



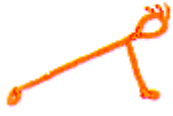

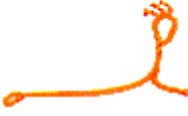







# Sun Salutation

Often, after a hard days work, we just flop down on the couch ‘apparently’ relaxing our bodies - but it is NOT so. The stagnant energies remain locked up and the organs remain de-oxygenated to a large extent.

<p style="text-align: center;"><b>1. Mountain</b></p>  <p>Begin by standing in Mountain pose, feet together, hands by your sides. Take several deep breaths. Inhale and as you exhale bring the hands into prayer position.</p>	<p style="text-align: center;"><b>2. Hands up</b></p>  <p>On your next inhale reach up and lengthen the back. Slightly come on to the heels and gently arch the lumbar spine. Looking up between the hands,</p>	<p style="text-align: center;"><b>3. Head to knees</b></p>  <p>As you exhale charge the legs and bend forward, bringing your hands to rest beside your feet (bending the knees if necessary), If this is too much slowly come down vertebra by vertebra.</p>
<p style="text-align: center;"><b>4. Lunge</b></p>  <p>Inhale and step the right leg back. Remember, right knee to the floor and head and chest facing forward!</p>	<p style="text-align: center;"><b>5. Plank</b></p>  <p>Hold the breath and step the left leg back into plank position. Avoid hips raising to the ceiling or falling to the floor.</p>	<p style="text-align: center;"><b>6. Stick</b></p>  <p>Exhale and lower your knees, chest, and forehead to the floor. Keep the hips ‘slightly’ raised from the floor.</p>
<p style="text-align: center;"><b>7. Cobra</b></p>  <p>As you inhale release the toes and hips, gently stoke the floor with nose and chin, bring the chest forward, and come up into cobra, using the back muscles! Elbows tucked in please...</p>	<p style="text-align: center;"><b>8. Downward dog</b></p>  <p>Exhale, push up with the arms and allow the weight to drop back on to the knees. Tuck the toes under and lift from the hips and push back into Downward facing dog.</p>	<p style="text-align: center;"><b>9. Lunge</b></p>  <p>Inhale and step the right leg forward in-between the hands, left knee comes to the floor. This may take a few steps at first!</p>
<p style="text-align: center;"><b>10. Head to knees</b></p>  <p>Exhale, bring the left foot forward and step into head-to-knee position. Hands either side of your feet, bending at the knees if needed.</p>	<p style="text-align: center;"><b>11. Hands up</b></p>  <p>Inhale, charge the legs, and stretch the hands forward and away from the feet. Then come up from the forward bend. Slightly come on to the heels and gently arch the lumbar spine. Looking up between the hands, If this is too much slowly come up vertebra by vertebra.</p>	<p style="text-align: center;"><b>12. Mountain</b></p>  <p>Exhale, and slowly lower your arms in front of you. Repeat the sequence, leading with the left leg.</p>





# Sun Salutation



Surya namaskara is a series of twelve physical postures. These alternating backward and forward bending postures flex and stretch the spinal column through their maximum range giving a profound stretch to the whole body.

Often, after a hard days work, we would just flop down on the couch \* apparently \* relaxing our bodies - but it is NOT so. The stagnant energies remain locked up and the organs remain de-oxygenated to a large extent. Surya Namaskar has a deep effect in detoxifying the organs through copious oxygenation and has a deeper relaxing effect.

The above constitutes one half of a round of Surya namaskara. To complete the other half the same movements are repeated except that the right leg is brought back in posture 4 and the left foot is brought forward in posture 9. So one full round consists of the exercises done twice. Practice up to 6 rounds in the morning and 6 rounds in the evening.

When the exercises are done a little quickly, the gain is more physical while if they are done slowly with breath awareness the gain is more mental and spiritual.

## To list some of the benefits of Suryanamaskar:

- Tones up the digestive system by the alternate stretching and compression of abdominal organs. It activates digestion and gets rid of constipation and dyspepsia.
- Strengthens abdominal muscles.
- Thoroughly ventilates the lungs, and oxygenates the blood.
- Acts as detoxifying agent, by getting rid of enormous quantity of carbon dioxide and other toxic gases.
- Tones up the nervous system and improves memory.
- Promotes sleep and calms anxiety.
- Normalizes the activity of the endocrine glands - especially the thyroid gland.
- Refreshes the skin. Prevents Skin disorders.
- Improves muscle flexibility.
- In women, stimulates the breasts to help firmness normally. Restores any lost elasticity, through stimulation of glands and the strengthening of pectoral muscles.
- Suppresses menstrual irregularity and assists in easy childbirth.
- Prevents loss of hair and greying.
- Helps reduce fat.
- Reduces abnormal prominence of the Adam's apple.
- Eliminates unpleasant smells from the body.
- Lends grace and ease of movements to the body.
- Revives and maintains the spirit of youthfulness.
- Broadens chest and beautifies arms.
- Makes the spine and waist flexible.
- Produces health, strength, efficiency and longevity.

## Who should NOT do Surya Namaskar?

- Pregnant women should not practice this after third month of pregnancy.
- Patients of Hernia and high blood pressure are warned against this practice.
- People suffering from back conditions should seek proper advice before commencing Surya Namaskar.
- Women should avoid Surya Namaskar during menses.

**Yoga is the practise of coming back to yourself and rediscovering your essential nature.**

