

SURYA NAMASKAR – 8 Asanas (read: aasanaas), 12 Poses



Why: This exercise activates the endocrine system and the chakras (the vortexes through which vital life energy OR Praana – is channeled) helping to build strength and flexibility




What: Sun Salutation





Key Aspects: Inhale | Retain | Exhale




When: Usually practiced at sunrise, facing the rising sun

How: Through **8 Asanas** and 12 Poses

Pose #	Asana Name	Quick Details	What is accomplished?
1 	Tada Asana (read: Thaada) Also referred to as Pranamaasana	Upright standing <i>Salutation (Pranaam)</i>	<ul style="list-style-type: none"> • Hands side flowing • Lifting hands in tandem • Breathing in • Joining palms salutation to Sun God • Palms together touching the chest (sternum) • <i>Asana Importance:</i> <ul style="list-style-type: none"> ○ <i>Helps to relax and to calm body and mind</i>
2 	Utthama Hastha Asana	Raising hands above the head	<ul style="list-style-type: none"> • Raises hand postures • Breathing harmoniously raising the hands above the head tilting slightly backwards in balance • <i>Asana Importance:</i> <ul style="list-style-type: none"> ○ <i>Lifts energy up through the body</i>

<p>3</p> 	<p>Adhomukha Asana</p>	<p>Downward facing dog pose</p>	<ul style="list-style-type: none"> • Breathing out slowly • Bend forward making the hip and the waist movement slowly touching the feet without bending the knees • Beginners Note: <ul style="list-style-type: none"> ○ Even if the knees bend let's not worry in the beginning. ○ Getting to the posture is our first step. ○ Improvements will come with self-reflection over a period of time. • <i>Asana Importance:</i> <ul style="list-style-type: none"> ○ <i>Massages abdominal organs</i> ○ <i>Increases digestion power and blood flow to the brain</i>
<p>4</p> 	<p>Ashwa Sanchalana Asana</p>	<p>Upright horse face pose</p>	<ul style="list-style-type: none"> • Left foot back and right front bent • Hands with palms by the side neck raised • Breathing in like a power sensed horse. • <i>Asana Importance:</i> <ul style="list-style-type: none"> ○ <i>Increases mental power</i>
<p>5</p> 	<p>Dhannda Asana</p>	<p>Plank like pose – balanced bending</p>	<ul style="list-style-type: none"> • Front positioned right foot also backed with the left foot we step into the 5th Asana in tandem • We become parallel to the earth like a plank (Dhannda). • <i>Asana Importance:</i> <ul style="list-style-type: none"> ○ <i>Good blood flow</i> ○ <i>Synchronization of tendons, muscles and oxygen flow (vital energy)</i> ○ <i>Anybody will get the momentum</i>
<p>6</p>	<p>Ashtanga Asana</p>	<p>8 parts feather touch-pose</p>	<ul style="list-style-type: none"> • With ease we lower our chest and chin on earth • Grip on toes, knees and hands in tandem and well grounded

			<ul style="list-style-type: none"> • <i>Asana Importance:</i> <ul style="list-style-type: none"> ○ <i>Real momentum posture</i>
<p style="text-align: center;">7</p> 	<p style="background-color: #e0ffff;">Bhujanga Asana</p>	<p>Cobra pose</p>	<ul style="list-style-type: none"> • With a harmonious lowering of the knees down on earth, grip on toes and naval support • Straightened chest and head breathing in easily • <i>Asana Importance:</i> <ul style="list-style-type: none"> ○ <i>Liver, small intestine or tummy related problems will be set right</i> ○ <i>Gastric stomach, jaw/throat/upper respiratory lacunae will be thwarted</i>
<p style="text-align: center;">8</p> 	<p style="background-color: #e0ffff;">Parvata Asana</p>	<p>Mountain-like pose</p>	<ul style="list-style-type: none"> • Slowly with balance we observe the grounding earth with face down • Breathing out • Bending nicely in front with palms touching the ground • <i>Asana Importance:</i> <ul style="list-style-type: none"> ○ <i>Relieves varicose veins</i>
<p style="text-align: center;">9</p> 	<p>Ashwa Sanchalana Asana</p>	<p>Upright horse face pose</p>	<ul style="list-style-type: none"> • With the horsepower which we have gained thus far, we land in Ashwa Sanchalana Asana as the 9th posture
<p style="text-align: center;">10</p>	<p>Adhomukha Asana</p>	<p><i>Free flow called Vinyaasa</i></p>	<ul style="list-style-type: none"> • Then slight coherent positioning to hands and feet harmonious balance as we have done in the beginning the 10th posture flows-in

			
<p>11</p> 	<p>Utthama Hastha Asana</p>	<p><i>Raising hands above the head</i></p>	<ul style="list-style-type: none"> • Breathing in with a flow raising our hands above the head with the feather-touch of the ears to signify the returning to balance
<p>12</p> 	<p>Tada Asana (read: Thaada)</p> <p>Also referred to as Pranamaasana</p>	<p>Upright standing</p> <p><i>Salutation (Pranaam)</i></p>	<ul style="list-style-type: none"> • We culminate the positioning with the Salutation by bringing the palms together and folded hands right in front of the sternum with the head bowing and the gaze (Dhrishti) focusing on the tip of the thumbs • Raising the head broadening the shoulders and bringing the hands down and standing in the mountain pose as we started in the beginning
<p>Yoga is a synergic missile or Asthree against any virus of the body or mind which may try to make in-roads. However, it will be flushed out with:</p> <ul style="list-style-type: none"> ○ Powerful Asanas Mind blowing Praanayama Energy synchronization with the divine Power of the indwelling soul 			