

Surya Namaskar is best done early morning on an empty stomach. Let's begin with these simple yet effective Sun Salutation steps on our way to good health.

Each round of Sun Salutation consists of two sets, and each set is composed of **12 yoga poses**. You might find several versions on how to practice Sun Salutation. However, it is best to stick to one particular version and practice it regularly for best results.

Besides good health, Surya Namaskar also provides an opportunity to express gratitude to the sun for sustaining life on this planet, For the next 10 days, start your day with a feeling of grace and gratitude towards the sun energy.

Do **12 rounds of Sun Salutation**, followed by other **yoga poses** and then rest deeply in **yoga nidra**. You might just find that this could be your mantra to stay fit, happy and peaceful throughout the day.





1 PRANAMASANA (Prayer Pose)

Stand at the edge of your mat, keep your feet together and balance your weight equally on both the feet. Expand your chest and relax your shoulders.

As you breathe in, lift both arms up from the sides and as you exhale, bring your palms together in front of the chest in prayer position.



2 HASTAUTTHANA ASANA

Breathing in, lift the arms up and back, keeping the biceps close to the ears. In this pose, the effort is to stretch the whole body up from the heels to the tips of the fingers.

How to deepen this yoga stretch?

You may push the pelvis forward a little bit. Ensure you're reaching up with the fingers rather than trying to bend backwards. to bend backwards.



3 HASTAPADASANA

Breathing out, bend forward from the waist, keeping the spine erect. As you exhale completely, bring the hands down to the floor beside the feet.

How to deepen this yoga stretch?

You may bend the knees, if necessary, to bring the palms down to the floor. Now make a gentle effort to straighten the knees. It's a good idea to keep the hands fixed in this position and not move them henceforth until we finish the sequence.

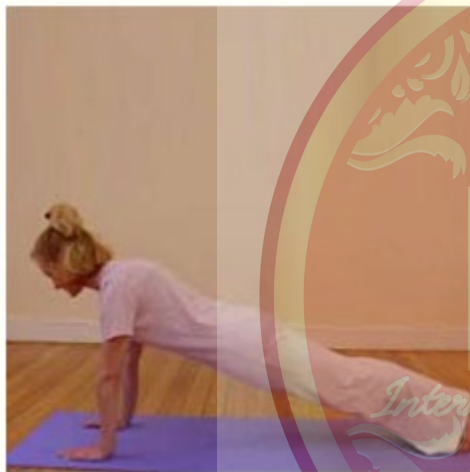


4 ASHWA SANCHALANASANA

Breathing in, push your right leg back, as far back as possible. Bring the right knee to the floor and look up.

How to deepen this yoga stretch?

Ensure that the left foot is exactly in between the palms.

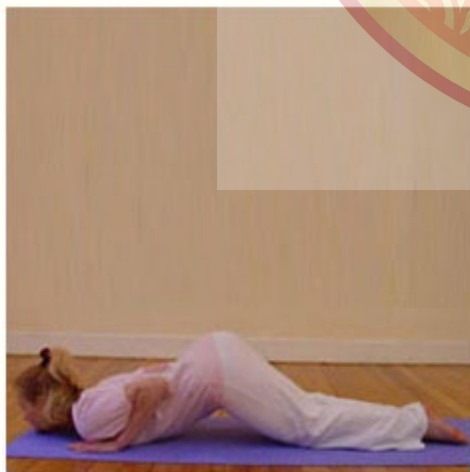


5 DANDASANA

As you breathe in, take the left leg back and bring the whole body in a straight line.

How to deepen this yoga stretch?

Keep your arms perpendicular to the floor.



6 ASHTANGA NAMASKARA

Gently bring your knees down to the floor and exhale. Take the hips back slightly, slide forward, rest your chest and chin on the floor. Raise your posterior a little bit.

The two hands, two feet, two knees, chest and chin (eight parts of the body touch the floor).



7 BHUJANGASANA

Slide forward and raise the chest up into the Cobra posture. You may keep your elbows bent in this pose, the shoulders away from the ears. Look up.

How to deepen this yoga stretch?

As you inhale, make a gentle effort to push the chest forward; as you exhale, make a gentle effort to push the navel down. Tuck the toes under. Ensure you're stretching just as much as you can; do not force.

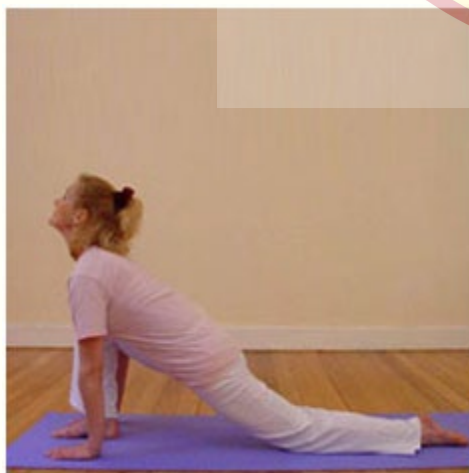


8 PARVATASANA

Breathing out, lift the hips and the tail bone up, chest downwards in an 'inverted V' (Λ) posture.

How to deepen this yoga stretch?

If possible, try and keep the heels on the ground and make a gentle effort to lift the tailbone up, going deeper into the stretch.



9 ASHWA SANCHALANASA

Breathing in, bring the right foot forward in between the two hands, left knee down to the floor, press the hips down and look up.

How to deepen this yoga stretch?

Place the right foot exactly between the two hands and the right calf perpendicular to the floor. In this position, make a gentle effort to push the hips down towards the floor, to deepen the stretch.



10 HASTA PADASANA

Breathing out, bring the left foot forward. Keep the palms on the floor. You may bend the knees, if necessary.

How to deepen this yoga stretch?

Gently straighten the knees and if you can, try and touch your nose to the knees. Keep breathing.

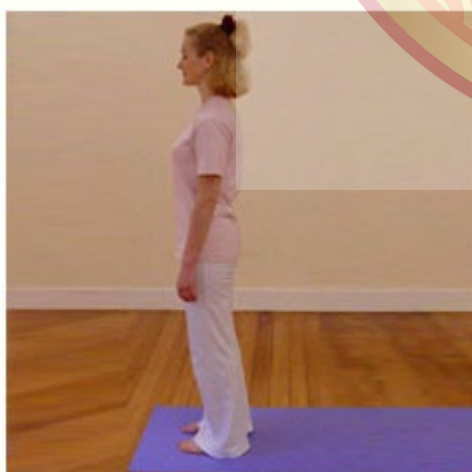


11 HASTAUTTANASANA

Breathing in, roll the spine up, hands go up and bend backwards a little bit, pushing the hips slightly outward.

How to deepen this yoga stretch?

Ensure that your biceps are beside your ears. The idea is to stretch up more rather than stretching backwards.



12 TADASANA

As you exhale, first straighten the body, then bring the arms down. Relax in this position, observe the sensations in your body.