

# Suryanamaskara

*Sun Salutation*



# Contents:

1. Introduction
2. Prayer
3. Sequence
4. Benefits
5. Numbers
6. Time Zone and Direction for Practice
7. Cloth
8. Special Days for practice
9. Precautions
10. Pace of Practice

# 1. Introduction:

**Sun Salutation**, also called **Surya Namaskar** or **Salute to the Sun**, is a practice in yoga as exercise incorporating a flow sequence of twelve linked asanas.

## 2. Prayer:

Hiranmayena patrene  
satyasta peehitam mukam  
Tatvam Pushan Apawruno  
Satya dharmaya drustaye

# 3. Sequence:

Sl. No.	Asanas	Breathing Pattern	Mantra
01	Pranamasana	Normal	Mitraya
02	Hasta Uttanasana	In	Ravaye
03	Padahastana	Out	Suryaya
04	Ashwa Sanchalanasana	In	Bhanave
05	Chaturanga Dandasana	Out	Kagaya
06	Ashtanga Namaskara	Hold	Pushine
07	Bhujangasana	In	Hiranya Garbhaya
08	Adomuka Swanasana	Out	Marivhaye
09	Ashwa Sanchalanasana	In	Adityaya
10	Padahastana	Out	Savitre
11	Hasta Uttanasana	In	Arkaya
12	Pranamasana	Out	Bhaskaraya
	Stiti	Normal	Om Shree Savithara Surya Narayanaya Namaha

## 4. Benefits:

- a. Remedy for sun-related issues in astrology – 27 Nakshatra and full zodiac path
- b. Power
- c. Strength
- d. Weight loss  
Sun Energy
- e. Good Health
- f. Flexibility

## 4. Benefits:

- g. Can be used as a warmup
- h. Increased creativity, intuition, and confidence
- i. Improves Physical Vitality
- j. Improves Immunity
- k. Helps to maintain mental balance

## 5. Numbers:

- a. Do it in Even number
- b. 12 Round minimum
- c. Can go till 108 times



## 6. Time, Zone and Direction for Practice:

- a. Time - Preferably Morning Sunrise
- b. Zone – Preferably East or North East Zone
- c. Direction - Facing East

## 7. Cloth:

- a. Preferably wear Cotton Cloth
- b. White Color

## 8. Special Days for Practice:

- a. Sankramana
- b. Makara Sankranthi
- c. Ratasaptami
- d. International day of yoga

## 9. Precautions:

- a. Keep Right Alignment
- b. Breath Properly
- c. Don't Hurry

# 10. Pace of Practice:

Sl. No.	Pace	Benefit
A	Slow	Flexibility
B	Medium	Toning muscles
C	Fast	Cardio vascular workout

Thank You

