



IYT®-International Yoga Teacher Surya Namaskar Steps



1



2



3



4



5



6



7



8



9



10



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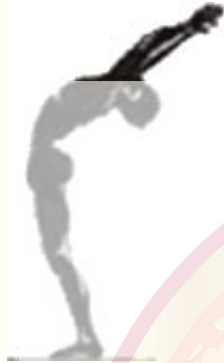


1

Pranamasan Normal Breathing

Procedure: 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.

Benefits: Good for the diseases of the throat. Voice is enhanced. Both mind and body become healthy.



2

Urdhvasan Inhale

Procedure: Palms joined and pushed up and back. Biceps touching ears. Maintain sight on wrists. Leg and Abdominal muscles remain tight.

Benefits: Both the shoulders and the food pipe (Esophagus) get exercise and diseases related to them are corrected. Eyesight is also improved.



3

Uttanasan Exhale

Procedure: From previous asana keep arms straight Keep back straight and bend from hips. Maintain sight on wrists. Try to put palms flat on ground. Try to touch forehead to knees. Do not bend the knees.

Benefits: Disorders of the belly and digestive system are corrected. The chest and hands become stronger and you become well balanced, beautiful and good looking. Diseases of the feet and fingers are also corrected.



4

Eka Pad Prasaranasan Inhale

Procedure: From previous asana thrust one leg back. Keep other foot in line with hands. Try to arch and look backwards.

Benefits: The posture stretches the small intestine and the seminal vesicles. Hence this posture helps in correcting the constipation and diseases of the liver. Thinness of the semen is also corrected. Diseases of the throat are also corrected.



5

Chaturang Dandasan Exhale

Procedure: From previous asana lift knee off ground Thrust second leg backwards. Keep feet together and knees together. Maintain straight & inclined line throughout body. Keep sight on ground at right angle.

Benefits: One gets relief from the pains - specially of arms, legs and the knees. Bulging waist is trimmed and it is good for the abdominal disorders



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6

Sashtang Pranipatasan

Hold Breath

Procedure: Lower entire body to the ground slowly. Only forehead, chest, knees and toes touch ground. Keep hands and elbows close to the body. Keep feet together and knees together.

Benefits: This posture makes the arms strong. If ladies perform this Asana before getting pregnant, the breast fed babies could be saved from the attacks of many diseases.



7

Urdhvamukh Shwanasan

Inhale

Procedure: From previous asana push body forwards and upwards. Keep feet together and knees together. Tighten forearms, biceps and triceps. Tighten abdominal muscles. Arch back and look backwards.

Benefits: Tones up the body and the back muscles and improves the eyesight. Corrects all kinds of disorders related to the reproductive system, corrects the irregularities in females menstrual cycles. Blood circulation is also improved.



8

Adhomukh Shwanasan

Exhale

Procedure: Keep lower body straight. Keep upper body straight. Create the "mountain" shape. Keep feet together and knees together. Try to keep feet flat on the ground. Tuck head in between arms. Push chin towards the chest.

Benefits: One gets relief from the pains - specially of arms, legs and the knees. Bulging waist is trimmed and it is good for the abdominal disorders.



9

Eka Pad Prasaranasan

Inhale

Procedure: From previous asana thrust one leg forward. Keep forward foot in line with hands. Try to arch and look backwards.

Benefits: The posture stretches the small intestine and the seminal vesicles. Hence this posture helps in correcting the constipation and diseases of the liver. Thinness of the semen is also corrected. Diseases of the throat are also corrected.



10

Uttanasan

Exhale

Procedure: From previous asana keep palms flat fixed on ground. Bring right foot forward in original position. Keep legs and arms straight. Try to touch forehead to knees. Do not bend the knees.

Benefits: Disorders of the belly and digestive system are corrected. The chest and hands become stronger and you become well balanced, beautiful and good looking. Diseases of the feet and fingers are also corrected.