

Surya Namaskar

Surya Namaskar is an ancient form of yoga. It is the art of solar vitalization. This form of yoga is a complete meditative technique in itself as it includes Asanas, Pranayama, Mantras and Mundras.

Surya Namaskar has got three aspects: **form, vital energy and rhythm**. It is the easiest way for a person to get used to Yoga. It should be done along chanting mantras in every posture. In simple words, Surya Namaskar is a combination of **12 different postures**, followed in a particular sequence with a specific breathing pattern. It helps an individual to vitalize and unblock the whole system. It reduces fat from almost all parts of the body as it stretches each and every muscle and tones it.

Health Benefits of Surya Namaskar

1. Surya Namaskar provides all of the key health benefits of yoga in a very succinct package. It is a holistic exercise that provides physical health benefits, but also mental or emotional as well as spiritual benefits. The obvious advantage of Surya Namaskar is the workout it provides for the muscles, but it also benefits joints, ligaments and the skeletal system by improving posture, flexibility and balance.
2. In addition to these physical benefits, Surya Namaskar practice stimulates and conditions virtually every system in the body. It is good for the heart and stimulates the cardiovascular system. It oxygenates the blood and helps strengthen the heart. Surya Namaskar is good for the digestive system and the nervous system. It stimulates the lymphatic system and supports respiratory system health, as well.
3. Practicing Surya Namaskar also benefits the Endocrine system and enables the various endocrinal glands to function properly. These include the thyroid, parathyroid and pituitary glands as well as the adrenal gland, testes and ovaries.
4. Like most forms of exercise, Surya Namaskar provides mental benefits to regular practitioners. You will feel wonderful after performing the Sun Salutation. It is relaxing and rejuvenating, and tension, stress and anxiety melt away as you perform Surya Namaskar.
5. Surya Namaskar is an excellent alternative to caffeine and other stimulants. If you suffer from insomnia or sleep disturbances, you will find practicing Surya Namaskar aids in helping you fall asleep without the need for depressants.
6. With regular practice, Surya Namaskar is an excellent way to manage stress and alleviate depression. You will expend a tremendous amount of energy as you move through the two sets of poses. Surya Namaskar teaches you to concentrate, and learning to achieve the poses is incredibly gratifying.

How to practice Surya Namaskar

One can keep a small carpet or a small piece of cloth to stand on it. But it should be clean and kept safely after the entire activity is over. Also there are 12 names of lord Sun, which will be chanted during the entire exercise. Each round consists of 12 postures or positions and there are 12 rounds in total.

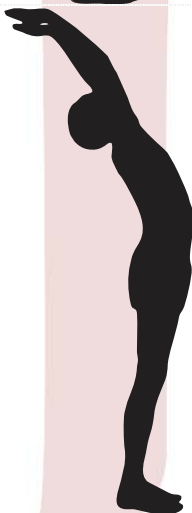


Position 1

Stand with your feet together and palms folded in front of your chest. Close your eyes properly and chant the Mantra – Om Mitrayah Namaha. Then breathe normally.

Health Benefits of Pose

Promotes balance, stimulates the respiratory system, exercises shoulder, back and neck muscles.



Position 2

Raise your arms over your head and shoulders with the palms touching each other and biceps touching your ears. Stretch your abdomen as much as possible and lean backwards. Inhale and chant Om Khagaya Namaha.

Health Benefits of Pose

Promotes balance, promotes digestion, exercises arms and shoulder muscles, tones the spine, promotes flexibility in back and hips.

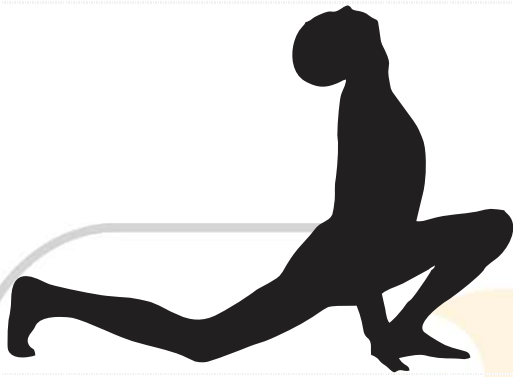


Position 3

Bend forward and place your palms at the side of your feet. Touch your knee with forehead and exhale deeply, while chanting Om Suryaya Namaha.

Health Benefits of Pose

Promotes blood circulation, tones abdominal tracts, stretches back and leg muscles, stimulates spinal nerves, and stimulates lymphatic system.



Position 4

Take one leg back and place the other leg in the front with palms firm on the ground. Raise your head and inhale while chanting Om Bhanuvae Namaha.

Health Benefits of Pose

Exercises spine, strengthens hand and wrist muscles.



Position 5

Bring the leg that was in front next to other one and keep other one and keep the hips off the floor with both your hands supporting the body in a push up position. Exhale and chant Om Ravi Namaha.

Health Benefits of Pose

Stimulates blood circulation, strengthens the heart, strengthens wrist and arm muscles, relieves neck and shoulder tension.



Position 6

Lower your knees, chest and forehead with your palms firmly on the ground next to your chest and elbows bent upwards. Hold your breath here and chant Om Pushnae Namaha.

Health Benefits of Pose

Strengthens leg and arm muscles, increases flexibility in neck and shoulders, stretches arms, shoulder, neck and back muscles, exercises back muscles, releases tension in neck and shoulder.



Position 7

Lower your waist and raise your upper body. Look upwards and keep your arms straight. Then inhale at a slow pace and recite Om Hiranya- Garbhaya Namaha.

Health Benefits of Pose

Stimulates circulation to abdominal organs, tones digestive tract, stretches upper and lower body, promotes flexibility in the back, and stimulates nerves in spine.



Position 8

Raise your hips and bring your head to the floor with eyes on the navel and heel on the floor. This position will exactly look like an inverted 'V'. Then as usual exhale and chant Om Marichiye Namaha.

Health Benefits of Pose

Stimulates blood circulation, strengthens the heart, strengthens wrist and arm muscles, relieves neck and shoulder tension.



Position 9

In this step the posture is the same as the fourth step. Inhale and chant Mantra Om Adityaya Namaha.

Health Benefits of Pose

Exercises spine, strengthens hand and wrist muscles.



Position 10

In this step the posture is the same as the third step. You need to exhale while hymning Om Savitre Namaha.

Health Benefits of Pose

Promotes blood circulation, tones abdominal tracts, stretches back and leg muscles, stimulates spinal nerves, and stimulates lymphatic system.



Position 11

This stage is same as the second stage. Inhale and chant Om Arkaya Namaha.

Health Benefits of Pose

Promotes balance, promotes digestion, exercises arms and shoulder muscles, tones the spine, promotes flexibility in back and hips.

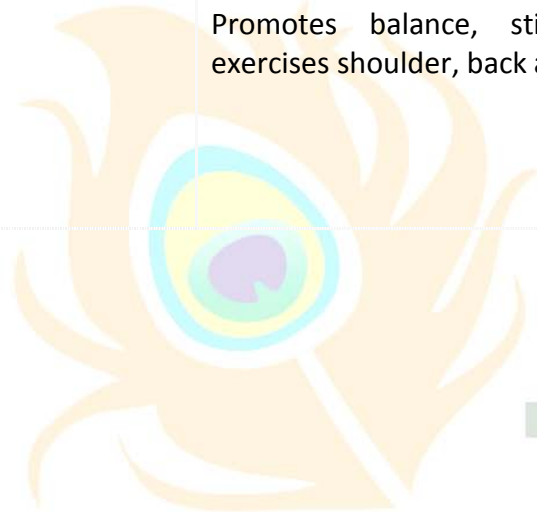


Position 12

This stage marks the final stage of Surya Namaskar and it is similar to the first stage. You have to breathe normally and recite Om Bhaskaraya Namaha here.

Health Benefits of Pose

Promotes balance, stimulates the respiratory system, exercises shoulder, back and neck muscles.



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