya namaha Om hrah	Heart centre Anahata

# After suryanamaskar

- **Shavasana** after suryanamaskar
- Relaxation with breath awareness
- It Balances activated sympathetic nervous system
- Muscle relaxation
- Removal of toxins accumulated in muscles



# How to decrease muscle stiffness

- Go slowly
- More water intake throughout the day
- Less salt intake
- Pawanuktasana before starting Surya namaskar
- Accurate position with posture holding ..not too fast

# Phase wise progress

- **Phase 1:** Get familiar with postures, maintain postures.  
Numbers are not important. Its technique and right posture
- **Phase 2:** Synchronize with breath : inhalation and exhalation
- **Phase 3:** Synchronizing with Sun Mantras
- **Phase 4 :** Concentrating on Chakras