

SURYA NAMASKARA

FOR BETTER HEALTH MANAGEMENT



Atma Prem
Dr. Dhanvantari S Wodeyar



ATMASAMYAMA YOGA GURUKULA

AFFILIATED TO VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA

ಆತ್ಮಸಂಯಮ ಯೋಗ ಗುರುಕುಲ



TECHNICALLY SUPPORTED BY S-VYASA YOGA UNIVERSITY

ಯೋಗ ಶಿಕ್ಷಕರಾಗಲು ಸುವರ್ಣ ಅವಕಾಶ

BECOME A VYASA CERTIFIED YOGA INSTRUCTOR

WEEKEND CLASSES SATURDAY - SUNDAY / RESIDENTIAL / NON RESIDENTIAL

REGULAR CLASSES : MON - FRI | ONLINE / OFFLINE

MEDIUM : ಕನ್ನಡ / ENGLISH

JOIN
YIC

3 Months Course + 1 Month Internship

300
Hrs.



Dec - Feb Mar - May June - Aug Sep - Nov

YIC - is Mandatory for SVYASA - Yoga university
M.Sc (Yoga), Ph.D (Yoga)

UNDER THE GUIDANCE OF
ATMA PREM DR. D.S. WODEYAR, Ph.D., M.Sc (YOGA)

- SCHOOL TEACHERS • COLLEGE LECTURERS
- CORPORATE PROFESSIONALS • DOCTORS / ENGINEERS
- BANK EMPLOYEES • ADVOCATES • SPORTS PERSONNEL • DANCERS

BECOME A YOGA INSTRUCTOR FROM

YOGA CERTIFICATION BOARD (YCB) (GOVT. OF INDIA)

WEEKEND CLASSES SATURDAY - SUNDAY / RESIDENTIAL / NON RESIDENTIAL

1. YOGA PROTOCOL INSTRUCTOR - YPI 300 Hrs.
2. YOGA WELLNESS INSTRUCTOR - YWI 400 Hrs.
3. YOGA ELEMENTARY SECONDARY SCHOOL TEACHER - 200 Hrs.

SAMYAMA CERTIFIED YOGA INSTRUCTOR COURSE

1. CERTIFIED HATHA VINYASA YOGA COURSE (CHYC) 300 Hrs.

BENEFITS : CAN BECOME YOGA INSTRUCTOR IN SCHOOLS AND COLLEGES

2. YOGA THERAPIST IN HOSPITALS IN AROGYADHAMA
3. CAN OPEN YOGA STUDIO & YOGA YOGA CENTER

FOR REGISTRATION CONTACT :

+91 9741045015 | +91 6363500299 | +91 9480616488 | +91 96065 73404

E-mail : samyamaarogya@gmail.com Website : www.samyamaarogya.com

Surya Namaskara

For Better Health Management



E Padahasthasana



I Hastha Uttanasana



E Padahasthasana



I Ashwa Sanchalanasana



R Pranamasana



I Ashwa Sanchalanasana



I & E Shashankasana



E Dhandasana



E Parvathasana



I & E Shashankasana



I Bhujangasana



I & E Sastanga namaskarasana

SAMYAMA YOGA MAHAVIDYALAYA

(Recognised by Govt. of Karnataka)

18, 11th Cross Gayathri Layout,

Basaveshwaranagar, Bengaluru - 560 079

www.samyamaarogya.com | E-mail: samyamaarogya@gmail.com

SURYA NAMASKARA

For Better Health Management

First Edition : 2015

Second Edition : 2018

Revised Edition : 2022

Copy rights : Samyama Trust (R)

Pages : 24+ 4 pages

Rs. : 40/-

Publisher :

SAMYAMA YOGA PRAKASHANA

18, 11th Cross Gayathri Layout,

Basaveshwaranagar, Bengaluru - 560 079

Phone : 9449741550 / 9741045015 / 23225288 /

Web : www.samyamaarogya.com

Email : samyamaarogya@gmail.com

Printed at :

Manjunatha Prints

Basaveshwaranagar, Bengaluru -560 079

Phone : 7338456667 / 9845395348

Email : printsmanju@gmail.com

SAMYAMA TRUST ®

18, 11th Cross Gayathri Layout,

Basaveshwaranagar, Bengaluru -560 079

Phone : 9449741550 / 9741045015 / 23225288

CONTENTS

Introduction

1. Prayer

2. Bija Mantra and 12 Names of Surya deva

3. Procedure, precaution and benefits

4. Do's and don'ts

References

INTRODUCTION

Sūryanamaskāra is an ancient and well known powerful yogic technique and it is a combination of yoga postures. It's root can be traced to philosophy of the Vedic tradition. The origin of sūryanamaskāra dates farback into the earliest epochs of history, when human beings first became aware of a spiritual power within themselves.

Suryopanishad states that people who worship the Sun god as *Brahman* become powerful, active, intelligent and acquire long life. As aptly said by great poet Kalidasa “*Saréramādhyam khalu dharmasādhanam*” It is our foremost duty to keep this body fit as it is the best instrument to reach the goal of life

The sun symbolizes spiritual consciousness. In yoga the sun is represented by pingala or Suryanadi, the Pranic Channel which carries the vital life giving force. Suryanamaskara awakens the solar aspects of an individual nature and releases the vital energy for the development of the higher awareness. Suryanamaskara generates prana, the subtle energy which activates the psychic body. Its performance in a steady rhythmic sequence reflects the rhythms of the universe.

Suryanamaskara takes a new dimension when we become aware of the effects of the sun on our lives. At the same time, by awakening our own inherent solar forces through this integrated practice we can attune ourselves to the cosmic nature and revitalize our lives. There are mainly two modes of performing Suryanamaskara in one, there are 12 steps (8 postures) and in other type only 10 steps in each round. Each stage of Suryanamaskara is accompanied by regulation of breath, i.e. Inhalation and Exhalation. Each round is done with utterance of omkara with appropriate Bija Mantra along with the corresponding name of Sun God.

The series gives such a profound stretch to the whole of the body it is an effective way of loosening, stretching, massaging and toning all the joints, muscles and internal organs of the body.

The book Suryanamaskara for better health management guides the practitioner to practice in a better way to manage health.

1. PRAYER

**Om Hiranmayenapātrēna satyasyāpihitam mukham
Tat tvam Pushann āpāvṛēnu satyadharmāya drstaye**

Meaning :

*Like a lid to a vessel, O sun, your Golden orb covers the
entrance to Truth.*

Kindly open the entrance, to lead me to Truth.

Ishavasya Upanishad

Bija mantra

Each Namaskara is performed by chanting Omkara with Bija Mantra and a name of the Sun. The Bija Mantras following the Omkara are combinations of two sounds 'Ra' and 'Ha' with variations caused by six vowels

Hram	Hrim	Hrum
Hraim	Hroum	Hrah

- The subtle effects of the sound vibrations of chanting the (Om) and the Bija Mantras on the different system and parts of the body.
- The **Pranava Om** stimulates all the vital internal organs of the body, especially the brain , heart and stomach.
- **Hram** acts as a stimulus to the brain, heart, alimentary canal, respiratory organs, such as nose, windpipe, throat, lungs, chest and upper ribs.
- **Hrim** invigorates the throat, palate, heart, respiratory and digestive organs.
- **Hrum** strengthens the liver, spleen, stomach, abdomen hypogastric, uterus and intestine.

- **Hraim** stimulates kidneys.
- **Hroum** normalizes the function of the rectum and anus.
- **Hrah** develops the chest and throat.

Pranava and **Bija Mantras** produces stimulation and vibrations in different vital parts of the system such as the heart, abdomen, womb, throat, palate, windpipe, brain etc. These mantras purifies the blood and removes disorders, ailments and diseases in those regions. Almost every disease found to be originated either in the head, nose, throat, heart, lungs or abdomen.

When all these parts are purified by the **Pranava** and **Bija Mantras**, the circulation of the blood receives stimulation by the vigorous movements of the limbs and organs in the process of namaskaras. The limbs and organs brought into play, not only develop externally in shape, size and strength, but also improve in their internal functions, endurance and power of resistance to disease.

Thus, the Suryanamaskara produces the benefits, which are unique feature of this wonderful practice. No other single practice can approach the Suryanamaskara in this respect. Twelve names from among the numerous names of the Sun are used to invoke specific subtle effect in the personality of the performer.

* * * * *

You are not the owner of your wealth
 You are the custodian of your wealth
 Your wealth is not your's
 It is meant for the people who is in need

- Swami Vivekananda

2. BIJA MANTRA & 12 NAMES OF SUN WITH MEANING

1. **Om Hram Mitraya Namah** : Salutations to him who is my everlasting friend, light of universal friendship and **friend of all**.
2. **Om Hrim Ravaye Namah** : Salutations to him who is shining and its eternal source of vitality, light of compelling radiance and who is **praised by all**.
3. **Om Hrum Suryaya Namah** : Salutation to him who propels everyone into activity & is source of light, **dispeller of darkness and ignorance**.
4. **Om Hraim Bhanave Namah** : Salutations to him who is the eternal source of warmth, giver of luster/ **beauty and the shining principle**.
5. **Om Hroum Khagaya Namah** : Salutations to him who is source of life for all that moves in the sky, all pervading light and the **stimulator of the senses**.
6. **Om Hrah Pushne Namah** : Salutations to him who nourishes all and gives strength, **light of mystic fire and the nourisher**.
7. **Om Hram Hiranyagarbhaya Namah** : Salutations to him who is the eternal source of energy emanating from its golden core, golden colored one, healing gold and one **who possesses power to develop energy and vitality**.
8. **Om Hrim Marichaye Namah** : Salutations to him who is the Lord of dawn, source of vibrations and the **destroyer of disease**.
9. **Om Hrum Adityaya Namah** : Salutations to him who is the son of Aditi and light of sage , an aspect of Vishnu-**one who attracts**.
10. **Om Hraim Savitre Namah** : Salutations to him who produces everything and light of enlightenment - **the begetter**.
11. **Om Hroum Arkaya Namah** : Salutations to him who is fit to be worshiped as the very essence of vitality, the light that removes afflictions – **Fit to be revered**.
12. **Om Hrah Bhaskaraya Namah** : Salutations to him who is the cause of luster &brings inner strength, confidence and inner awakening, brilliance and the light of intelligence - **The refulgent**.

3. PROCEDURE, PRECAUTION AND BENEFITS

Sthiti : Tādāsana Pranamasana (Prayer pose)



Procedure :

1. Stand erect with feet together, face smiling. Adopt Namaskāramudra,
2. Close the eyes and bring awareness on the body and relax the mind.
3. Join the palms together in front of the chest, thumbs touching the heart center (Anahata Chakra).
4. Visualize the beautiful rising sun; recall the meaning of the Sun salutation mantra. Exhale fully.

Awareness : Physically on the Thoracic region.
Spiritually on the Anāhata Chakra.

Benefits :

- Strengthens the muscles of the shoulders and mid arm.
- Helps to induce a state of introversion and calmness in preparation for the practice to be performed.

Ekam : Hasta Uttänäsana (Raised Arms Pose)



Procedure :

1. Stretch both the arms above the head while inhaling.
2. Synchronize the body movement with the breathing, palms facing upward and parallel to each other.
3. Arch the back and stretch the whole body by tightening the knees.
4. Keep the knees and elbows straight; palms facing the Sun separated (not joined).

Awareness : Physically on the stretch of the abdomen and expansion of the lungs.
Spiritually on the Vishuddi Chakra (Throat Pit)

Benefits :

- Improves elasticity of lungs and vital capacity is increased.
- Flexibility of the spine increases.
- Activates the thyroid gland.

Precaution :

- Don't bend the knees and elbows.
- Keep the upper arms and ears aligned throughout.

Dve : Pādahasthāsana (Hand to Foot Pose)



Procedure :

1. Exhale deeply, in a continuous movement, start moving the arms, head and trunk forward and then downward.
2. Place the palms flat on the ground at your feet approximately shoulder - width apart.
3. Press the palms to the floor and push back the pelvis, then bring the head as close to the knees as possible, if possible touching the forehead to the knee caps. Relax in Final Position.

Awareness : Physically on the back and pelvic region.
Spiritually on the Swādisthāna Chakra.

Benefits :

- It improves the blood circulation around the legs, calf muscles.
- Reduces excess fat in the abdominal region.
- Improves the digestive functions and eliminates constipation.
- It increases the suppleness of the spine and tones up the spinal nerves.

Precaution :

Keep the knees and elbow straight.

Trini : Ashwasanchalanasana (Equestrian Pose)



Procedure :

1. While inhaling stretch the right leg back as far as possible push the hip down. Rest the toes of right feet and right knee on the ground.
2. Push forward the Chest & stretch the head and neck and shoulders backwards as far as possible, arching the spine backward as far as possible.
3. Raise your head little up.

Awareness : Physically on the stretched lower back.
Spiritually on the Ajna Chakra.

Benefits :

- Stretches the pelvic region, activated the Suryanadi, tones up the sympathetic nervous functions.
- It tones the lungs and improves the function of the abdominal glands.
- It improves the eye sight.
- It tones up the calf muscles and thigh muscles.

Precaution :

- Do not bend the elbows.
- Do not bend the neck forward.

Chatvari : Chaduranga Dandasana (Santulanāsana)



Procedure :

1. While exhaling stretch the entire length of left leg along the side of extended right leg. Rest firmly on the toes.
2. Balance the whole body on the palms and toes.
3. Body should be straight from head to toes and should be inclined to the ground at about 30° .

Awareness : Physically on the toes and palms.
Spiritually on the Manipūra Chakra.

Benefits :

- Strengthens the palms, wrists and elbow, and also strengthens the fore arms and upper arms.
- Flexibility of the soles of the feet is enhanced.
- Helps to relax the entire spine.
- Enables one to keep the body and mind in a balanced state.

Precaution :

- Do not bend the elbow.
- Do not arch up the neck and spine.

Pancha : Shashankasana (Rabbit pose)



Procedure :

1. Inhale deeply and rest the knees on the ground.
2. Exhale deeply and pull in the stomach and rest the abdomen on the thighs and forehead on the ground.
3. Rest the buttocks on the heels.
4. Relax the shoulders, neck and head. Maintain the normal breathing.

Awareness : Physically on the pressure of the abdomen against the thighs.
Spiritually on Manipūra Chakra.

Benefits :

- Ensures the smooth flow of blood in the skull region and effective in memory and concentration.
- Improves functioning of abdominal glands and digestive system, thus relieves constipation.
- Helps to supply blood to the facial muscles and eyes.
- Helps to alleviate the disorder of the both female and male reproductive organs.
- It acts as a stress buster.

Precaution :

- Don't disturb the seat in order to reach forehead on the ground.
- Go to the extent possible.

Shat : Ashtānganamaskārāsana (Eight Limbed pose)



Procedure :

1. From 5th position, raise the head and stretch forward without disturbing palms and toes.
2. Lower the knees to the floor and then bring the chest and chin to the floor keeping the buttocks elevated.
3. Rest the forehead, chest, knees, palms and toes on the ground and raise the hips little upward.
4. Hold the breath for few seconds.

Awareness :

Physically focus the awareness on the center of the body or on the back of the muscles.

Spiritually on the Manipūra Chakra.

Benefits :

- Rejuvenates the spinal nerves.
- Develops the chest and strengthens the legs, arms and shoulders.
- Improves the efficiency of the kidney, spleen and digestive organs.

Precaution:

- Do not touch the nose, abdomen or thighs to the floor.

Saptha : Bhujangāsana (Cobra Pose)



Procedure :

1. While inhaling stretch the head, then neck and trunk backward.
2. Keep the knees and elbows straight and buttock muscles firm in final posture.
3. Lower the body from the waist, feet should be parallel to the ground.
4. Try to see the ceiling with the eyes facing upwards.

Awareness :

- Physically focus the awareness at the base of the spine.
- Spiritually on the Vishuddhi Chakra.

• Benefits :

- Develops elasticity, strength of the back muscles.
- Enhances the elasticity of the lungs.
- Builds up self confidence and alertness.

Ashta : Parvathasana (Mountain Pose)



Procedure :

1. While exhaling raise the buttocks up. Let the two arms be on the floor and support the body weight.
2. Push the head down and push the chin to the collar bone.
3. Ensure that the body is shaped like inverted V; Push the heels on the ground.

Awareness : Physically focus on the neck area.
Spiritually on Visuddha Chakra.

Benefits :

- This posture helps to relax the entire spine, tones up the spinal nerves.
- It tones strengthens the calf muscles, hamstring and thigh muscles.
- Improves the Thyroid gland function.

Precaution :

- Do not bend the elbows and knees.

Nava : Shashankasana (Rabbit pose)



Procedure :

1. Inhale deeply and rest the knees on the ground.
2. Exhale deeply and pull in the stomach and rest the abdomen on the thighs and forehead on the ground.
3. Rest the buttocks on the heels.
4. Relax the shoulders, neck and head. Maintain the normal breathing.

Awareness : Physically on the pressure of the abdomen against the thighs.
Spiritually on Manipūra Chakra.

Benefits :

- Ensures the smooth flow of blood in the skull region and effective in memory and concentration.
- Improves functioning of abdominal glands and digestive system, thus relieves constipation.
- Helps to supply blood to the facial muscles and eyes.
- Helps to alleviate the disorder of the both female and male reproductive organs.
- It acts as a stress buster.

Precaution :

- Don't disturb the seat in order to reach forehead on the ground.
- Go to the extent possible.

Dasha : Ashwasanchalanasana (Horse raiding pose)



Procedure :

1. Inhale and come up from the ninth position, bringing right leg forward placing the right foot in between two palms.
2. Allow the right shoulder and the right knee to come together. Rest the left knee and toes on the ground.
3. Lower the spine and arch up the chest and thoracic region fixing the gaze up.
4. This position is exactly as of Trini interchanging the position of the left and right leg.

Awareness : Physically on the Stretched lower back.
Spiritually on the Ajna Chakra.

Benefits :

- Bones of the pelvis and knee joint become strong.
- Problems of the back ache, waist and joints pain are removed.
- Induces the balance in the nervous system.
- Both the legs are equally exercised.

Precaution :

- Do not bend the elbows.
- Do not bend the neck forward.

Ekadasha : Padahasthasana (Head and foot pose)



Procedure :

1. This is similar to Position Dve, as explained.
2. Exhale deeply, in a continuous movement, start moving the arms, head and trunk forward and then downward.
3. Place the palms flat on the ground at your feet approximately shoulder - width apart.
4. Press the palms to the floor and push back the pelvis, then bring the head as close to the knees as possible, if possible touching the forehead to the knee caps.

Awareness : Physically on the back and pelvic region.
Spiritually on the Swādīsthāna Chakra.

Benefits :

- It improves the blood circulation around the legs, calf muscles.
- Reduces excess fat in the abdominal region.
- Improves the digestive functions and eliminates constipation.
- It increases the suppleness of the spine and tones up the spinal nerves.

Precaution :

Keep the knees and elbow straight.

Dwadhasha : Hasta Uttānāsana (Raised arm pose)



Procedure :

1. This is similar to Position Ekam, as explained.
2. Stretch both the arms above the head and inhale. Synchronizing the body movement with the breathing, palms facing upward and parallel to each other.
3. Arch the back and stretch the whole body by tightening the knees.
4. Keep the knees and elbows straight; palms facing the Sun separated (not joined).

Awareness : Physically on the stretch of the abdomen and expansion of the lungs.
Spiritually on the Vishuddi Chakra (Throat Pit)

Benefits :

- Improves elasticity of lungs and vital capacity is increased.
- Flexibility of the spine increases.
- Activates the thyroid gland.

Precaution :

- Don't bend the knees and elbows.
- Keep the upper arms and ears aligned throughout.

Pranamasana (Prayer pose)



Procedure :

1. Stand erect with feet together, face smiling. Adopt Namaskāramudra,
2. Close the eyes and bring awareness on the body and relax the mind.
3. Join the palms together in front of the chest, thumbs touching the heart center (Anahata Chakra).
4. Visualize the beautiful rising sun; recall the meaning of the Sun salutation mantra. Exhale fully.

Awareness : Physically on the Thoracic region.
Spiritually on the Anāhata Chakra.

Benefits :

- Strengthens the muscles of the shoulders and mid arm.
- Helps to induce a state of introversion and calmness in preparation for the practice to be performed.
- It activates the Anāhata chakra.
- It brings balance and equilibrium.

4. DO'S AND DON'TS

- Surya namaskara should be performed with empty stomach.
- Observe four hours gap after meals, two hours gap after breakfast / snacks.
- It is preferable to do in open fresh air, however well ventilated rooms also can be used.
- It can be performed individually as well as in group. Group practice generates team spirit and cultivates collective consciousness.
- Perform surya namaskara on a clean mat or carpet.
- It is desirable to maintain 30 minutes gap for taking bath before or after the practice.
- Ladies should avoid surya namaskara during menstrual cycle . They should stop practicing after 3 months of pregnancy and can resume practice after 3 months from confinement.
- People suffering from hernia, spinal disorders, high blood pressure should practice surya namaskara after consulting the doctor as well as competent yoga instructor
- While practicing surya namaskara one should wear clothes which facilitate free movements of limbs and body.
- Surya namaskara should be performed with full awareness about the effects that it is bringing at each position to the muscles, joints, nerves , and in the respiration pattern
- Chanting of mantras with omkara, bija mantra and names is essential to get full benefits.

REFERENCES :

1. Suryanamaskar-an introduction booklet', Vivekananda Prakasha Trust, chennai, Bharath, 2000.
2. 'Dynamic Suryanamaskara' - Krzysztof Stec, Swami Vivekananda Yoga Prakashana, 2012.
3. Surya namaskar, practical guide, Wodeyar., D.S. Samyama Institute of yogic sciences, 2015.
4. Surya Namaskara by Swami Shivananda, Bihar School of Yoga. Munger.

12 COUNTS SURYA NAMASKARA (BIHAR SCHOOL OF YOGA)



As a formal invocation, the following mantra frequently used to begin the Sun worship and Surya Namaskar practice.

**Asato ma sadgamaya | tamaso ma jyotirgamaya |
mrtyorma amrtam gamaya | om shanti shanti shanti | |
- Brihadaranyaka Upanishad - (1.2.28)**

O Lord, the essence of Light Lead me from the unreal to Real
From darkness to light Om, Peace, Peace, Peace

**|| Adityasaya namaskaram yekurvanti dinedine
Ayuh Prajnam Balam, Viryam tejastesam ca jayate ||**

Those who salutes the sun every day, (their), life expectancy
conscious, strength, courage and vital power would grow.

॥ ॐ ध्येयः सदा सवित्र मण्डल मध्यवर्ती नारायण सरसिजा सनसन्नि विष्टः
केयूरवान मकरकुण्डलवान किरीटी हारी हिरण्मय वपुर धृतशंख चक्रः ॥

**|| Dhyeyah sada savitri mandalamadhyavarthi
Narayanah sarasijasansannivistah
Keyurvam makarakundalavan kiriti
hari hiranmayavapurdhrutasankhacakrah ||**

Always worship the Sun, which is sitting at the center of his Galaxy
on a lotus, wearing keyura, a makarakundala crown and
holding a conch, chakra and having golden body.

At the end of practice following shloka is recited

**|| Adityasaya namaskaram yekurvanti dinedine
Jajnantara sahostreshu daridrya nopajayate
Namah dharma-vidhanaya namaste kruta-shakshine
namah pratyaksha devaya bhaskaraya namah namah ||**

Those who perform Suryanamaskar daily, do not face poverty in life (good health),
one does not face early death or suffer from diseases. Oh! Lord Bhaskara,
you are the dharma incarnated. You are the witness to all my deeds, good & bad
you are the only God in shape and form. I bow to you (with all my body, mind and soul)



SAMYAMA YOGA MAHAVIDYALAYA

(Recognized by Govt. of Karnataka)

Basaveshwaranagar, Bengaluru - 560079.

SAMYAMA AROGYADHAMA

(Recognized by Govt. of Karnataka)

Nagarabhavi, Bengaluru - 560072.

9449741550 | 9741045015 | 080-23225288