



SURYA NAMASKAR

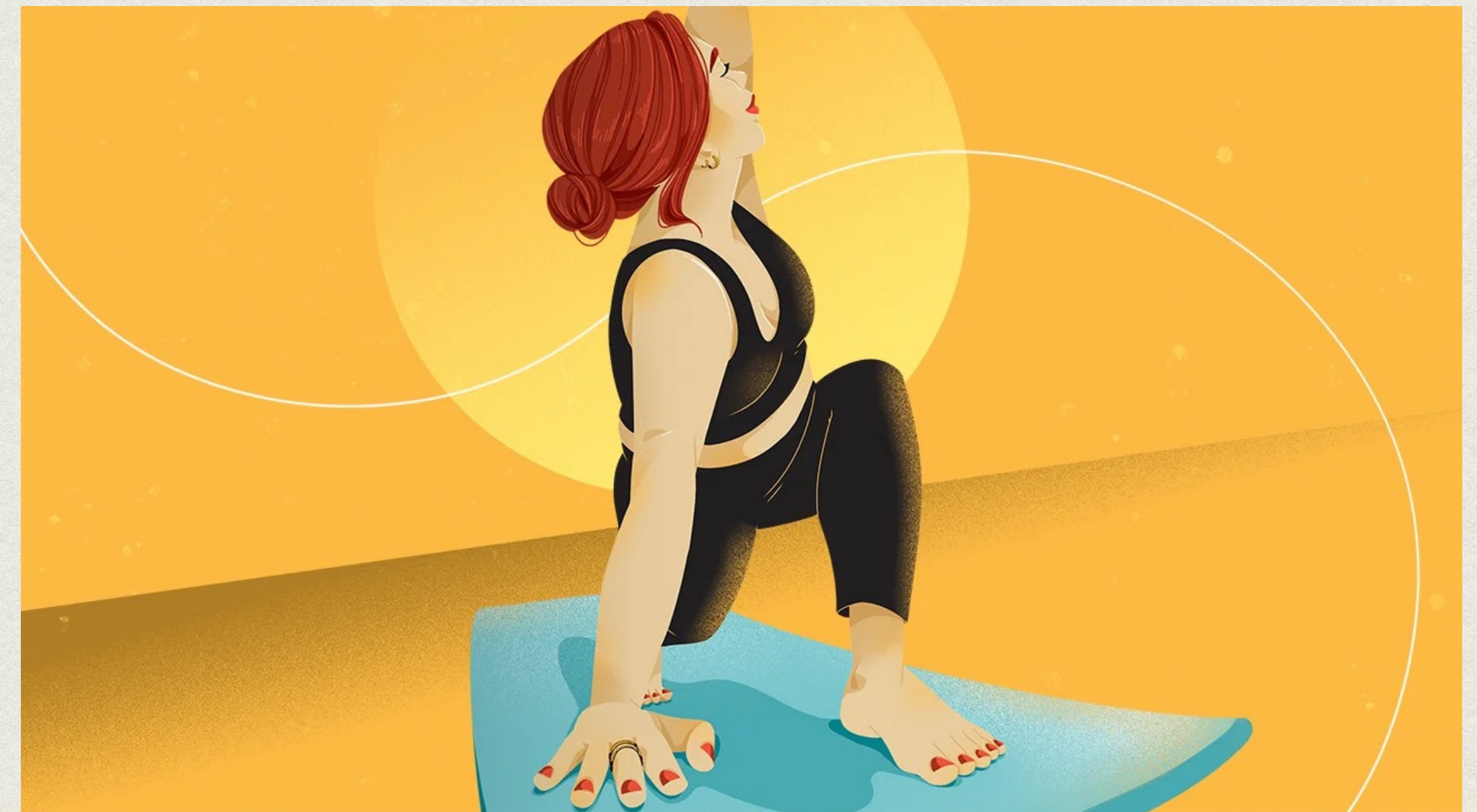
Sun Salutations

INTRODUCTION

Being the immensely radiant and life-giving force on Earth, the Sun is the representation of the invisible Supreme Power that nurtures and sustains the Universe. The sun is the revered and celebrated deity for health and long life. Hence, the *Surya Namaskar* or offering salutations to the sun, is practised in the early morning or evening, facing the Sun.

Benefits

- Helps maintain cardiovascular health.
- Stimulates the nervous system.
- Helps in stretching, flexing and toning the muscles.
- Excellent exercise for weight loss.
- Strengthens the immune system.
- Enhances cognitive functions and balance.
- Helps in complete detoxification.
- Improves the sleeping pattern.



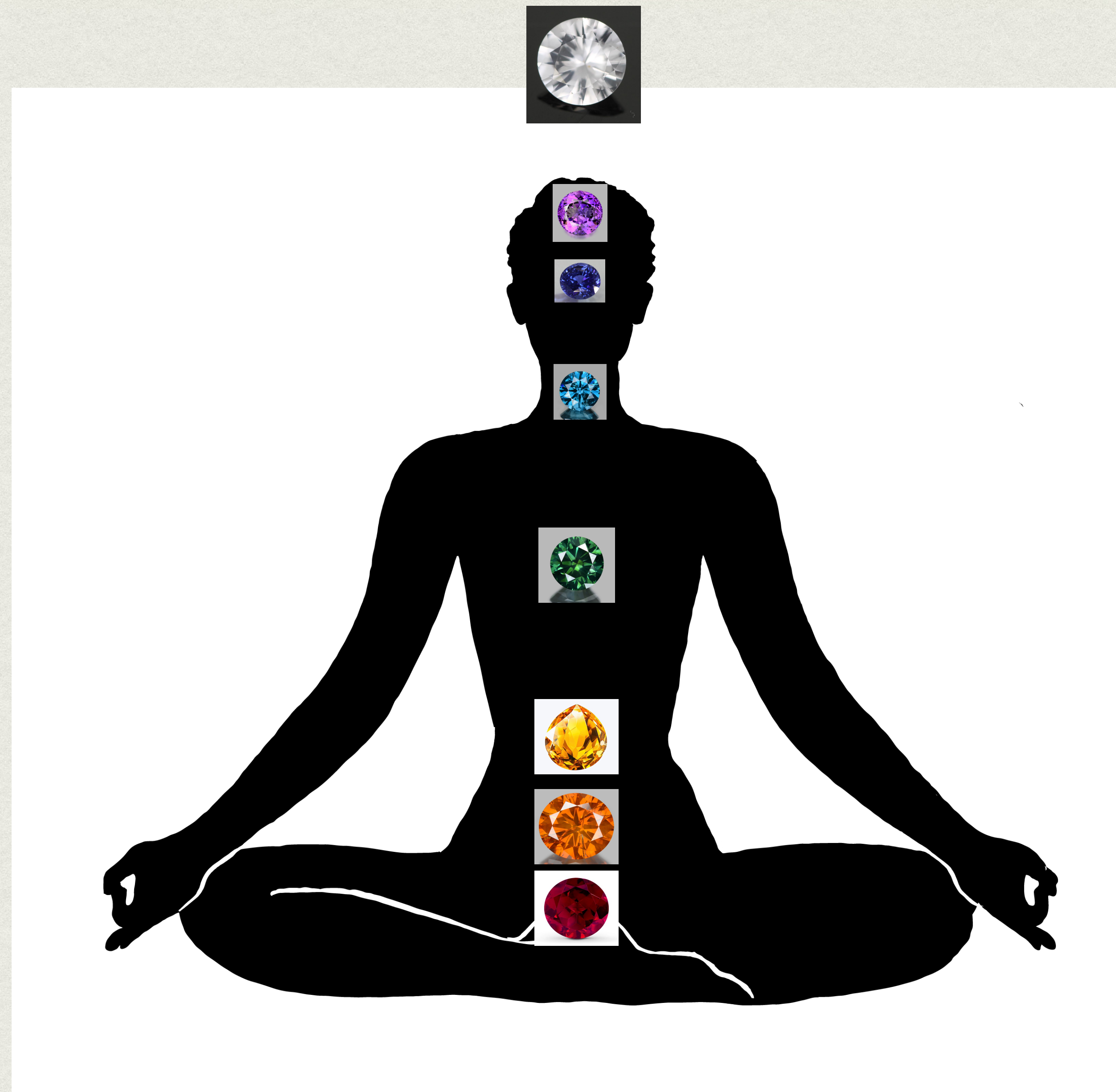
SCIENCE BEHIND SURYA NAMASKARS

- Ancient sages of India considered that different parts of the human body are governed by different 'Devas (divine light). The solar plexus (manipura chakra) located behind the navel was considered to be connected with the Sun. Hence, they recommended the Surya Namaskar. The regular Surya Namaskar practise enhances the solar plexus, increasing a person's creativity as well as intuitive abilities.
- According to Sri Sri Ravi Shankar "all our emotions get stored in the solar plexus, and it is also the point from where one's gut feelings arise. The size of the solar plexus is said to be like that of a small gooseberry. However, for those who do yoga and meditation, it becomes almost 3-4 times bigger than the normal size. The more expanded your solar plexus, the greater is your mental stability and intuition."

CHAKRAS IN SUN SALUTATIONS

- In the subtle body of a human being, there are eight major psychic centres called *chakras*. They have their physical representation in the various nerve plexuses and endocrine glands. During Surya Namaskar, these points are used for focusing the mind and developing concentration and awareness. Concentration in these areas allows us to activate the chakras and to tap into higher psychic and spiritual energy which is associated with their increased functioning.
- The related physical structures also benefit greatly through this enhanced awareness.
- The actual compression of the physical structure correlates with each psychic centre by each asana, and has a stimulating effect on the chakra involved. This is brought about by the compression, stimulation and rebalancing of the nervous and endocrine components. However, the activation of psychic centres through Surya Namaskar proceeds mainly through the development of internal awareness, concentration and visualisation.
- The physical stimulation from each asana enhances *prana shakti*, allowing us to better focus and concentrate our mental and physical energies at the chakra location. It is this dual aspect of taking our mental awareness to a highly charged physical structure which leads to fusion of mind and body, *ida* and *pingala*, which ignites the chakra. This initiation culminates in spiritual awareness.
- We take our example in Surya Namaskar C here.

This works on
the gross, subtle
and causal
body.



Soul Star Chakra

Crown Chakra

Third Eye Chakra

Throat Chakra

Heart Chakra

Solar Plexus Chakra

Sacral Chakra

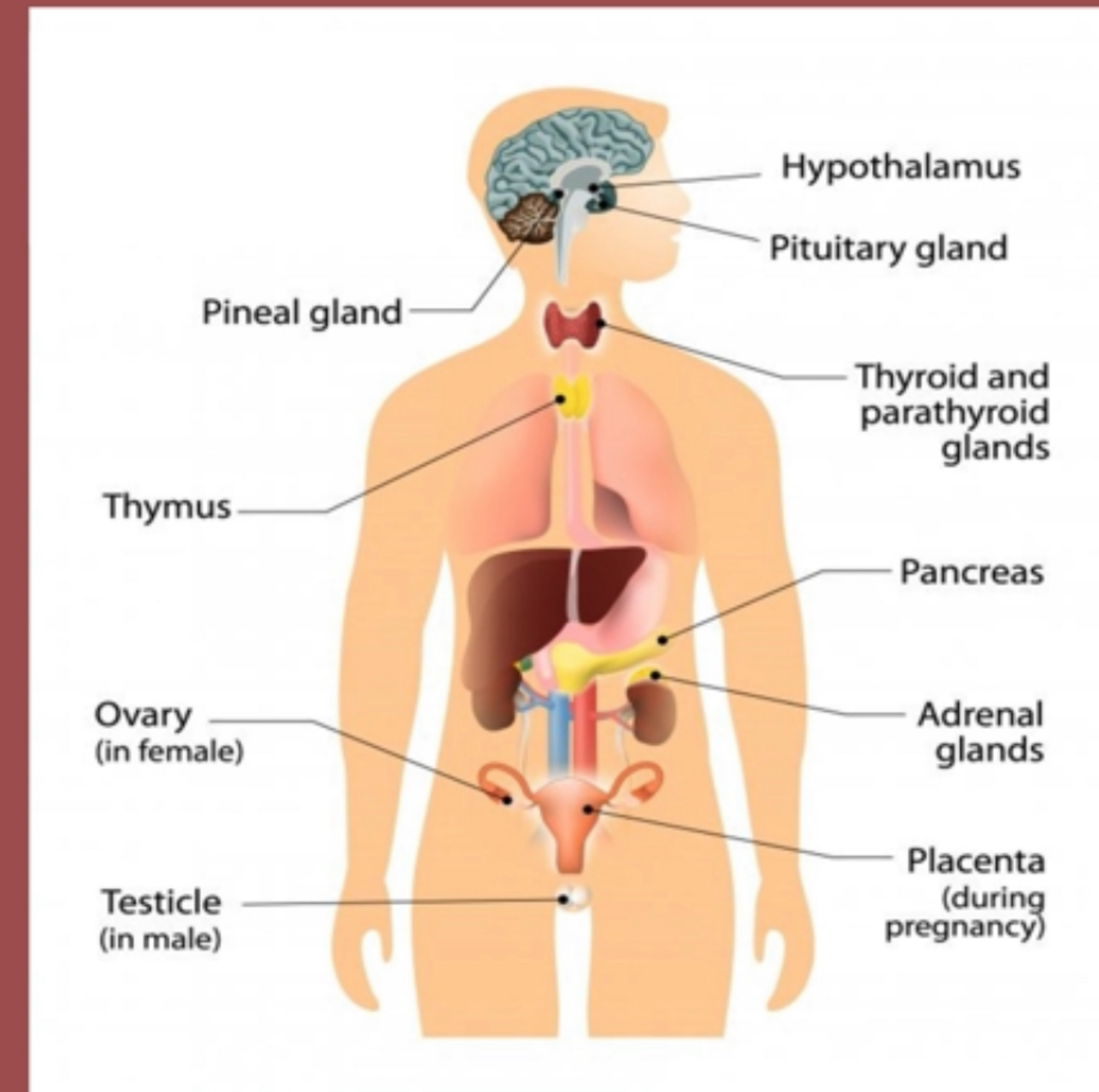
Root Chakra

CHAKRAS STIMULATION

- While practising each asana, we endeavour to locate the chakra associated with it and develop our concentration of that centre. For this, some time is required, especially in the initial stages. However, no more than one minute should be spent on each asana unless you are practising under guidance. As we increase the proficiency with which we locate the chakras, we can speed up the practise. As proficiency in chakra awareness and visualisation improves, the process of asana, pranayama and chakra awareness can be fused. One can utilise the breath to increase stimulation of the chakras. For example, visualise the psychic breath carrying the prana into the body via the chakra as you inhale, and flowing out of the body as you exhale. These types of advanced practises should be learned under expert guidance as it becomes a part of the preparatory practises for kundalini yoga.
- In the practise of Surya Namaskar, we mentally touch all the chakras of the body, except Muladhara chakra. This develops the other chakras in preparation for the awakening of kundalini from Muladhara. The body must be strong and healthy in order to withstand the power of Muladhara awakening which is associated with the release of powerful unconscious forces. Surya Namaskar increases vitality in preparation for this event. Then other practises can be used to awaken Muladhara when the time is right.
- Chakra concentration may be combined with mental repetition of the mantras, by feeling that the mantra is being repeated in or on the chakra. When the practitioner's concentration develops to a higher degree, the vibrations of the mantras may be felt to be issuing forth from the psychic centres, a most wonderful and intense experience.

PARTS OF THE ENDOCRINE SYSTEM

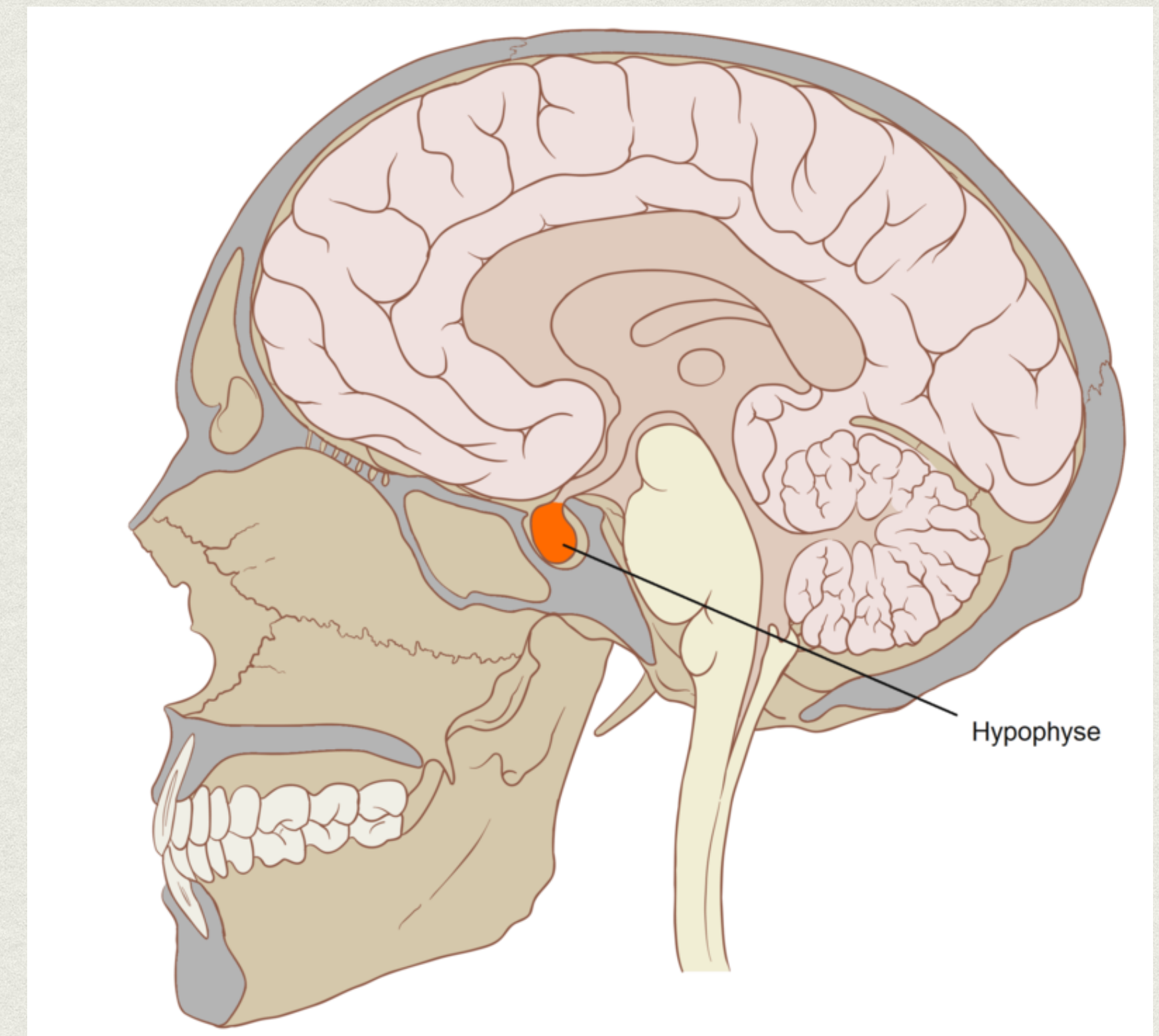
A complex network of glands and organs



PITUITARY GLAND

Master Gland.

By increasing the blood flow to the head and through its effects on the nervous system, Surya Namaskar stimulates the hypothalamus which regulates the pituitary gland.

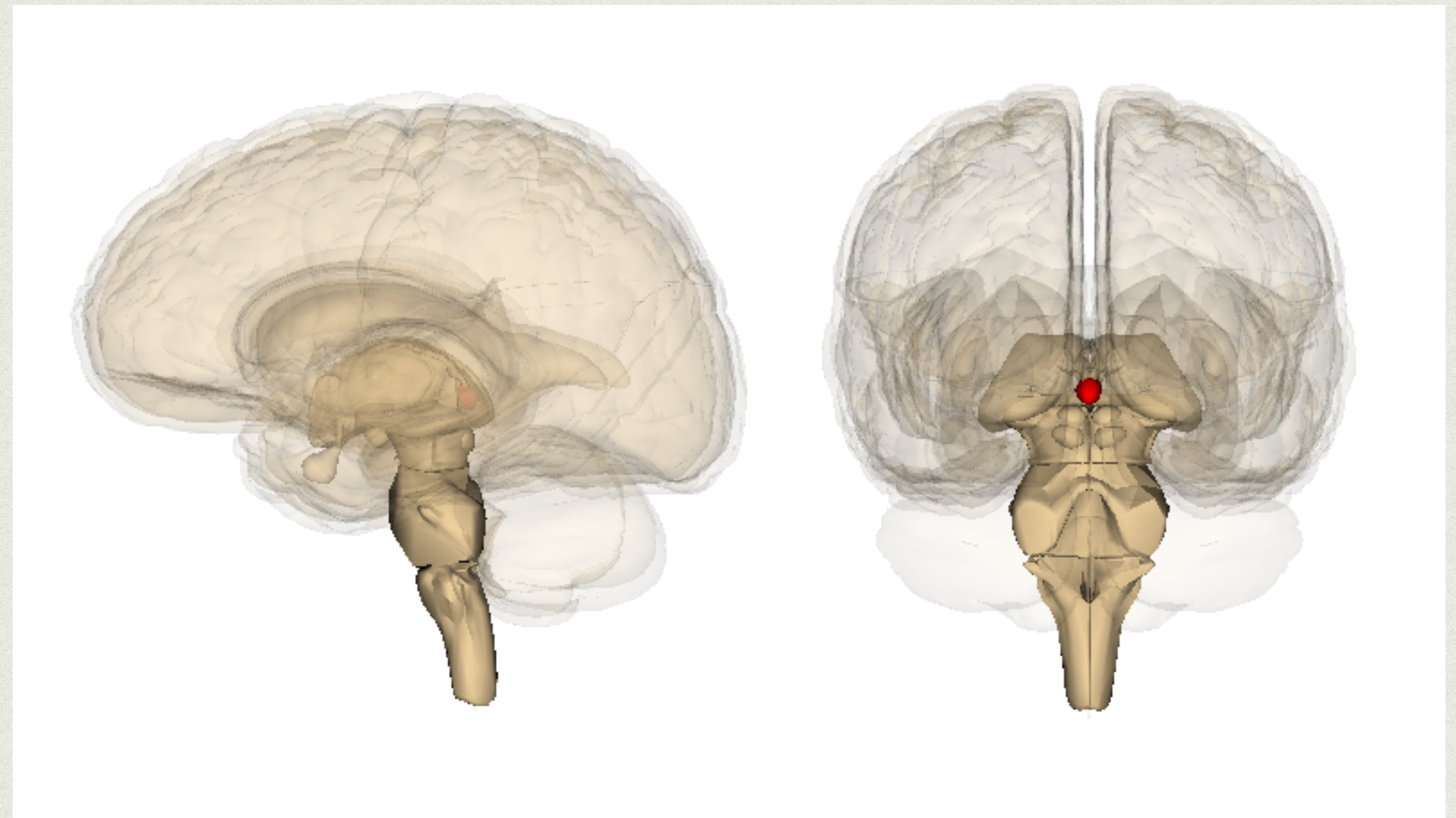


PINEAL GLAND

Surya Namaskar helps in the maintenance of the Pineal Gland.

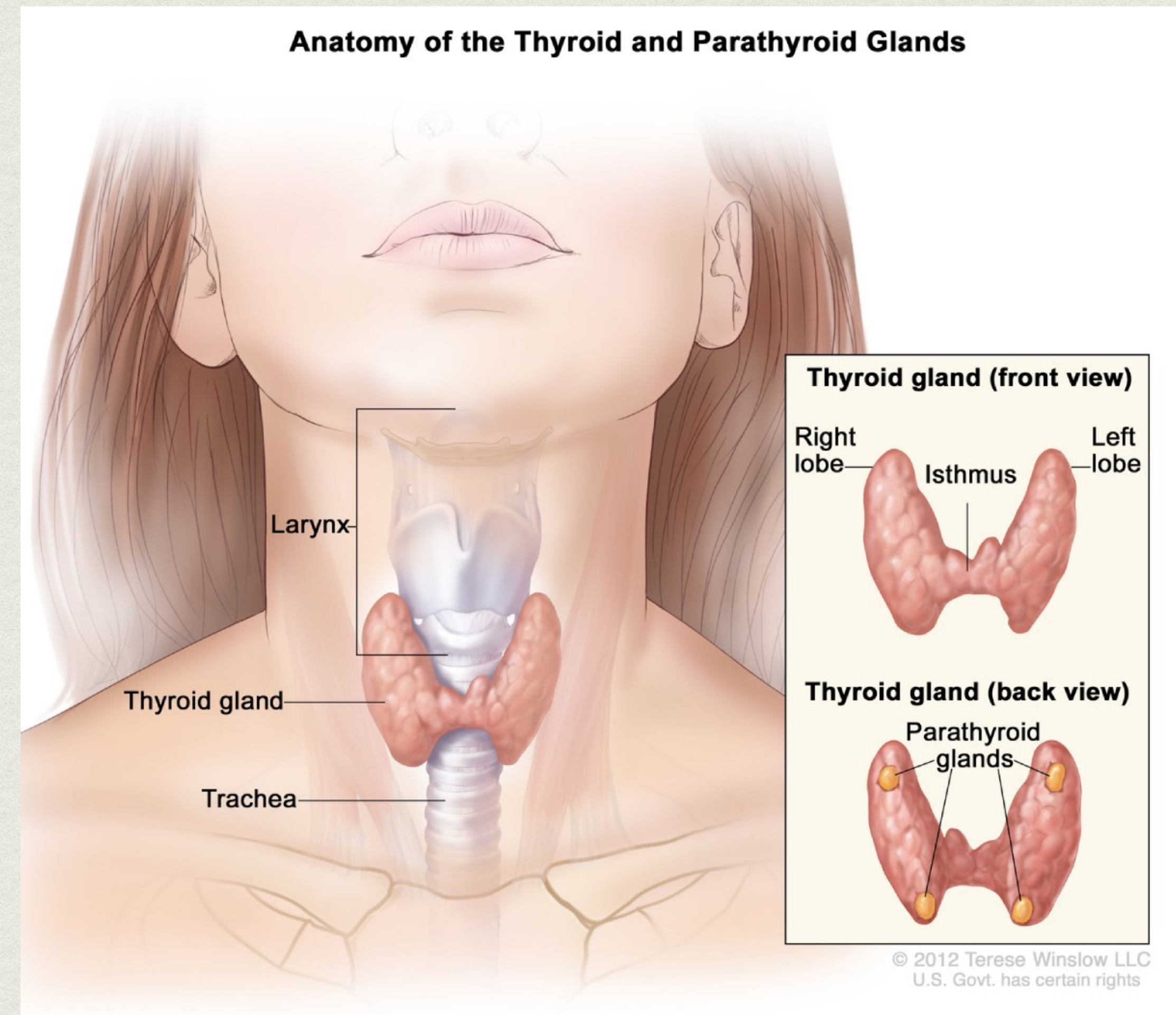
Tiny gland which acts as a window to higher psychic faculties.

Also known as the Third Eye.



THYROID/PARATHYROID GLANDS

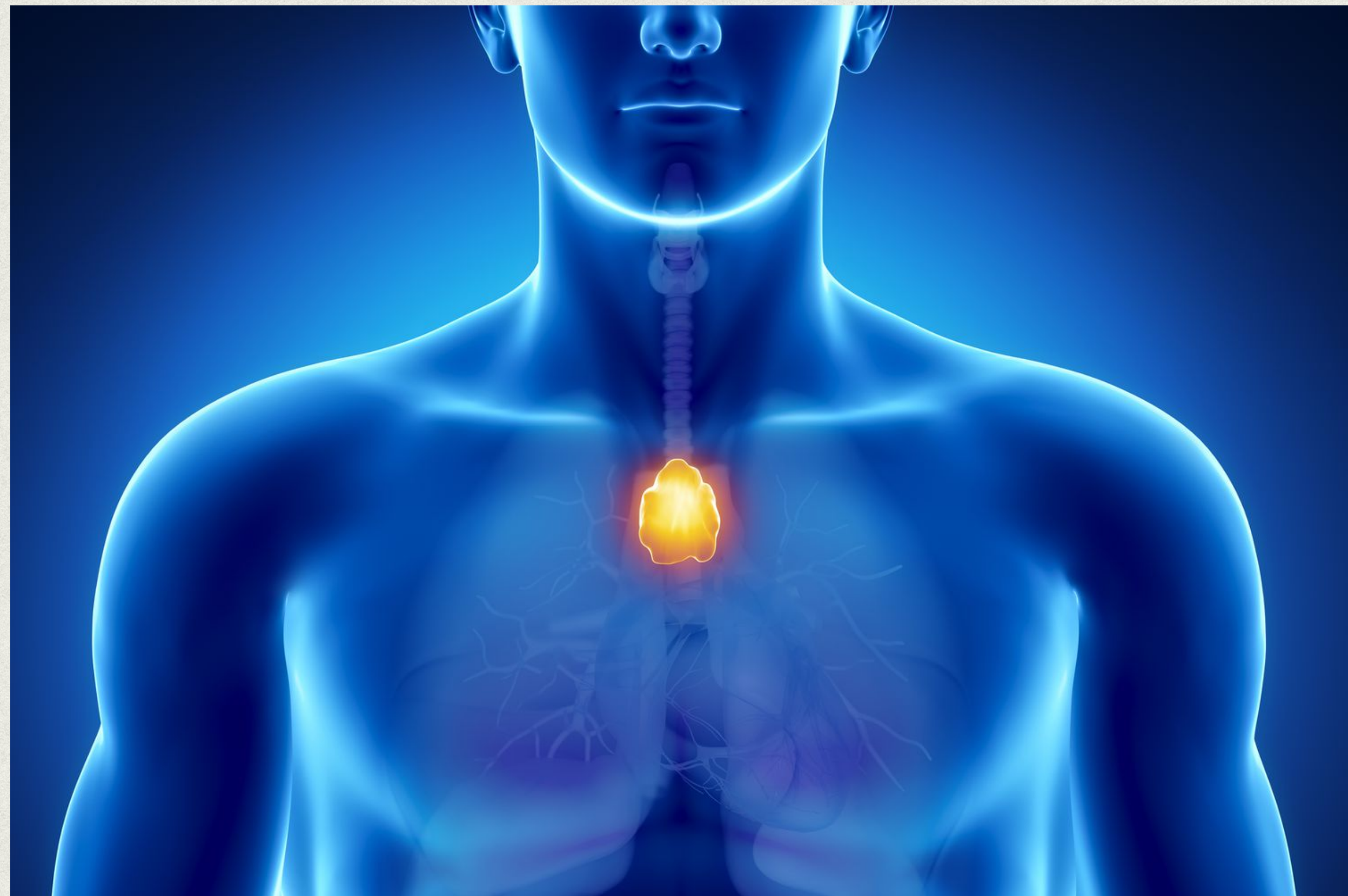
During the Surya Namaskar, the throat area is pressed and then stretched; stimulating these glands which in turn are linked to the Vishuddhi Chakra (Throat Chakra).



THYMUS GLAND

During Surya Namaskar, the feeling of introspection stimulates the Thymus glands.

For example in Prayer Pose, we send the prana to the Anahata Chakra (Heart Chakra) which enables humility, love and respect to fellow human beings and people.



ADRENAL GLANDS

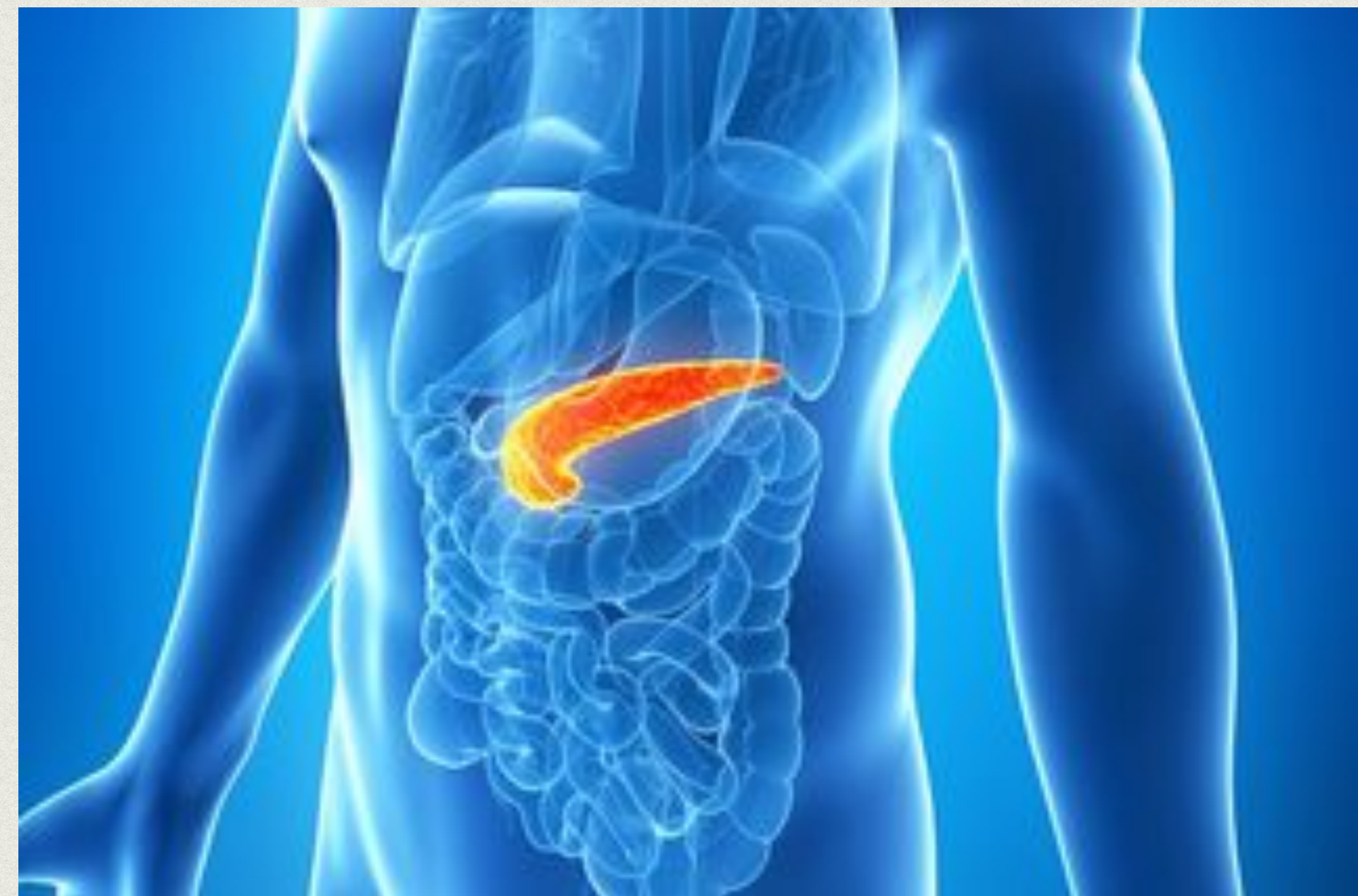
The asanas of Surya Namaskar apply direct pressure on the middle back region where the kidneys and adrenal glands are located. The asanas massage and activate the adrenal glands. For example in ashwa sanchalanasana (Equestrian Pose).

Also linked to the solar plexus chakra.



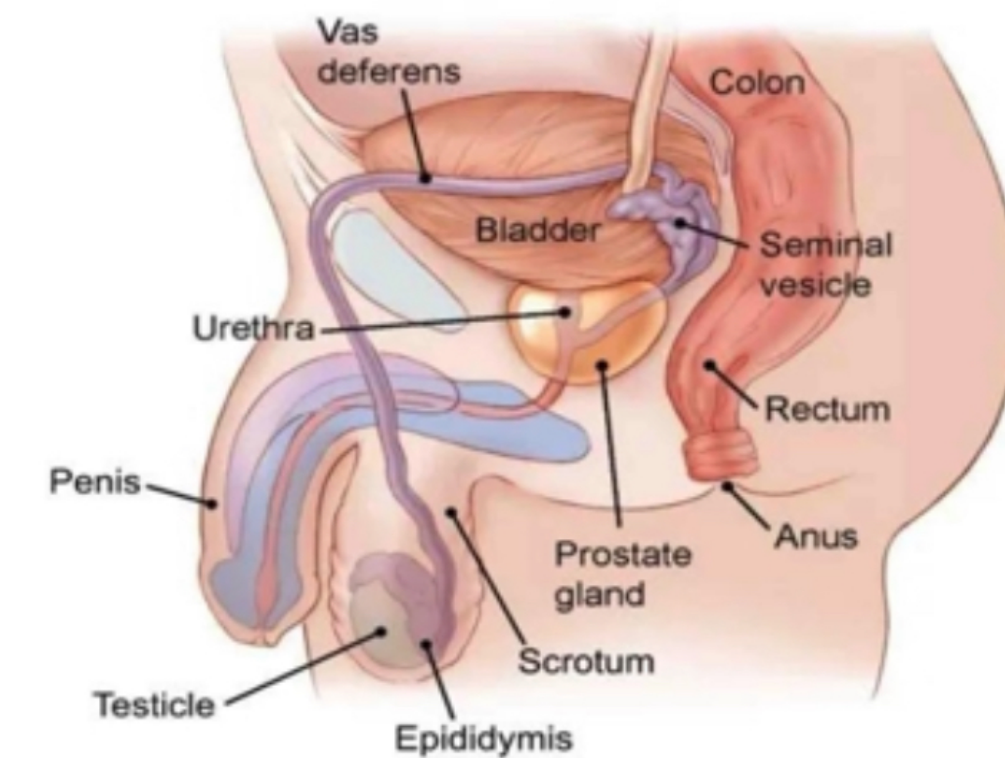
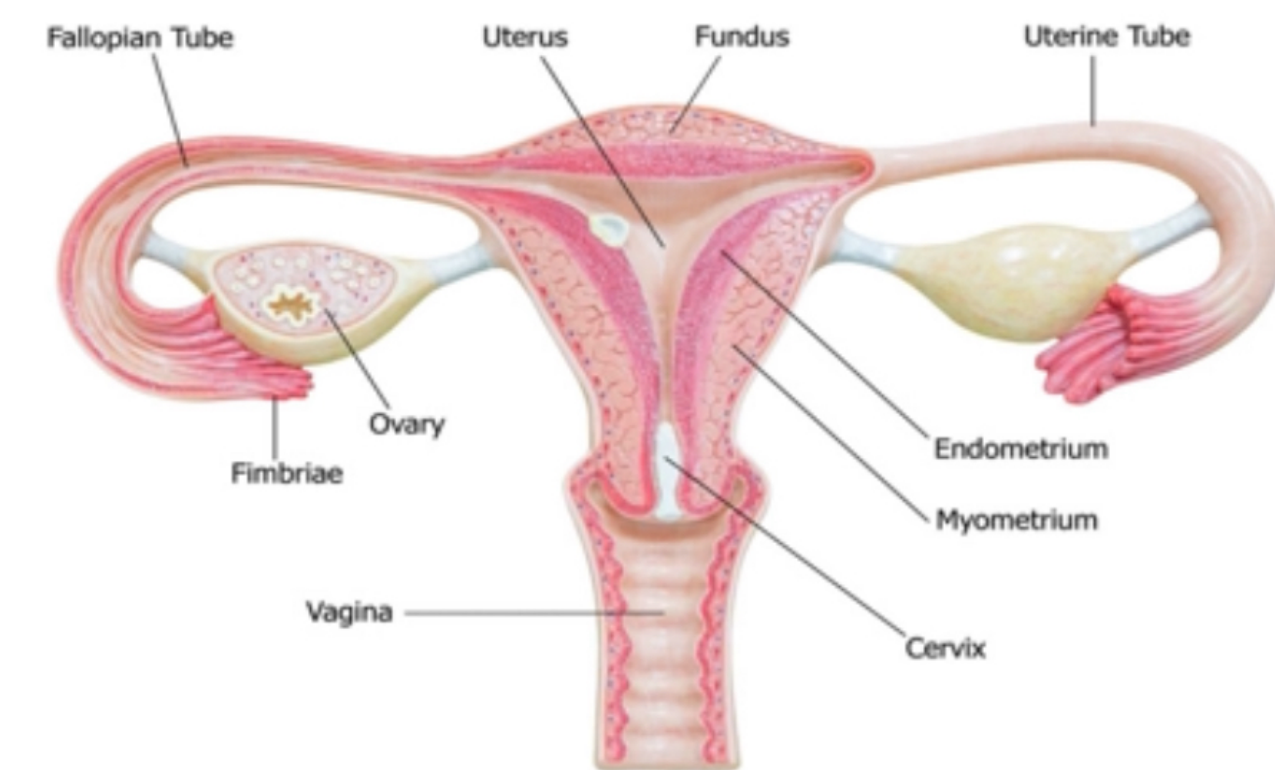
PANCREAS

Surya Namaskar compresses the abdominal organs which press onto the pancreas especially during backward bending. For example in bhujangasana (cobra pose).



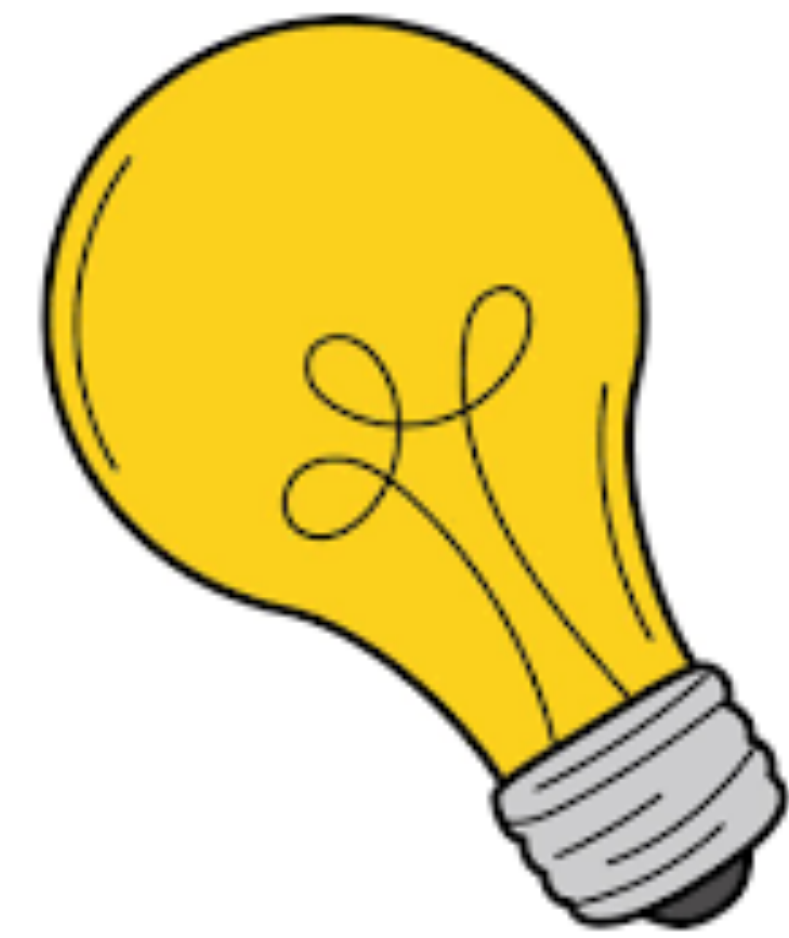
REPRODUCTIVE ORGANS (OVARIES/TESTES)

Surya Namaskar tones and regulates both male and female reproductive systems. For example in ashwa sanchalanasana (Equestrian Pose).



HINTS AND TIPS

- A warm up beforehand is good.
- Listen to your body at all times.
- Palms do not move once they are planted on the mat.
- Senior citizens can do the practise, with modifications and variations.
- Teach the poses first before teaching the sequence.
- Never forget to smile! Creates a beautiful ambience for the members.
- Effortlessness in the key.
- The poses have been given in the ancient scriptures, but the sequence is from modern teachers.
- Ideally face towards the east: towards the rising sun.
- Savasana completes the practise. Will bring stillness. Body and breath awareness is extremely important here. Can also use alternate nostril breathing here for advanced practitioners.



SUN SALUTATION A

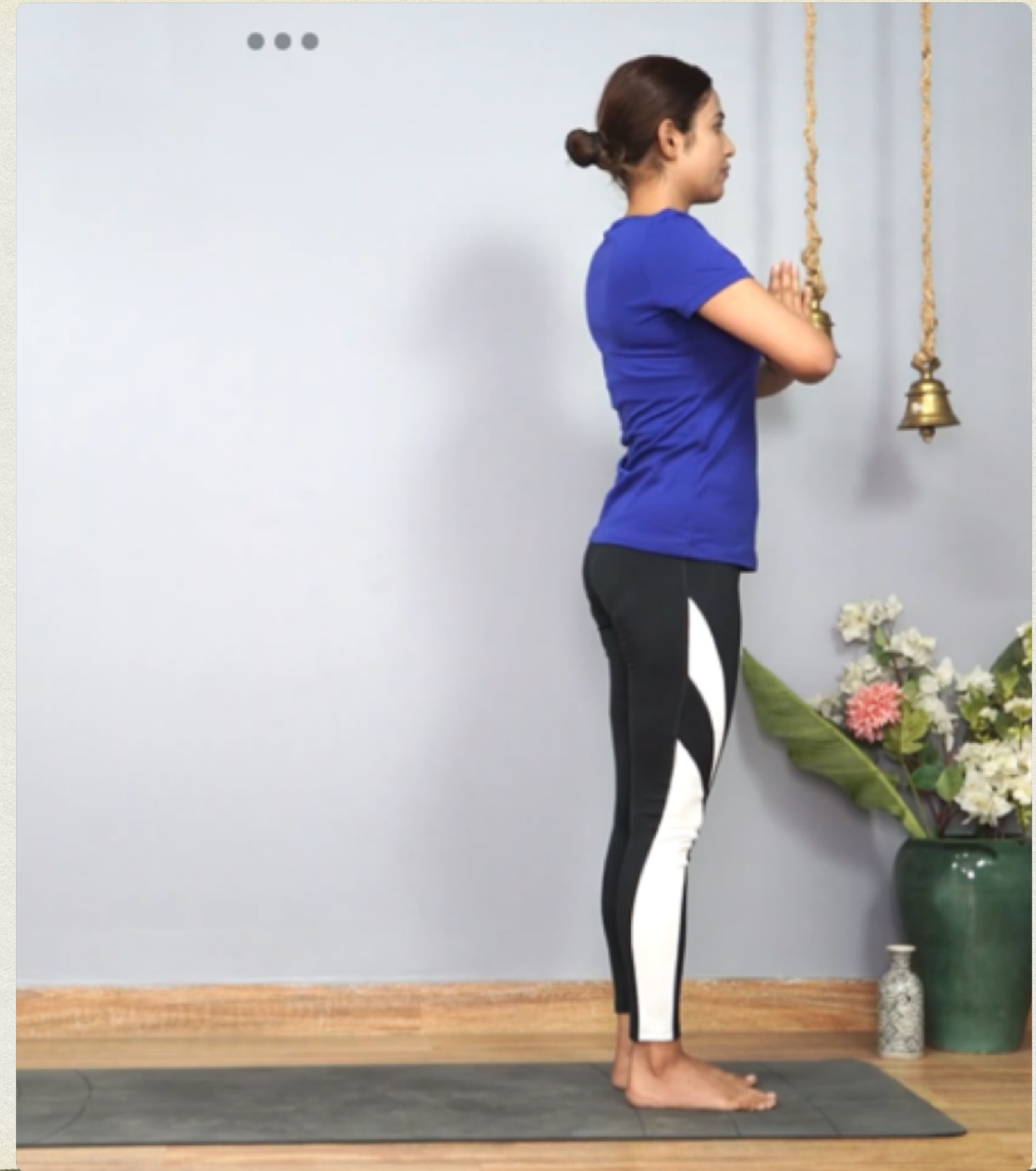
- Consists of 12 yoga poses.
- When we combine the body movement or asanas with rhythmic breathing, the practise becomes extraordinarily powerful.
- Please check alignment presentation and videos for contraindications.



A. PRAYER POSE

1.

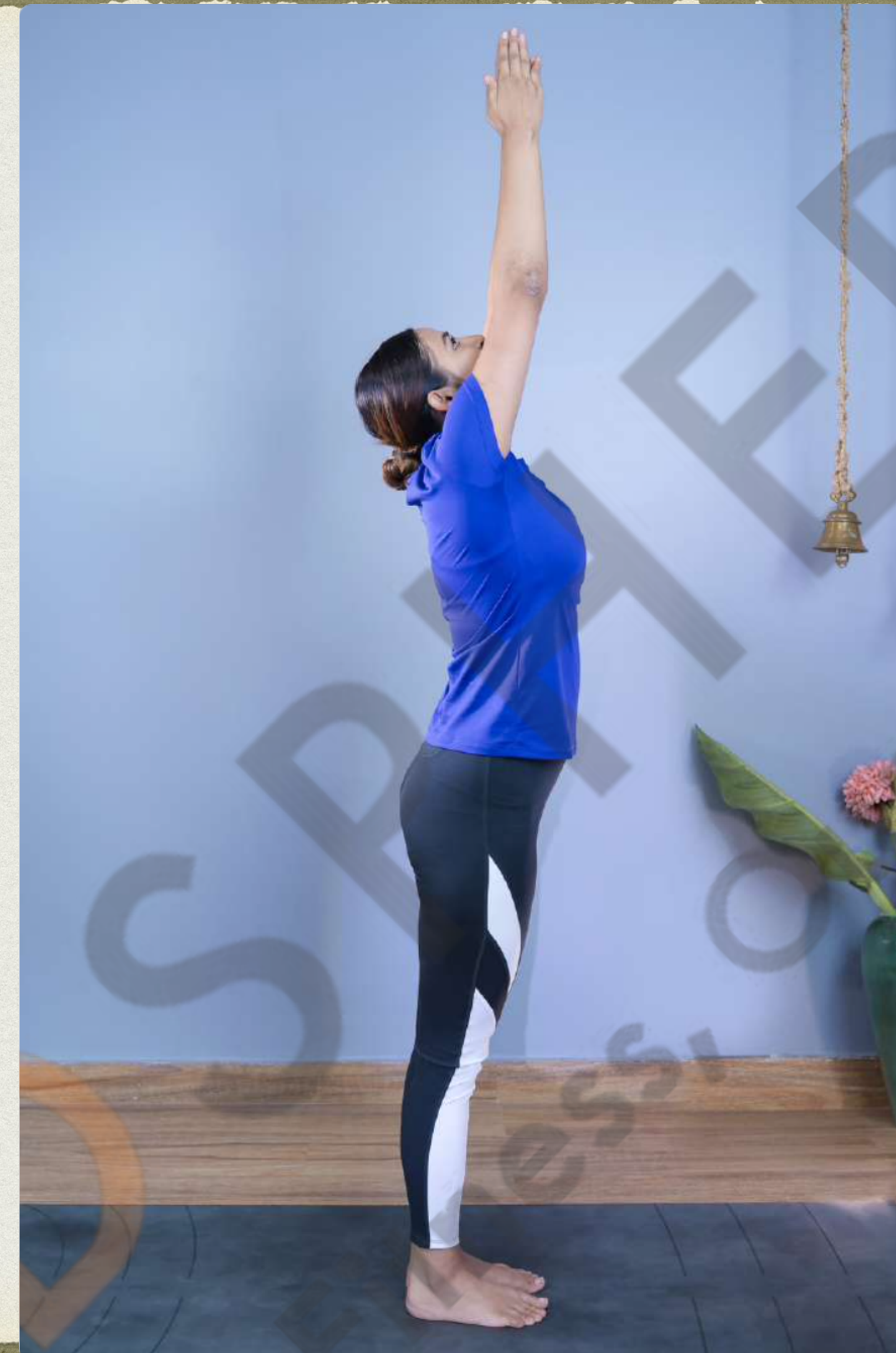
Breathe in and out.



A. UPWARD SALUTE POSE

2.

Inhale.



A. STANDING FORWARD BEND

3.

Breathe out.



A. HALF STANDING FORWARD BEND

Y.O.G.A
Kathryn Holloway

4.

*You can touch the big toes or
bring the wrists in line with feet,
palms flat to the floor.*

Inhale.



A. PALM PLANK POSE

5.

Hold the breath.



A. FOUR LIMBED STAFF POSE

Y.O.G.A

Kathryn Hallows

6.

Exhale.



A. UPWARD FACING DOG POSE

7.

Inhale.



A. DOWNWARD FACING DOG

8.

Breathe out.



A. HALF-STANDING FORWARD BEND

Y.O.G.A
with
Kathryn Hallows

9.

Inhale.



A. STANDING FORWARD BEND

10.

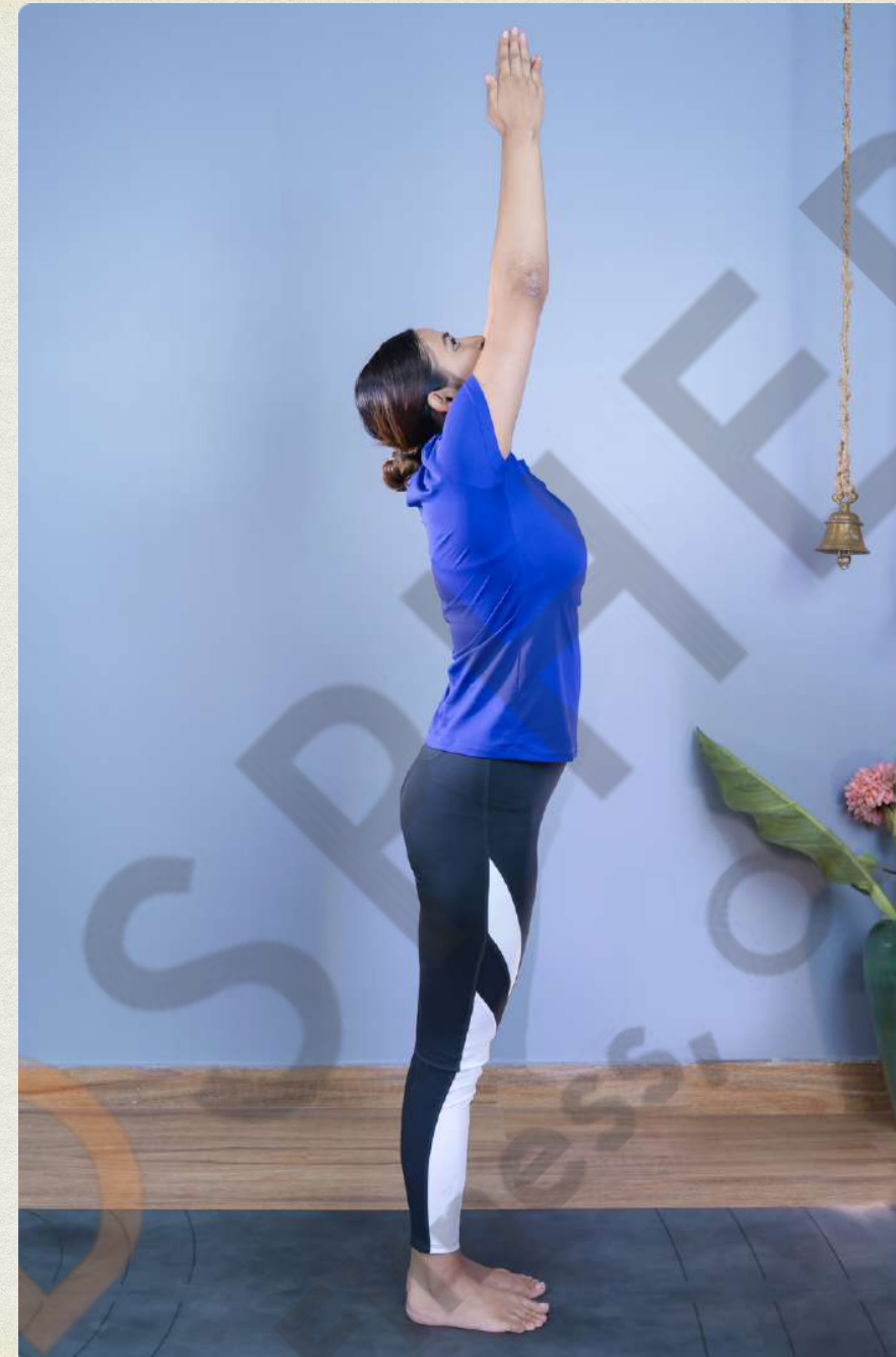
Exhale.



A. UPWARD SALUTE POSE

11.

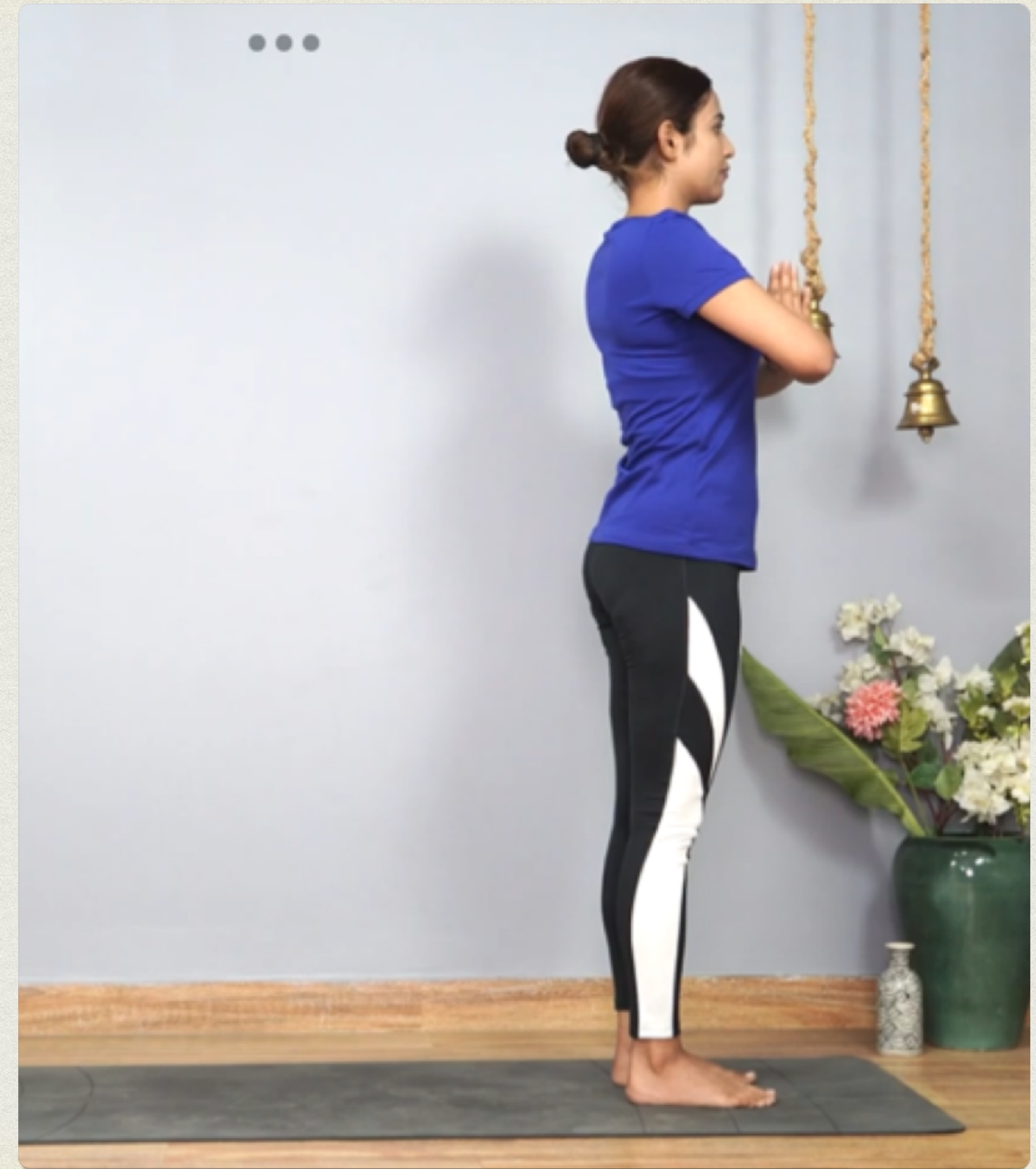
Inhale.



A. PRAYER POSE

12.

*Breathe out. This completes
one full round.*



SUN SALUTATION B

- Consists of 19 yoga poses.
- When we combine the body movement or asanas with rhythmic breathing, the practise becomes extraordinarily powerful.
- Please check alignment presentation and videos for contraindications.



B. PRAYER POSE

1.

Breathe in and out.



B. CHAIR POSE

2.

Inhale.



B. STANDING FORWARD BEND

3.

Breathe out.



B. HALF-STANDING FORWARD BEND

Y.O.G.A
Kathryn Hallows

4.

Inhale.



B. FOUR LIMBED STAFF POSE

5.

Exhale.



B. UPWARD FACING DOG POSE

6.

Inhale.



B. DOWNWARD FACING DOG

7.

Breathe out.



B. WARRIOR 1

8.

Inhale.



B. FOUR LIMBED STAFF POSE

9.

Exhale.



B. UPWARD FACING DOG POSE

10.

Inhale.



B. DOWNWARD FACING DOG

11.

Breathe out.



B. WARRIOR 1

12.

Inhale

On opposite side.



B. FOUR LIMBED STAFF POSE

13.

Exhale.



B. UPWARD FACING DOG POSE

14.

Inhale.



B. DOWNWARD FACING DOG

15.

Breathe out.



B. HALF-STANDING FORWARD BEND

Y.O.G.A
with
Kathryn Hallows

16.

Inhale.



B. STANDING FORWARD BEND

17.

Breathe out.



B. CHAIR POSE

18.

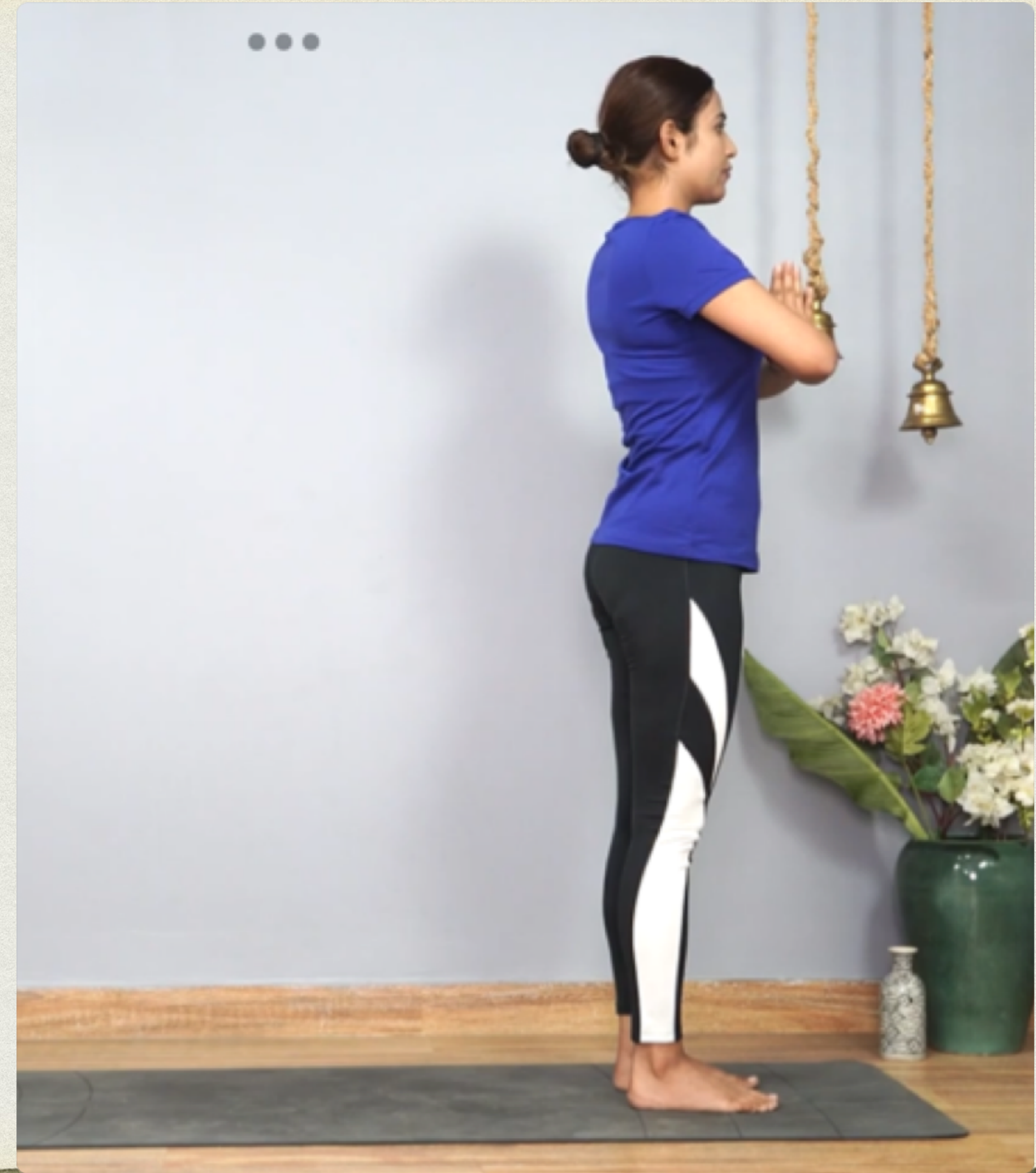
Breathe in and out.



B. PRAYER POSE

19.

Breathe out and relax. This completes one full round.



SUN SALUTATION C

- Each round consists of two sets, and each set is composed of 12 yoga poses.
- When we combine the body movement or asanas with rhythmic breathing, the practise becomes extraordinarily powerful.
- We can further add power to the practise with a meditative state of mind, and by citing mantras.



C. PRAYER POSE

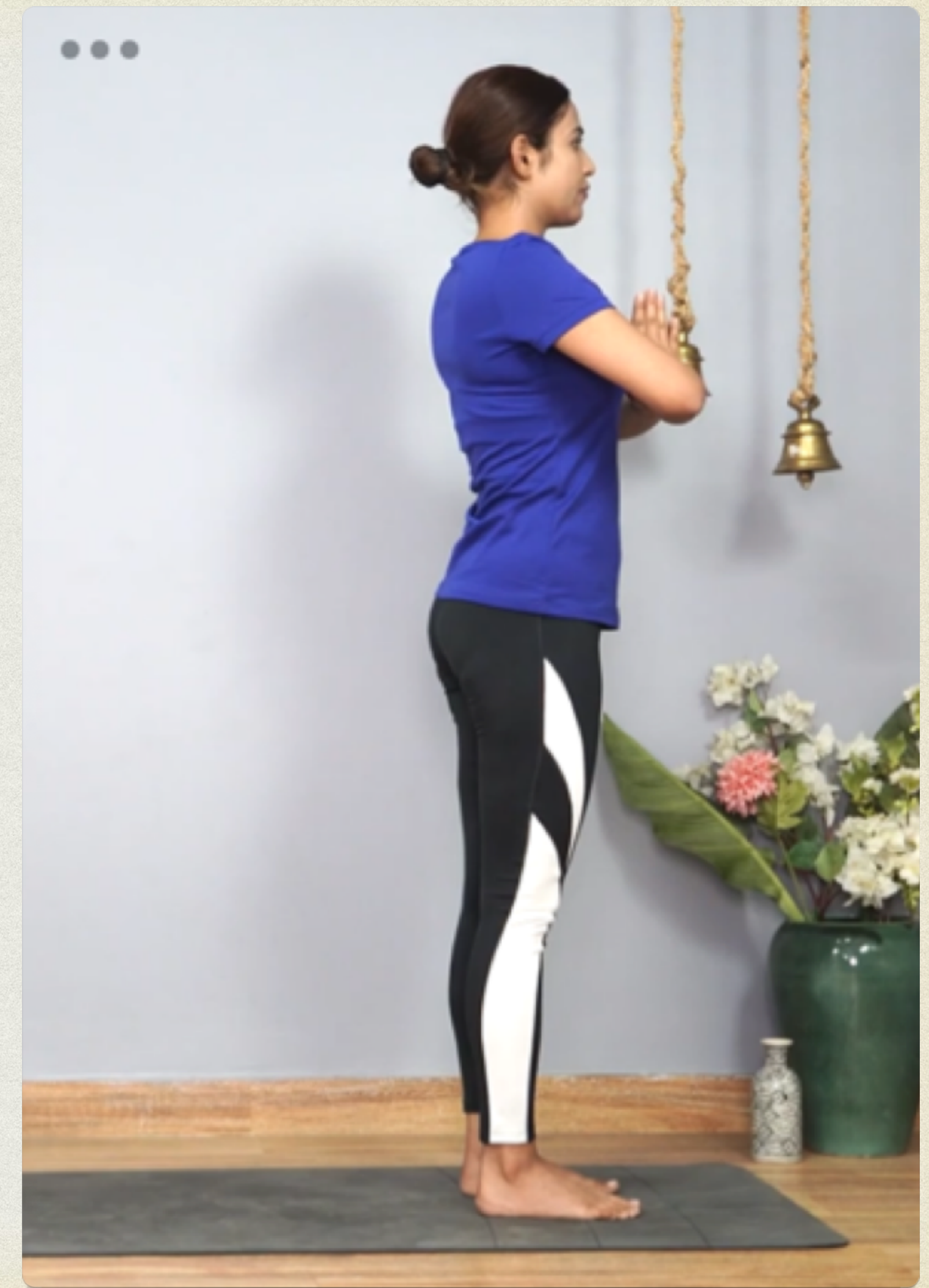
1.



Om Mitraya Namah.

One who is friendly to all.

Breathe in and out.



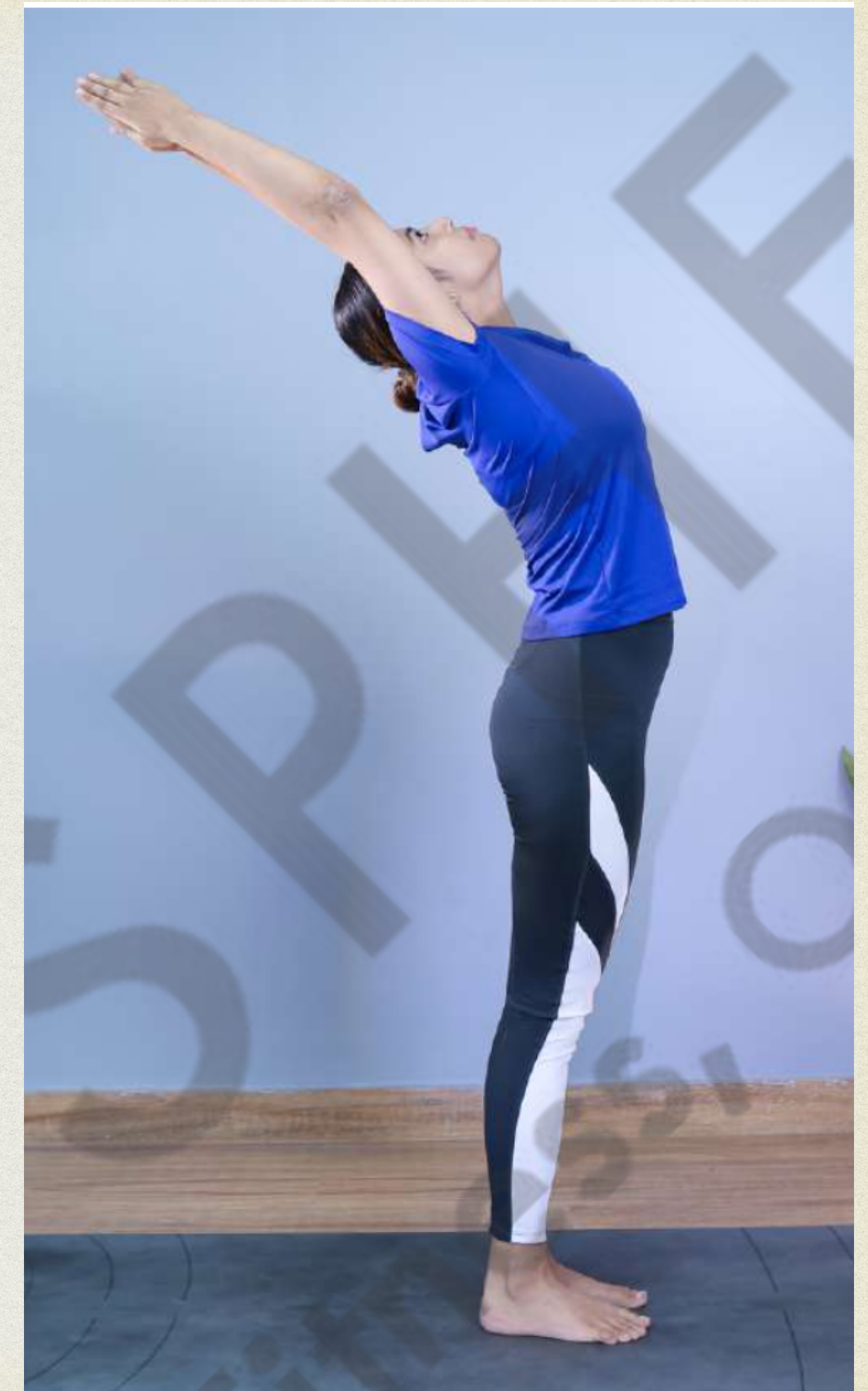
C. RAISED ARMS POSE

2.

Om Ravaye Namah.

The shining or the radiant one.

Breathe in.



B. STANDING FORWARD BEND

3.

Om Suryaye Namah.

The dispeller of darkness, responsible for
generating activity.

Breathe out.



C. EQUESTRIAN POSE

4.

Om Bhanave Namah.

One who illuminates, the bright one.



Inhale.



C. PALM PLANK POSE

5.

Om Khagaya Namah.

One who is all-pervading, one who moves
through the sky.



Hold the breath.



C. THE EIGHT LIMBED POSE

6.

Breathe out.

Om Pushne Namah.

Giver of nourishment and fulfilment.



C. COBRA POSE

7.

Om Hīranyagarbhaya Namah.

One who has a golden coloured brilliance.



Breathe in.



C. DOWNWARD FACING DOG

8.

Breathe out.

Om Marichaye Namah.

Giver of light with infinite rays.



C. EQUESTRIAN POSE

9.

Om Adityaye Namaḥ.

The son of Aditi, the cosmic divine mother.



Breathe in.



C. STANDING FORWARD BEND

10.

Om Savitre Namah

One who is responsible for life.

Breathe out.



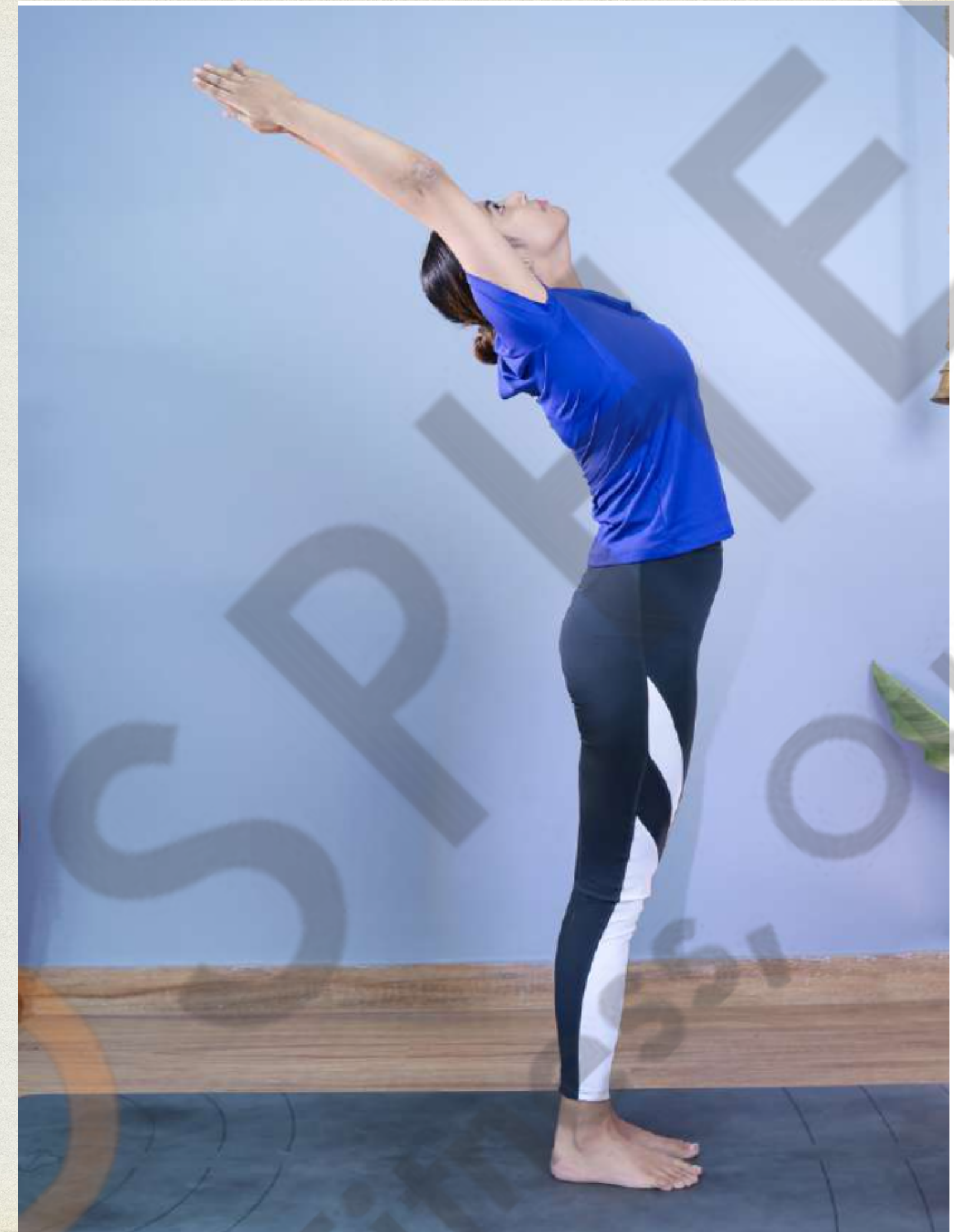
C. RAISED ARMS POSE

11.

Om Arkaye Namah.

One who is worthy of praise and glory.

Breathe in.



C. PRAYER POSE

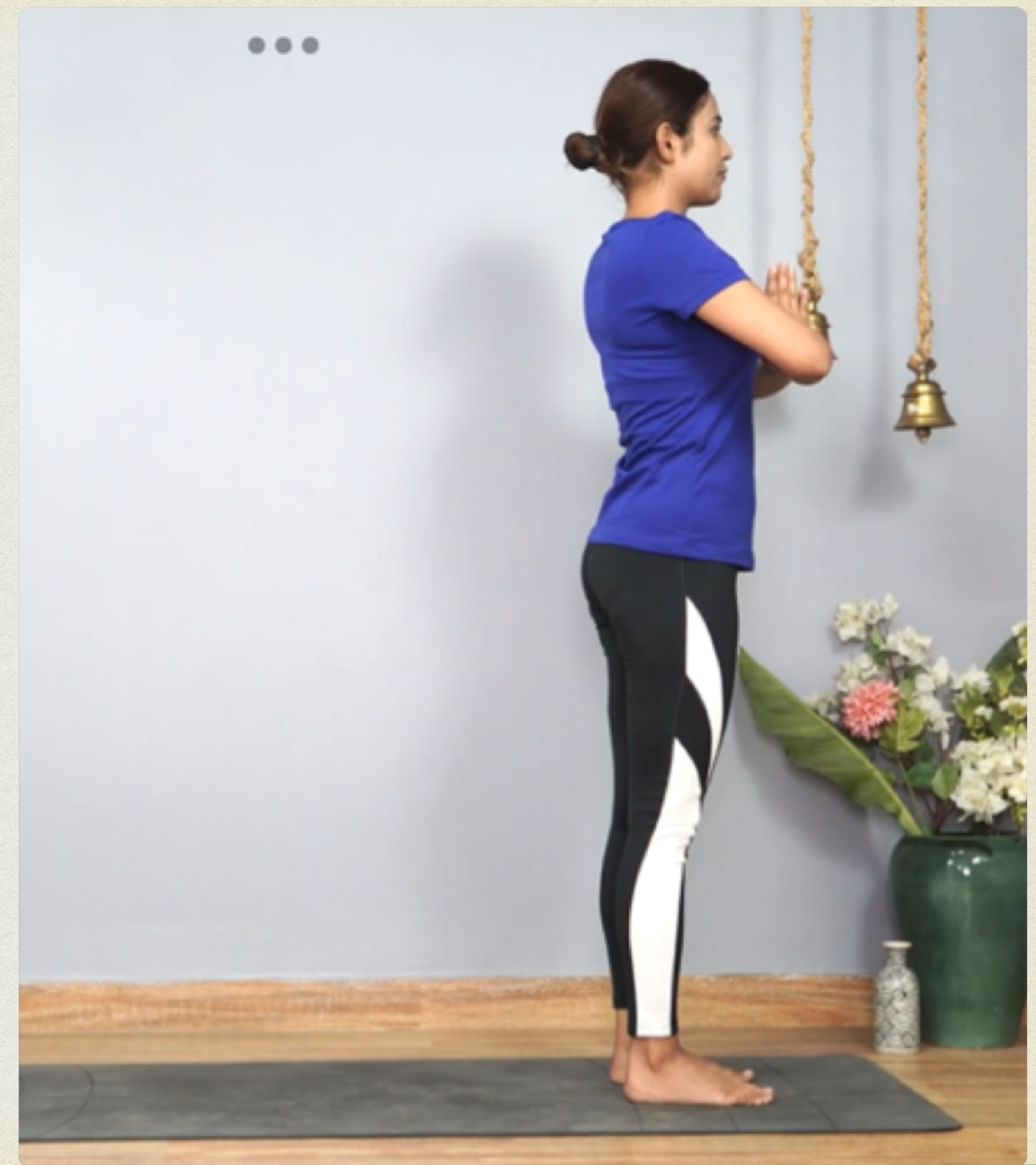
12.

Om Bhaskaraye Namah.

Giver of wisdom and cosmic illumination.



Breathe out and relax. This completes half a round. Repeat on the left leg to complete one full round of Sun Salutation C.



“Here and Now is where Yoga begins.”

-Patanjali Yoga Sutras