



“Surya Namaskara-Sun Salutation”

Surya Namaskara was originally designed by ancient yogis according to the phases of the sun. Each of the twelve postures corresponds to one of the sun's twelve phases.

The sun descends for six months and then ascends for six months. In the same way Surya Namaskara has six descending postures and six ascending postures. This sequence of twelve postures constitutes one round of Surya Namaskara; and six to twelve rounds are done as part of one's daily routine.

Techniques:

1. Prayer Pose



- Stand erect, with both feet flat and palms together at the chest, in the 'prayer position'.
- Gently firm the thighs, buttocks, pectoral muscles and draw the knee caps upward.

2. Raised Arms Pose



- Extend both arms upwards, pointing the fingers; bend backwards, looking up.

3. Hand to Foot Pose



- Bend forwards from the waist, bringing your head toward the knees while keeping the knees straight.

4. Equestrian Pose



- Extend the right leg backwards, pointing the toes while bending the left knee, keeping the foot flat and sinking the pelvis downward.
- Bend backwards, looking up with the arms pointing downwards, extending the fingers toward the floor.

5. Mountain Pose



- Facing downward, place the palms and the feet flat on the floor while extending the buttocks upward, bending at the hips.
- Try to align the arms with the back, bending only at the waist, with the knees straight.

6. Salute with Eight Limbs Pose



- Rest the toes, palms and knees on the floor.
- Lower the body until the chest and chin touch the floor, keeping the buttocks raised and the elbows in toward the sides.

7. Cobra Pose



- Extend the arms with the palms on the floor, lifting the body upwards while keeping the legs flat on the floor. Expand the chest, bending the head backwards and pressing the pelvis down.

Remaining postures are repetition of first 5 postures.

General benefits:

- Rhythmic breathing increases level of oxygen in blood leads to increase in vitality and immunity.
- Removes the sluggishness and lethargy.
- There is increase flow of blood help in eliminating waste matter and stagnated blood.

- Digestive system is toned up as it helps in massaging the entire abdominal organs.
- Spinal column is systematically stretched and compressed, that stimulates spinal cord and nerves centers.
- Improves over all flexibility.
- Revive and maintains spirit of youthfulness.
- Remove fats.
- Produce health, strength, efficiency and longevity.