

SUN SALUTATION (SURYA NAMASKAR)



In Hindu mythology, the Sun god (Surya) is worshiped as a symbol of health and immortal life. Surya is the soul of life and without the sun all of life could not exist. The Sun Salutation originated as a series of prostrations to the sun.

The Sun Salutation is a beautiful sequence of twelve postures performed as one continuous flowing exercise. Each position counteracts the one before, stretching the body in a different way and alternately expanding and contracting the chest to regulate breathing.

Sun Salutation (Surya Namaskar) has many amazing benefits. In as little as 10-15 minutes you can achieve a low impact workout that combines resistance training (e.g. weight lifting) and cardiovascular training.

Step #1: Pranamasana (Prayer pose) Mantra: (Om mitraya namah)

Stand at the edge of your mat, keep your feet together and balance your weight equally on both the feet. Expand your chest and relax your shoulders. As you **breathe in**, lift both arms up from the sides and as you **exhale**, bring your palms together in front of the chest in prayer position.

Step #2: Hastauttanasana (Raised arms pose) Mantra (om ravaye namah)

Breathing in, lift the arms up and back, keeping the biceps close to the ears. In this pose, the effort is to stretch the whole body up from the heels to the tips of the fingers

How to deepen this yoga stretch?

You may push the pelvis forward a little bit. Ensure you're reaching up with the fingers rather than trying to bend backwards.

Step #3: Hasta Padasana (Hand to foot pose) (Om suryaya namah)

Breathing out, bend forward from the waist, keeping the spine erect. As you exhale completely, bring the hands down to the floor, beside the feet.

How to deepen this yoga stretch?

You may bend the knees, if necessary, to bring the palms down to the floor. Now make a gentle effort to straighten the knees.

It's a good idea to keep the hands fixed in this position and not move them henceforth until we finish the sequence.

Step #4: Ashwa Sanchalanasana (Equestrian pose) Mantra (Om bhanave namah)

Breathing in, push your right leg back, as far back as possible. Bring the right knee to the floor and look up

How to deepen this yoga stretch?

Ensure that the left foot is exactly in between the palms.

Step #5: Dandasana (Stick pose) Mantra (Om Khagaya namah)

As you **breathe in**, take the left leg back and bring the whole body in a straight line.

How to deepen this yoga stretch?

Keep your arms perpendicular to the floor.

Step #6: Ashtanga Namaskara (Salute with eight parts or points)

Mantra (Om pushne namah)

Gently bring your knees down to the floor and **exhale**. Take the hips back slightly, slide forward, rest your chest and chin on the floor. Raise your posterior a little bit.

The two hands, two feet, two knees, chest and chin (eight parts of the body touch the floor).

Step #7: Bhujangasana (Cobra pose) Mantra (Om Hiranyagarbhaya namah)

Slide forward and raise the chest up into the Cobra posture. You may keep your elbows bent in this pose, the shoulders away from the ears. Look up.

How to deepen this yoga stretch?

As you inhale, make a gentle effort to push the chest forward; as you exhale, make a gentle effort to push the navel down. Tuck the toes under. Ensure you're stretching just as much as you can; do not force.

Step #8: Parvatasana (Mountain pose) Mantra (Om marichaya namah)

Breathing out, lift the hips and the tail bone up, chest downwards in an 'inverted V' (/\) posture.

How to deepen this yoga stretch?

If possible, try and keep the heels on the ground and make a gentle effort to lift the tailbone up, going deeper into the stretch.

Step #9: Ashwa Sanchalanasana (Equestrian pose) Mantra (Om adityaya namah)

Breathing in, bring the right foot forward in between the two hands, left knee down to the floor, press the hips down and look up.

How to deepen this yoga stretch?

Place the right foot exactly between the two hands and the right calf perpendicular to the floor. In this position, make a gentle effort to push the hips down towards the floor, to deepen the stretch.

Step #10: Hasta Padasana (Hand to foot pose) Mantra (Om savitre namah)

Breathing out, bring the left foot forward. Keep the palms on the floor. You may bend the knees, if necessary.

How to deepen this yoga stretch?

Keep breathing gently straighten the knees and if you can, try and touch your nose to the knees.

Step #11: Hastauttanasana (Raised arms pose) Mantra (Om arkaya namah)

Breathing in, roll the spine up, hands go up and bend backwards a little bit, pushing the hips slightly outward.

How to deepen this yoga stretch?

Ensure that your biceps are beside your ears. The idea is to stretch up more rather than stretching backwards.

Step #12: Pranamasana (Prayer pose) Mantra (Om bhaskaraya namah)

Stand at the edge of your mat, keep your feet together and balance your weight equally on both the feet.

Expand your chest and relax your shoulders.

As you breathe in, lift both arms up from the sides and as you exhale, bring your palms together in front of the chest in prayer position.

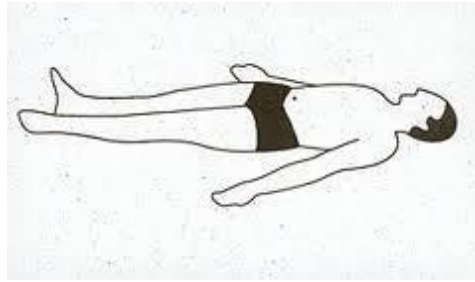
Physical Benefits

- Stretches and tones every muscle in the body
- Improves flexibility of all muscles
- Lubricates the joints
- Increases spine and waist flexibility
- Increases health and vitality to the entire nervous system
- Builds and strengthens the entire structure of the body

Limitations

- Severe back pain, stomach surgery, heart surgery, shoulder, knee & Wrist
- To be avoided during menstruation & pregnancy

Corpse Pose (Shavasana)



In this Asana one has to lie down like a Lifeless body in order to get complete relaxation. The purpose of performing various yogic exercises is for the intention to obtain good health, mental happiness and also to get relaxation. Shavasana is performed after completion of all the yogic exercises. Due to modern day life style no one is able to experience complete relaxation, even though many comforts are available to us. The physical comforts alone cannot provide complete; relaxation. Complete relaxation can be experienced only when both mind and body are relaxed. Shavasana is a very important yogic practice that shows the perfect technique to relax.

The pose of Shavasana appears to be simple but the technique has to be mastered with practice. The exact systematic process of Shavasana is explained below.

Technique: Lie on your back with the head straight. The whole body must be loose, at ease, and straight.

Close the eyes and breathe slowly and evenly.

Ensure that all the parts of the body that is from head to toe are relaxed.

The mind should be calm and vacant, cleared of thoughts gradually.

Start consciously relaxing each part of the body starting from head to toes and experience total relaxation of each and every part of the body.

It is very essential to practice in a clean and quiet place with good ventilation.

Lie in this posture for about 10 to 15 minutes or more till one experiences total relaxation of the mind and body.

Benefits

- ✓ Promotes relaxation to every muscle
- ✓ Relaxes and strengthen the entire nervous system
- ✓ Slows down circulation
- ✓ Relaxes the bones and joints

Note:- The general rule of breathing for most of the seated and standing asanas is that, one has to inhale while raising the arms, back and legs and exhale while lowering them.