

LEARN YOUR POSE

# SUN SALUTATION (SURYA NAMASKAR)

Surya = Sun; Namaskara= Salutation



**सूर्यनमस्कार** or Sun Salutation is a Yoga practice incorporating a sequence of gracefully linked Asanas. The nomenclature refers to the symbolism of Sun as the [soul](#) and the source of all life. This yoga cycle provides a great cardiovascular workout. Its root is in India where there are many worshippers of Surya, considering Sun as a deity.

The solar plexus is the central point of the human body. It is just behind the navel and connects with the Sun. This is the main reason why we must practice Surya Namaskara in the morning. The regular practices of Surya Namaskara can boost the solar plexus. Which results in increased vitality, confidence and brain functioning.

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Surya Namaskara is the most versatile yoga cycle comprising 12 yoga postures. This is the most energizing technique of yoga because it influences most of the body organs-internal as well as external. It increases the flow of blood in the body. Its regular practice develops strength, stability and the flexibility of mind and body.

The de-stressing powers of Surya Namaskara, strengthen your immune system and keeps illnesses at bay.

### Description of Surya Namaskara Poses

#### 1. PRANAMASANA –THE PRAYER POSE

Pranam = Prayer; Asana = Pose

Best known as prayer pose, Pranamasana is the first pose of the Surya Namaskara.

How to do-

Stand upright on your mat with your both feet closely aligned.

Inhale deeply, expand your chest while keeping your shoulders relaxed.

Raise your arms while inhaling.

Bring your palms together, in front of your chest as you do for “Namaste”, and exhale

#### 2. HASTAUTTANASANA- THE RAISED ARMS POSE

Hastan = Arm; Uttan = Raised

Hastauttanasana loosens up your body by stretching the entire body backward while standing at the tips of the toes.

From the previous Namaste pose, lift your arms up while inhaling and bend backward slightly.

Your arms should lie close to your ears.

#### 3. HASTA PADASANA – HAND TO FOOT POSE

Hasta = Hand; Pada = Foot

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Next, breathe out, and bend forward from the crease of your hips.

Bend down and touch your toes while keeping your spine erect.

### 4. ASHWA SANCHALANASANA- EQUESTRIAN POSE



[Equestrian pose](#) is a low lunging pose of the sun salutation sequence. One leg is stepped back, with the hands on the floor on either side of the front foot. The back knee usually rests on the ground and the head and gaze are lifted. Some say the eyes should be rolled upwards in this posture.

Equestrian pose requires flexibility and openness in the hip flexor of the back leg. It helps build strength and flexibility in the legs.

The Sanskrit name for the equestrian pose is Ashwa Sanchalanasana.

#### How to do

Next breathe in, and stretch your body while aligning parallel to the ground.

Keep your hands to the side, and bring your right knee forward towards the right part of the chest.

Let your left leg stretch behind.

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### 5. DANDASANA – STICK POSE

Fling your right leg backwards along with the left leg, while inhaling.

Align your entire body parallel to the ground just as in high plank.

### 6. ASHTANGA NAMASKARA – SALUTE WITH EIGHT PARTS OR POINTS

This is the eight-point salutation given by eight parts.

While exhaling, make a transition from the Dandasana and gently bring down your knees towards the floor.

Bring your chin in contact with the floor, keep your hips elevated upward.

At this point, your eight parts viz. two hands, two knees, chin, and chest will rest on the floor, whereas your hips stay elevated upward.

### 7. BHUJANGASANA-THE COBRA POSE

This pose gives you a perfect back bend while you lie on your stomach. When done correctly, it can gradually bring flexibility and strength to the entire spine.

Lie down on your stomach, keeping spine elongated.

Bring both of your hands just below your shoulders.

Gradually, try to bring your upper half upward by applying pressure on the pelvis.

Don't push too much and too hard upon your hands. Let your spine do the job.

### 8. PARVATASANA-DOWNWARD-FACING DOG POSE

Take transition from cobra pose to the Parvatasana. Keep your palm and feet where they are, and slowly raise your mid-section and make an inverted 'V'. Breathe out as you enter Parvatasana.

### 9. ASHWA SANCHALANASANA – EQUESTRIAN POSE

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From Parvatasana, transition back to the Ashwa Sanchalanasana.

But this time, we bring right foot forward whereas resting the left foot behind.

### 10. HASTA PADASANA- HAND TO FOOT POSE

Gradually bring your left foot forward, next to the right foot while exhaling.

Keeping your hands in the previous position.

Get up gradually to enter Hasta Padasana.

### 11. HASTAUTTANASANA- THE RAISED ARMS POSE

Next, inhale, raise your hands upward, and bend backward to get into the Hastauttanasana.

### 12. PRANAMA ASANA – THE PRAYER POSE

Finally, exhale and stand in a relaxed manner in the 'Namaste'.

Feel the positive vibes entering into your body.

This is how you complete one repetition of Surya Namaskara.

To render maximum benefits from this Holistic yoga cycle you need to complete twelve repetitions. But not from day one.

→Start with two cycles; gradually try to be perfect in fifteen days.

→Preferably, try to do in the morning on empty stomach.

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