SURYA NAMASKAR

YOGASANA CHART No. 7

Step 12 : Tadasana (Mountain Pose)
This stage marks the final stage of Surya Namaskar and it is similar to the first stage. You have to breathe normally.
Benefits : Promotes balance, stimulates the respiratory system, exercises shoulder, back and neck muscles.

Step 11 : Hastauttanasana (Raised arms pose)
This stage is same as the second stage. Inhale.
Benefits : Promotes balance, promotes digestion, exercises arms and shoulder muscles, tones the spine, promotes flexibility in back and hips.

Step 10 : Hasta Padasana (Hand to foot pose)
In this step the posture is the same as the third step. You need to exhale.
Benefits : Promotes blood circulation, tones abdominal tracts, stretches back and leg muscles, stimulates spinal nerves, stimulates lymphatic system.

Step 9 : Ashwa Sanchalanasana (Equestrian pose)
In this step the posture is the same as the fourth step. Inhale.
Benefits : Exercises spine, strengthens hand and wrist muscles.

Step 8 : Parvatasana (Mountain pose)
Raise your hips and bring your head to the floor with eyes on the navel and heel on the floor. This position will exactly look like an inverted 'V'. Then as usual exhale.
Benefits : Stimulates blood circulation throughout the body, strengthens arms, wrists and shoulders.

Step 7 : Bhujangasana (Cobra Pose)
Lower your waist and raise your upper body. Look upwards and keep your arms straight. Then inhale at a slow pace.
Benefits : Stimulates circulation to abdominal organs, tones digestive tract, stretches upper and lower body, promotes flexibility in the back, stimulates nerves in spine.

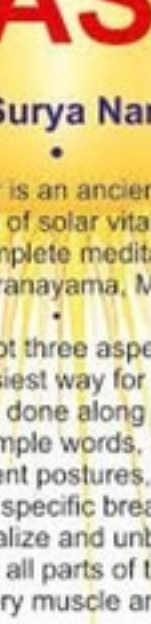
Step 6 : Ashtanga Namaskara (Salute with eight parts or points)
Lower your knees, chest and forehead with your palms firmly on the ground next to your chest and elbows bent upwards. Hold your breath here.
Benefits : Strengthens leg and arm muscles, increases flexibility in neck and shoulders, stretches arms, shoulder, neck and back muscles, exercises back muscles, releases tension in neck and shoulder.

Step 5 : Chaturanga Dandasana (Four-Limbed Staff Pose)
As you breathe in, take the other leg back and bring the whole body in a straight line.
Benefits : Strengthens wrists, biceps & triceps. Tones abdomen & abdominal muscles.

Step 4 : Ashwa Sanchalanasana (Equestrian Pose)
Take one leg back and place the other leg in the front with palms firm on the ground. Raise your head and inhale.
Benefits : Exercises spine, strengthens hand and wrist muscles.

Step 3 : Hasta Padasana (Hand to Foot Pose)
Bend forward and place your palms at the side of your feet. Touch your knee with forehead and exhale deeply.
Benefits : Promotes blood circulation, tones abdominal tracts, stretches back and leg muscles, stimulates spinal nerves, stimulates lymphatic system.

Step 2 : Hastauttanasana (Raised Arms Pose)
Raise your arms over your head and shoulders with the palms touching each other and biceps touching your ears. Stretch your abdomen as much as possible and lean backwards and inhale.
Benefits : Promotes balance, promotes digestion, exercises arms and shoulder muscles, tones the spine, promotes flexibility in back and hips.



Step 1 : Pranamasana (Prayer Pose)
Stand with your feet together and palms folded in front of your chest. Close your eyes properly.
Benefits : Promotes balance, stimulates the respiratory system, exercises shoulder, back and neck muscles.

SURYA NAMASKAR

• What is Surya Namaskar?

•

• Surya Namaskar is an ancient form of yoga. It is the art of solar vitalization. This form of yoga is a complete meditative technique in itself as it includes Asanas, Pranayama, Mantras and Mundras.

•

• Surya Namaskar has got three aspects: form, vital energy and rhythm. It is the easiest way for a person to get used to Yoga. It should be done along chanting mantras in every posture. In simple words, Surya Namaskar is a combination of 12 different postures, followed in a particular sequence with a specific breathing pattern. It helps an individual to vitalize and unblock the whole system. It reduces fat from almost all parts of the body as it stretches each and every muscle and tones it.

POSE	MANTRA	MEANING
1. Pranamasana	Om Hram Mitraya Namaha	Who is friendly to all
2. Hastauttanasana	Om Hrim Ravaye Namaha	The shining one, the radiant one
3. Hasta Padasana	Om Hrum Suryaya Namaha	Who is the dispeller of darkness and responsible for bringing activity
4. Ashwa Sanchalanasana	Om Hraim Bhanave Namaha	One who illumines, the bright one
5. Chaturanga Dandasana	Om Hraum Khagaya Namaha	Who is all-pervading, one who moves through the sky
6. Ashtanga Namaskara	Om Hrah Pushane Namaha	Giver of nourishment and fulfillment
7. Bhujangasana	Om Hram Hiranyagarbhaya Namaha	Who has golden color brilliance
8. Parvatasana	Om Hrim Marechaye Namaha	The giver of light with infinite number of rays
9. Ashwa Sanchalanasana	Om Hrum Adityaya Namaha	The son of Aditi – the cosmic divine Mother
10. Hasta Padasana	Om Hraim Savitre Namaha	One who is responsible for life
11. Hastauttanasana	Om Hraum Arkaya Namaha	Worthy of praise and glory
12. Tadasana	Om Hrah Bhaskaraya Namaha	Giver of wisdom and cosmic illumination

The following mantra is pronounced at the beginning of a Surya Namaskara cycle:

ॐ धीयः सदा सविव मण्डल मध्यवर्ती नारायण सरसिजा सनसन्नि विष्टः
केयूरवान मकरकुण्डलवान किरीटी हारी हिरण्मय वपुर धृतशंख चक्रः
om dhiyaḥ sadā savitra maṇḍala madhyavartī nārāyaṇa sarasijā sanasann/ viṣṭaḥ
keyūravāna makarakuṇḍalavāna kirīṭī hārī hiraṇmaya vapura dhṛtaśaṅkha cakraḥ

The following mantra is pronounced at the end of a Surya Namaskara cycle:

आदित्यस्य नमस्कारान् ये कुर्वन्ति दिने दिने
आयुः प्रज्ञा बलम् वीर्यम् तेजस्तेषान् च जायते
ādityasya namaskāran ye kurvanti dine dine
āyuḥ prajñā balam vīryam tejastesān ca jāyate

For those who salute the sun every day, life expectancy, conscious, strength, courage and vital power shall grow.

"Those who perform Surya Namaskars daily, do not face poverty in life [this actually relates to Richness of Health, not financial matters], one does not face early death or suffer from diseases. Drink the water kept before The Sun".

SPECTRUM EDUCATIONAL CHARTS
Dedicated to Educate People
www.spectrumcharts.com

YOGASANA CHART SET :
1 - Standing Postures (No. WAP-301001)
2 - Seating Postures (No. WAP-301002)
3 - Seating Postures (No. WAP-301003)
4 - Abdominal Toners, Twist & Arm Balance (No. WAP-301004)
5 - Backbends (No. WAP-301005)
6 - Inversions (No. WAP-301006)
7 - Surya Namaskar (No. WAP-301007)

Note: The yogasana images depicted in this chart, are only representation to understand the asanas. Please do not replicate these without proper guidance from a trained Yoga instructor, as these asanas can cause physical disability when done incorrectly. The information made use of in these chart has been taken from authentic sources. However, the publisher do not take any responsibility for the accuracy of its contents.

PRODUCT OF INDIA
ECO FRIENDLY

Customer Care No. +91 22 24055306
Fax No. +91 22 24055305
Product No. WAP-3-301007

© All rights reserved

SCAN ME