

SURYANAMASKAR

This is a sequential combination of certain postures performed dynamically in synchrony with the breath. The procedure consists of 12 forward and backward bending movements that extend and flex the Vertebrae & are performed in an cyclic pattern.

START →

• Stand erect with the legs together facing east. palms should be kept together in front of the chest.

→ ① Take the hand above the head. and head & arch backwards (inhale)

→ ② Bend the body to the front & touch the knees by the fore head. Keep the palms on the floor on either side.

→ ③ Take the Right leg back, take the left knee forward and look up (inhale)

→ ④ Take the left leg also back & left knee forward resting only on the toes & the palms. Keep the body straightening the arms (exhale)

→ ⑤ By bending the elbows rest the knees chest and the forehead on the floor.

→ ⑥ Raise the head + trunk + arch back without changing the position of the hands + feet (inhale)

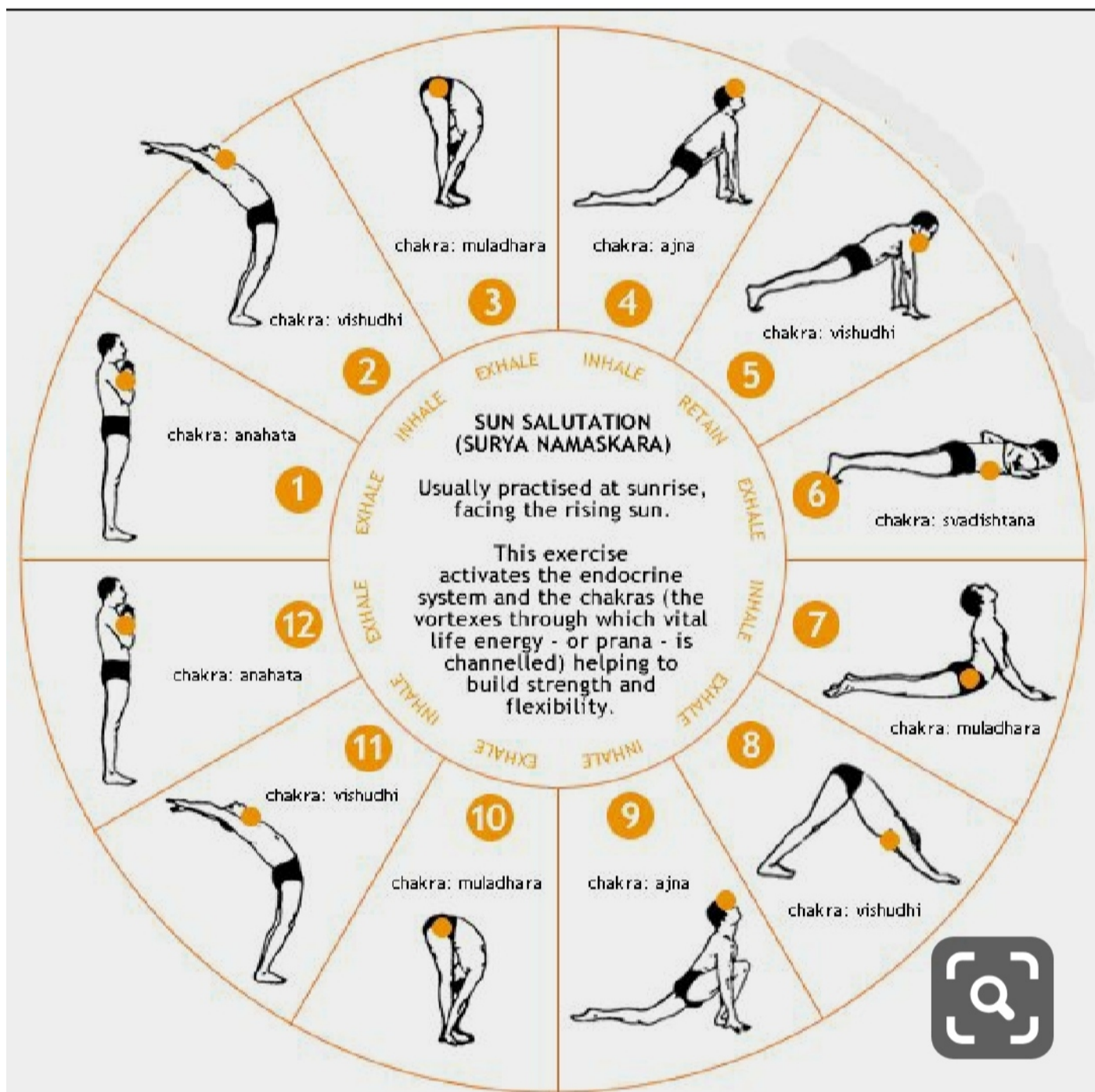
→ ⑦ Raise the buttocks, push the head down and make a complete arch (exhale)

→ ⑧ Bring the right leg forward with knees bent + arch back as in count 3.

→ ⑨ Bring the left foot close to the right foot forward both the knees straight and touch the knees with the forehead as in count 2.












→ ⑩ Count up + raise both the arms up and arch back as in count 1 (inhale)

END → Stand erect with both the palms together as in start (exhale)



SURYA NAMASKAR



| ASANA | | BREATH | CHAKRA | BENEFITS |
|-----------------------|---|-----------------|-----------------------|---|
| Pranamasana |  | Inhale & Exhale | Anahata (Heart) | Induces a sense of calm and introspection |
| Hasta Uttanasana |  | Inhale | Vishuddhi (Throat) | Stretches the chest & abdomen lifting the Prana to the upper body |
| Padahastanasana |  | Exhale | Muladhara (Root) | Stretches hamstrings and blood flows to the brain. Prana travels to the lower body |
| Ashwa Sanchalanasana |  | Inhale | Ajna (Third Eye) | Improves hip flexibility and stretches groin muscles |
| Chaturanga Dandasana |  | Exhale | Vishuddhi (Throat) | Strengthens core abdominal muscles, arms, wrists, upper back & neck |
| Ashtangasana |  | Hold breath in | Swadhisthana (Spleen) | Increases blood flow to the chest and strengthens the arms & shoulders |
| Bhujangasana |  | Inhale | Muladhara (Root) | Relieves tension in the lower back & gives an expansion to the abdomen & chest |
| Adho Mukha Shvanasana |  | Exhale | Vishuddhi (Throat) | Strengthen arms, shoulders & legs & stretches the calf muscles. Increases blood flow to the brain |
| Ashwa Sanchalanasana |  | Inhale | Ajna (Third Eye) | Improves hip flexibility and stretches groin muscles |
| Padahastanasana |  | Exhale | Muladhara (Root) | Stretches hamstrings and blood flows to the brain. Prana travels to the lower body |
| Hasta |  | | Vishuddhi | Stretches the chest & abdomen |



