



Surya Namaskar Yagna



(An Elixir for Human life)

Rashtreeya Swayamsevak Sangh, IT Milans, Bhagyanagar

What is "Surya Namaskar" ?

- ◆ Literal meaning is Sun Salutation
- ◆ Simple and safe ; 8 minutes exercise
- ◆ Yoga for all body parts
- ◆ Set of simple body postures
- ◆ 10 Steps = 1 Set

Physical Benefits:

- ◆ Increases blood oxidation
- ◆ Increases body flexibility
- ◆ Helps with better sleep
- ◆ Tones up the digestive system
- ◆ Strengthens nervous system

Mental Benefits:

- ◆ Increases concentration
- ◆ Reduces Stress
- ◆ Improves memory
- ◆ Enhances 'mind-body' coordination
- ◆ Many more benefits.

How to do Surya Namaskar ?

Starting Sloka

Dhyeyah Sada Savitru Mandala Madhyavarti - Narayanah Sarsijasana Sanni Vishthah / Keyurvan Makar Kundalavan Kiriti - Haari Hiranmaya Vapur Dhruva Shankha Chakrah //

Meaning : Always worship the Sun (Our Energy Source) sitting at the centre of galaxy, on lotus, wearing Keyur, Makarkundal Crown, holding Conch and Chakra and having glittering golden body.

Mantras to be recited for each set

- | | | |
|---|---|--------------------------------------|
| 1. Om Mitraay Namah | - | The Friend of All |
| 2. Om Ravaye Namah | - | The Shining One |
| 3. Om Suryaay Namah | - | The One who induces Activity |
| 4. Om Bhaanave Namah | - | The One who Illuminates |
| 5. Om Khagaay Namah | - | The One who moves quickly in the Sky |
| 6. Om Pushne Namah | - | The Giver of Strength |
| 7. Om Hiranyagarbhaay Namah | - | The bright Centre of All Energy |
| 8. Om Mareechaye Namah | - | The Lord of Dawn |
| 9. Om Aadityaay Namah | - | The Son of Aditi |
| 10. Om Savitre Namah | - | The Benevolent Mother |
| 11. Om Arkaay Namah | - | The One who is fit to be Praised |
| 12. Om Bhaaskaraay Namah | - | The One who leads to Enlightenment |
| 13. Om Shree Savitru Surya Naaraayanaay Namah | - | The Surya (Sun) |

Ending Sloka

*Adityasya Namaskaran, Ye Kurvanti Dine Dine
Ayuh Pragna Balam Viryam, Tejas Tesham Cha jayate //*

Meaning : Those who regularly perform Surya namaskaras attain healthy long life. They become strong, knowledgeable and have courage to fight with valour. They possess brightened personality.

Surya Namaskar Sthiti - Pranamasan

Normal and Slow breathing→Hands together in namaskar position→Forearms parallel to the ground→ Feet together→Body weight evenly distributed over both feet→Calves, quads and hamstrings tightened→ Abdominal muscles tightened→Palms pressing against each other→Thumb Joint at Sternum (Solar Plexes)→Face normal and relaxed.



Benefits: Enhances voice

Step 1 - Urdhvasan

Inhale deeply→join hands→lift the arms above the head→bend back (as much as you can)→Try to touch the biceps to your ears.



Benefits: Better oxidation, Extensor muscles of vertebral column and neck.

Step 2 - Uttanasan

Exhale while bending forward→Try to touch both palms to the ground→Try to touch your forehead to the knees→ Keep your knees straight and firm



Benefits: Better blood circulation, Strengthen lower back, Increase the elasticity of the lungs tissue, Corrects the belly disorders & digestive system.

Step 3 - Eka Pad Prasaranasan

Inhale deeply→take the left leg backwards →touch the knees and toes to the ground→ bring the other leg forward such that the right thigh is touching the rib cage→keep hands and elbows straight such that the palms as well as your right foot are in the same line→ keep your shoulders and head tilted back such that the back forms a concave shape



Benefits: Improves body metabolism, Builds body defense against viruses, bacteria and other pathogens.

Step 4 - Chaturang Dandasan

Exhale fully→take your right leg back and keep both feet together→keep your legs and hands



straight with vision on the ground and the whole body is balanced on palms and toes.

Benefits: Body muscles become strong, Enhances reflex actions, Improves body metabolism

Step 5 - Sashtang Pranipatasan

Hold your breath→bend your elbows so that the forehead touches the ground→touch your forehead, chest, both palms, both knees, both toes to the ground→stomach is lifted and the body is relaxed.



Benefits: Strengthens lower back, Make arms strong.

Step 6 - Urdhvamukhashwanasan

Inhale deeply→Straighten the elbow while pushing the chest out→Push your shoulders and head back→look towards the sky→ knees and toes touching the ground→spine arched in a concave curve.



Benefits: Extensor muscles of the vertebral column, spinal cord and neck, Improves eyesight.

Step 7 - Adhomukhashwanasan

Exhale fully→Lift the torso without shifting palms and toes→touch both heels to the ground→straighten arms and knees while pushing the head towards knees and try to touch the chin to your chest.



Benefits: Complete stretching of muscles below and above the trunk, Trims bulging waist, Corrects abdominal disorders.

Step 8 - Eka Pad Prasaranasan

Repetition of Step 3 except that this time the left leg is brought forward

Step 9 - Uttanasan

Repetition of Step 2

Step 10 - Pranamasan

Inhale deeply→Stand Straight→come back to Surya Namaskar Sthiti.

◆ 10 Steps = 1 Set

◆ Do many sets as per convenience.

Who should not do Surya Namaskar?

- ◆ Pregnant women should not practice this after third month of pregnancy.
- ◆ Patients of Hernia and high blood pressure are warned against this practice
- ◆ People suffering from back conditions should seek proper advice before commencing Surya Namaskar.
- ◆ Women should avoid Surya Namaskar during menses.

For Registration

Please Contact

or drop email to
snyagna@gmail.com