

CHAPTER SIX



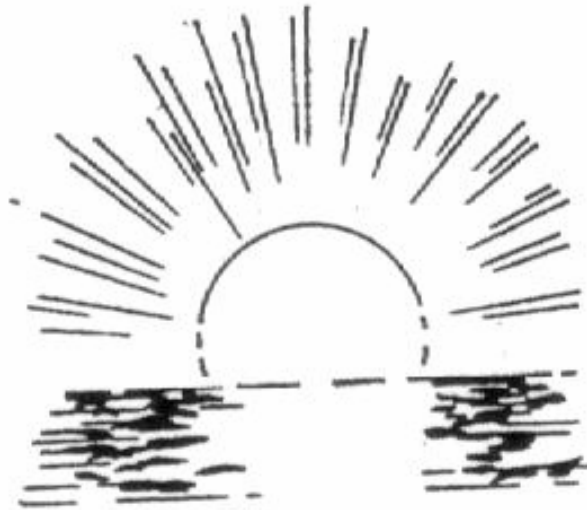
YOGA

SURYANAMASKAR

Introduction

One must aim for a sound mind and a sound body. Yogasanas are designed not just for physical fitness but also for mental strength; Suryanamaskar is one among them.

One can begin their day by paying tribute to the Sun God (Surya Devata), acknowledging the importance of Sun and sunlight in their daily lives.



The Suryanamaskar is salutations to the Sun God, and it is a perfect combination of exercise and prayers. The Suryanamaskar is done facing EAST (facing the rising sun). It consists of twelve physical exercises. A Mantra is uttered before each of these 12 exercises. Please refer chapter one (Slokas-Lord Surya) for the meaning of these twelve mantras.

EXERCISE 1 *Namaskaarasana* Om Mitraaya Namaha



Standing erect, without a bend anywhere near knees or spinal cord, close your hands in Namaskar posture. Breathe normally.

Press the hands against each other tightly. The thumbs are together and are made to press into the chest.

Widen the shoulders and the lower parts of the hands are parallel to the ground.

This is a good exercise to practice how to stand properly. The weight of the body is equally distributed to both the feet. The sagging stomach muscles are pulled in and supported by the upper body. Hence a good exercise for the stomach muscles.

EXERCISE 2 *Urdhva namaskaarasana* Om Ravaye Namaha

Inhale.



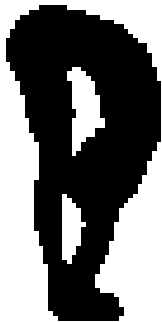
Palms of both hands are joined, and slowly pulled up with the arms ending up to the sides of the ears; body is bent backwards, with eyes looking towards the hands.

If you cannot hold palms together, open them but tie the palms with the thumb fingers.

This activates the front portion of the body from toes to forehead. This posture is very good for upper and lower back. Hip muscles become stronger. Chest becomes wider. Blood circulation increases to the head and hands.

EXERCISE 3 *Adharaasana* Or *Uttanaasana* Om Sooryaaya Namaha

Exhale.



The body is bent down, with hands stretched down to touch the ground. Ideally the entire palm is supposed to rest on the ground, with the head touching the knee bones.

This activates the back of the body from heels to head. This is good on the stomach muscles, arms and knee muscles.

EXERCISE 4 *Eka paada prasaraNa aasana* (One leg behind) Om Bhaanave Namaha

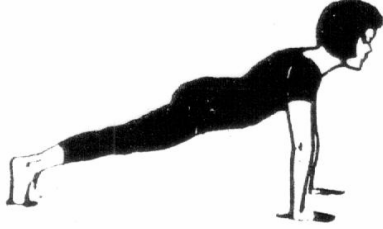
Inhale.



One leg goes behind and body gets lowered. The two palms will be rested on the ground; the knee of the leg, which goes behind touches the ground. The head looks up.

This is a complete exercise to the legs, lower back and chest.

EXERCISE 5 *Dwi paada prasaraNa Om Khagaaya Namaha*
aasana Or
Chaturanga danDaasana
(Both legs behind)



Retain Breath.

Second leg joins the first leg with both feet joined (press them to one another), body in a inclined plane. In this posture, only the two hands (palms) and the toes touch the ground. The head of the body should be at a higher plane and the legs will be in a downward slope. The head will be looking straight and focus the eyes to 10 feet in front of the body. Remain in this posture for 15 seconds.

Stretches the complete body thus activating the blood circulation.

EXERCISE 6 *Ashtaanga* **Om Pooshne Namaha**
namaskaraasana



Exhale and hold.

The body is lowered to touch the ground at the forehead, chest and the knees; the toes and palms touch the ground. The rest of the body will be up in the air supported by the forehead, chest and knees. Remain in this posture for 5 seconds.

Exercises the back, shoulder and chest muscles.

EXERCISE 7 *Bhujangaasana* **Om Hiranyagarbhaaya**
Or Urdhva mukha Shvaanaasana **Namaha**



Inhale.

From exercise 6, pull the body forward with the hands (palms) on the ground. Knees, thighs and toes touch the ground. The body should be in a curved position towards the ground with the head facing up.

Excellent for the lower back, shoulders, neck, chest and abdomen. Wrists also get their share.

EXERCISE 8 *Adho mukha shvaanaasana* **Om Mareechaye Namaha**



Exhale.

Pull the body inward, with palms and feet firmly on the ground. Press the feet so that the heels touch the ground. Don't bend the knees. Extend the spinal cord to the maximum.

Pull the stomach in. Expand the chest, pushing the shoulders back. While pushing the head in, try touching the chin to the chest. The body will look like a hill, pointing up towards the sky.

Good for feet, calf muscles, thighs, hips, back and neck. Energizes the limbs; best for athletes.

EXERCISE 9 *Same as exercise 4* **Om Aadityaaya Namaha**

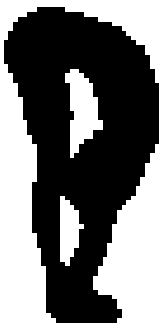


Inhale.

The other leg goes behind and body gets lowered. The two palms will be rested on the ground, the knee of the leg, which goes behind touches the ground. The head looks up.

This is a complete exercise to the legs, lower back and chest.

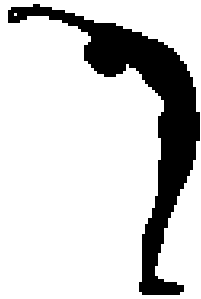
EXERCISE 10 *Same as exercise 3* **Om Savitre Namaha**



Exhale.

The body is bent down, with hands stretched down to touch the ground. Ideally the entire palm is supposed to rest on the ground, with the head touching the knee bones.

This activates the back of the body from heels to head. This is good on the stomach muscles, arms and knee muscles.

EXERCISE 11 *Same as exercise 2* **Om Arkaaya Namaha**

Inhale.

Palms of both hands are joined, and slowly pulled up with the hands ending up to the sides of the ears; body is bent backwards, with eyes looking towards the hands.

If you cannot hold palms together, open them but tie the palms with the thumb fingers.

This activates the front portion of the body from toes to forehead. This posture is very good for upper and lower back. Hip muscles become stronger. Chest becomes wider. Blood circulation increases to the head and hands.

EXERCISE 12 *Same as exercise 1* **Om Bhaaskaraaya Namaha**

Exhale.

Standing erect, without a bend anywhere near knees or spinal cord, close your hands in Namaskar posture. Breathe normally.

Press the hands against each other tightly. The thumbs are together and are made to press into the chest.

Widen the shoulders and the lower parts of the hands are parallel to the ground.

This is a good exercise to practice how to stand properly. The weight of the body is equally distributed to both the feet. The sagging stomach muscles are pulled in and supported by the upper body. Hence a good exercise for the stomach muscles.

Om Sri Savitra Soorya Narayanaaya namaha.

Please note:

Be kind to yourself when you practice yoga. Go slowly, especially in the beginning, and listen to your body. It knows what it can do. If it says, "stop", stop. Don't push it. Yoga is not a competitive sport. You don't win points for matching a picture in the book. If you push too hard, you probably won't enjoy it, and you may hurt yourself. Always do it within your limit.

It is suggested to do mild stretching exercises from neck to feet before doing Suryanamaskar. ■