

# Complete Surya Namaskar Process



## COMPLETE SURYA NAMASKAR PROCESS: SURYA NAMASKAR by T. C. Randall

★★★★★ 5 out of 5

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Surya Namaskar, also known as Sun Salutations, is an ancient Indian yogic practice that has been passed down through generations. This flowing sequence of twelve postures is a powerful and holistic practice that offers numerous physical, mental, and spiritual benefits.

### Benefits of Surya Namaskar

- **Improves flexibility and range of motion.** Surya Namaskar includes a wide range of movements that stretch and strengthen the muscles, joints, and ligaments throughout the body.
- **Increases cardiovascular health.** The flowing nature of Surya Namaskar helps to improve circulation and increase heart rate, making it an excellent form of cardiovascular exercise.
- **Strengthens the core and back.** Many of the postures in Surya Namaskar require the use of the core and back muscles, which helps

to strengthen these important muscle groups.

- **Reduces stress and anxiety.** The practice of Surya Namaskar can help to reduce stress and anxiety levels by promoting relaxation and releasing tension.
- **Promotes a sense of well-being.** Surya Namaskar is a holistic practice that can help to improve overall health and well-being, both physically and mentally.

## **Step-by-Step Guide to Surya Namaskar**

Surya Namaskar consists of twelve postures that are performed in a continuous sequence. Here is a step-by-step guide to the complete Surya Namaskar sequence:

### **1. Pranamasana (Prayer Pose)**



Stand with your feet together and your palms pressed together in front of your chest.

## 2. **Hastauttanasana (Raised Arms Pose)**



Inhale and raise your arms overhead, keeping your palms together.

### 3. **Padahastasana (Forward Fold Pose)**



Exhale and fold forward from the hips, placing your hands on the floor in front of your feet.

#### 4. Ashwa Sanchalanasana (Equestrian Pose)



Step your right foot back into a lunge position, keeping your left foot in place.

## 5. **Dandasana (Plank Pose)**



Step your left foot back to meet your right foot, coming into a plank position.

## 6. **Ashtanga Namaskara (Eight-Limbed Salutation)**

## SUN SALUTATION SURYA NAMASKAR



Lower your body to the floor, resting on your knees, chest, chin, and hands.

### 7. **Bhujangasana (Cobra Pose)**



Lift your upper body up, keeping your hips and abdomen on the floor.

## 8. **Adho Mukha Svanasana (Downward-Facing Dog Pose)**





Lift your hips up and back, forming an inverted V-shape with your body.

9. **Ashwa Sanchalanasana (Equestrian Pose)**



Step



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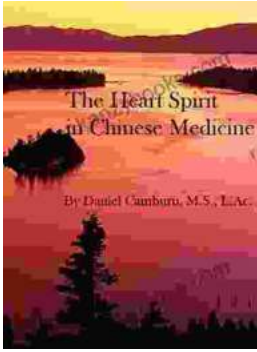
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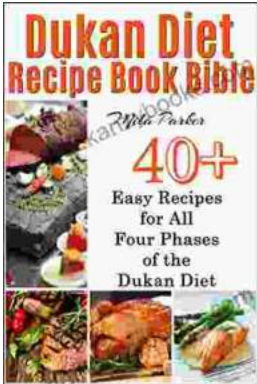
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