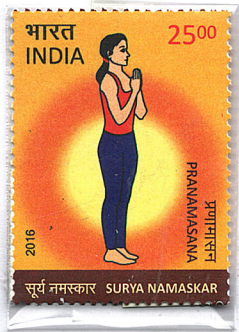


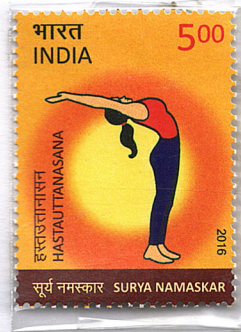
Surya Namaskars: The Twelve-Point Way to Health

Anurag Saurabh

Yoga is an ancient Indian form of exercising for staying fit, active, healthy and energized through its practice. The Sanskrit name "Surya" refers to the "Sun" and "Namaskar" means "Salutation". Surya Namaskar is a practice in yoga as exercise incorporating a flow sequence of some twelve linked asanas. The basic sequence involves moving from a standing position into Downward and Upward Dog poses and then back to the standing position, but many variations are possible. The set of 12 asanas is dedicated to the Hindu solar deity Surya.



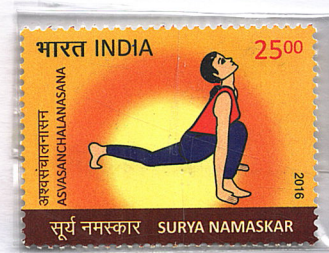
"Pranam Asana"
(Prayer Pose)



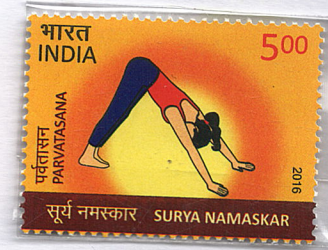
"Hastauttan Asana"
(raised arms pose)



"Padahast Asana"
(hand to foot pose)



"Asvasanchalan
Asana" (equestrian
pose)



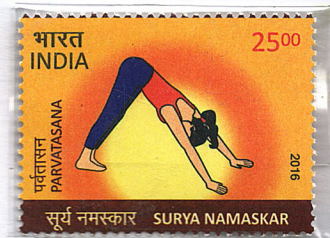
"Parvat Asana"
(mountain pose)



"Ashtang Namaskara"
(salute with eight
parts)



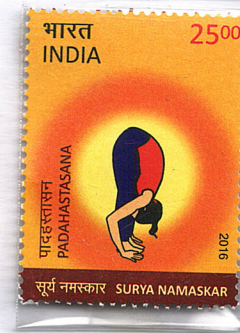
"Bhujang Asana"
(cobra pose)



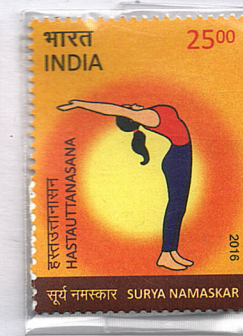
"Parvat Asana":
(mountain pose)



"Asvasanchalan
Asana" (equestrian
pose)



"Padahast Asana"
(hand to foot pose)



"Hastauttan Asana"
(raised arms pose)



"Pranam Asana"
(Prayer Pose)

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