



SURYA NAMASKARA

Om Mitraaya Namah (*mit tryar*)
Om Ravaye Namah (*rav ahai*)
Om Sooryaya Namah (*suryaya*)
Om Bhaanave Namah (*barnavai*)
Om Khagaaya Namah (*cagaiya*)
Om Pooshne Namah (*pushnai*)
Om Hiranya Garbhaaya Namah (*hearanya garbhaiya*)
Om Mareechaye Namah (*mareeachaiye*)
Om Aadityaaya Namah (*ardityaiya*)
Om Savitre Namah (*savwrityai*)
Om Arkaaya Namah (*arkyaiya*)
Om Bhaaskaraya Namah (*baaskaaraiya*)



1st Position – Dakshasana - Mantra: Om Mitraya Namah

Procedure : INHALE - In the first position of Surya Namaskara contemplate the virtues of Lord Surya with concentrated mind and feel that you are the friend of everybody and have friendship with every creature on the earth. Immersing yourself with these feelings stand erect stretching your hands, neck and all other parts of your body. Stretching both of your arms, touch your thighs with palms and inflate the chest and point your vision on the tip of the nose. This is a position of attention.

Benefits: Disorders of the skin and waist are corrected, the back and the legs become strong. Focusing of the vision on nose helps to control the mind. It is an easy and effective way of attaining good health and development of personality for the students. Meditating with concentrated mind enhances confidence.



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2nd Position: Namaskarasana - Mantra : Om Ravaye Namah

Procedure : EXHALE - Fold together both of your hands in such a way that both the thumbs begin to touch your chest. Expand your chest and pull in the belly as far as possible. Look straight ahead. The head, the neck and the body should remain in a straight line.

Benefits: Good for the diseases of the throat and voice is enhanced. Both mind and body become healthy.



3rd Position: Parvatasana - Mantra : Om Suryaya Namah

Procedure: INHALE - Raising the arms up, stretch whole of your body backward while gazing at the sky with open eyes. Bend backward as much as possible, expand your chest

Benefits: Both the shoulders and the food pipe (Esophagus) get exercise and diseases related to them are corrected. Eyesight is also improved.



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4th Position: Namaskara Hastapadasana - Mantra: Om Bhanave Namah

Procedure: EXHALE - Bend forward without folding the knees (bend at knees if necessary). Rest both your palms on the ground and touch your knees with your forehead or the nose and exhale the breath with audible sound. In the beginning if you can't rest your palms on the ground, just touch the ground with fingers.

Benefits : Disorders of the belly and digestive system are corrected. The chest and hands become stronger and you become well balanced, beautiful and good looking. Diseases of the feet and fingers are also corrected.



5th Position: Ekapada Prasaranasana - Mantra : Om Khagaye Namah

Procedure: INHALE - Step your right leg backward in such a way that the knee and the toes of the foot touch the ground. The abdomen and belly must be pressing hard into the left leg. Raise your head as high as possible and look upwards. Push the waist down and hold the breath and stay in the posture as long as you can - comfortably.

Benefits : The posture stretches the small intestine and the seminal vesicles. Hence this posture helps in correcting the constipation and diseases of the liver. Thinness of the semen is also corrected. Diseases of the throat are also corrected.



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6th Position: Bhudharasana - Mantra : Om Pushne Namah

Procedure: HOLD THE BREATH - Bring both of your legs backward, so that the big toes of the feet, ankles and knees touch each other. Stabilizing the feet and keeping the head, waist, the back and the elbows in a line bend forward and resting both the palms on the ground keep your body like a bow.

Benefits : One gets relief from the pains - specially of arms, legs and the knees. Bulging waist is trimmed and it is good for the abdominal disorders.



7th Position: Ashthanga Pranipatasana - Mantra: Om Hiranyagarbhaya Namah

Procedure: EXHALE - Rest both your knees on the ground. Touch the ground with your chest and touch the lower part of the neck with chin. Also touch the ground with the upper part of the forehead and the nose. Please note that the abdomen should not touch the ground. It should be pulled in. Both the hands/palms must be on the side of the chest.

Benefits : This posture makes the arms strong. If ladies perform this Asana before getting pregnant, the breast fed babies could be saved from the attacks of many diseases.



8th Position: Bhujangasana - Mantra : Om Marichye Namah

Procedure: INHALE - Keeping the legs, palms and knees as in Ashtanga prampatasana position above, unfold the arms and rise inhaling the breath, push the chest out and bend the waist in a circle backward. Then rise and bend your head backwards looking up and back as much up as possible.

Benefits : Tones up the body and the back muscles and improves the eyesight. Corrects all kinds of disorders related to the reproductive system, corrects the irregularities in females menstrual cycles. Blood circulation is also improved.



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9th Position: Bhudharasana - Mantra : Om Adityaya Namah

Procedure: EXHALE - Repeat the process of Bhudharasana as described in the step six - Exhale the breath deeply and hold it and pull both of your legs backward, so that the thumbs of the feet, ankles and knees touch each other. Stabilizing the feet and keeping the head, waist, the back and the elbows in a line bend forward and resting both the palms on the ground keep your body like a bow.

Benefits : One gets relief from the pains - specially of arms, legs and the knees. Bulging waist is trimmed and it is good for the abdominal disorders.



10th Position: Ekapada Prasaranasana - Mantra: Om Savitre Namah

Procedure: INHALE - Repeat the process of the fifth Namaskara as described in the fifth position but just reverse the position of the legs.



11th Position: Namaskara Hastapadasana - Mantra : Om Arkaya Namah

Procedure: EXHALE - Repeat the process described in the fourth position.



12th Position: Parvatasana - Mantra: Om Bhaskaraya Namah

Procedure: INHALE - Same as position 2

Our ancients used to do 25 rounds of Surya Namaskaras, called one Avriti. Can you?!