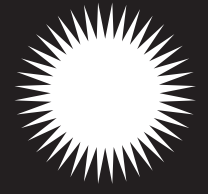


Surya Namaskar

Sun Salutations



1

Pranamasana (Prayer pose) with Namaskar mudra

Om Mitrāya Namaḥ

Salutations to the friend of all

Breath: Breathe normally & exhale

Awareness point: Chest region

Chakra: Anahata



7

Bhujangasana (Cobra pose)

Om Hiraṇyagarbhāya Namaḥ

Salutations to the golden cosmic Self

Breath: Inhale

Awareness point: Pelvic region

Chakra: Swadhisthana



2

Urdhva-hastasana (Upright/above – hand pose)

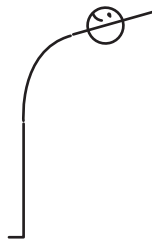
Om Ravaye Namaḥ

Salutations to the shining One

Breath: Inhale

Awareness point: Throat

Chakra: Vishuddha



8

Adho Mukha Svanasana (Downward facing dog pose)

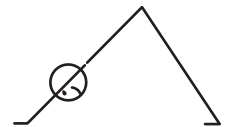
Om Marīchaye Namaḥ

Salutations to the Lord of the Dawn

Breath: Exhale

Awareness point: Throat region

Chakra: Vishuddha



3

Padahastasana (Hand to foot pose)

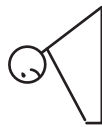
Om Sūryāya Namaḥ

Salutations to He who initiates activity

Breath: Exhale

Awareness point: Pelvic region (pivotal point)

Chakra: Swadhisthana



9

Ardha-bhujangasana (Half cobra pose)

Om Ādityāya Namaḥ

Salutations to the son of Aditi, (cosmic Mother)

Breath: Inhale

Awareness point: Eyebrow centre

Chakra: Ajna



4

Ardha-bhujangasana (Half cobra pose)

Om Bhānave Namaḥ

Salutations to He who illumines

Breath: Inhale

Awareness point: Eyebrow centre

Chakra: Ajna



10

Padahastasana (Hand to foot pose)

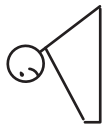
Om Savitrē Namaḥ

Salutations to Lord of Creation

Breath: Exhale

Awareness point: Pelvic region (pivotal point)

Chakra: Swadhisthana



5

Adho Mukha Svanasana (Downward facing dog pose)

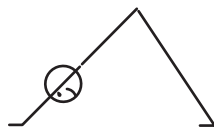
Om Khagāya Namaḥ

Salutations to the one who travels through the sky

Breath: Exhale

Awareness point: Throat region

Chakra: Vishuddha



11

Urdhva-hastasana (Upright/above – hand pose)

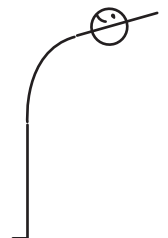
Om Arkāya Namaḥ

Salutations to He who is fit to be praised

Breath: Inhale

Awareness point: Throat

Chakra: Vishuddha



6

Ashtanga Namaskar-asana (Salute with 8 points)

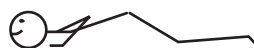
Om Pushne Namaḥ

Salutations to the giver of strength

Breath: Retain breath outside (Kumbhaka)

Awareness point: Abdominal region

Chakra: Manipura



12

Pranamasana (Prayer pose) with Namaskar mudra

Om Bhāskarāya Namaḥ

Salutations to He who leads to Enlightenment

Breath: Exhale fully and breathe normally

Awareness point: Chest region

Chakra: Anahata

