

SURYA NAMASKAR

सूर्य नमस्कार



Surya Namaskar consists of twelve positions as given below:
Position 1: Pranamasana (prayers pose):

Position 2: Hastauttanasana (raised arms pose):

Position 3: Padahastanasana (hand to foot pose):

Position 4: Asvasanchalanasana (equestrian pose):

Position 5: Parvatasana (mountains pose):

Position 6: Ashtanga Namaskara

(salute with eight parts or points):

Position 7: Bhujangasana (cobra pose):

Position 8: Parvatasana (mountains pose):

Position 9: Asvasanchalanasana (equestrian pose):

Position 10: Padahastanasana (hand to foot pose):

Position 11: Hastauttanasana (raised arms pose):

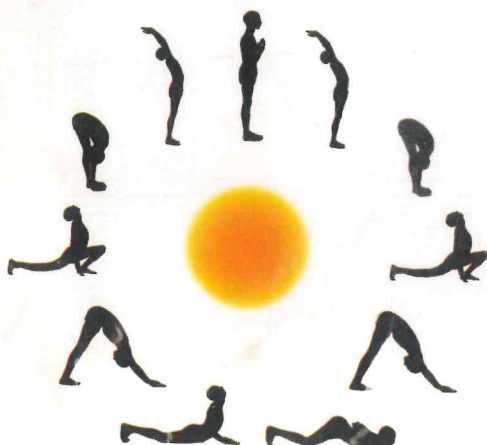
Position 12: Pranamasana (prayers pose):



सूर्य नमस्कार

Sūryā Namāṣkāra

प्रथम दिवस



सूर्य नमस्कार SURYA NAMASKAR

SURYA NAMASKAR

The Sanskrit name Surya refers to the sun and Namaskar means 'salutation'. In Yoga, the sun is represented by Pingala or Surya Nadi, the Pranic channel which carries the vital, life-giving force. Surya Namaskar has a direct vitalizing effect on the solar energy of the body which flows through Pingala Nadi. Regular practice of Surya Namaskar regulates Pingala Nadi, whether it is under-active or over-active, that leads to a balanced energy system at both mental and physical levels. Surya Namaskar is an effective way of loosening up, stretching, massaging and toning all the joints, muscles and internal organs of the body.

The twelve positions of Surya Namaskar are practiced twice to complete one round. Positions 1 to 12 constitute half a round. In the second half, the positions are repeated with two small changes: a) In position 16, instead of stretching the right foot backward, stretch the left foot back. b) In position 21, bend the right leg and bring the right foot between the hands.

The ideal time to practice Surya Namaskar is at sunrise, the most peaceful time of the day. Whenever possible, practice in the open air, facing the rising sun. Sunset is also a good time to practice as it stimulates the digestive fire. Surya Namaskar, however, may be practiced at any time provided the stomach is empty. Surya Namaskar is ideally practiced before other Asanas. After completing Surya Namaskar, practice Shavasana for a few minutes. This will allow the heartbeat and respiration to return to normal and all the muscles to relax.