

373e24pm

## Practical 24

### Suryanamaskara

The word Suryanamaskara means salutations to the sun. Suryanamaskara in the form of twelve yoga postures provide great amount of physical and mental strength as well as tremendous vital energy to the body.

#### Aim

To perform the Suryanamaskara.

After completion of this practical you will be able to perform and demonstrate Suryanamaskar in appropriate manner.

#### Requirements

- Yoga mat -1

#### Preparation of Yoga classroom

- The room should be clean and well ventilated.

#### Preparation of practitioner

- Wear comfortable loose, light cotton clothes (Not too tight)
- Remove accessories like spectacles, wrist watches, belt etc before practice.

#### Method

##### Step 1: Namaskarasana/Pranamasana (Prayer pose)

- Stand straight with feet together firmly balancing the body weight equally on both feet.
- Relax the shoulders. Breathe in and lift both the arms up.
- While exhaling bring the palms in front of the chest in the prayer position with fingertips pointing upwards.
- The hands should be held at the Anahata chakra against the sternum.

##### Step 2: Hasta uttanasana (Raised arms pose)

- Breathe in and lift the arms up and back.
- Keep the biceps close to the ears.
- Stretch the whole body upwards.





Fig. 24.1: Surya Namaskar



**Note**

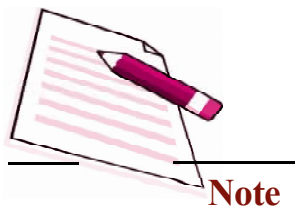
**Step 3: Padahasthasana/ Hastapadasana (Forward bending pose)**

- Breathe out and bend forward from the waist.
- Exhale and bring the hands down and place the palms flat on the floor.
- Take care not to bend the knees. Try to touch the knees with your forehead and feel the stretch in your leg and back muscles.

**Step 4: Ashwasanchalanasana/Ekapadaprasaranasana (Equestrian pose)**

- Breathe in and push the right leg back as far as possible bringing the right knee to the floor.
- The left foot should be placed between the palms.
- Stretch should be smooth. Do not stress the spine too much.
- Bring the pelvis forward, arch your spine and look up.





### Step 5: Parvatasana/Bhudharasana/Adhomukha Svasanasana (Mountain pose)

- Breathe out. Lift your hips and tailbone up.
- Exhale and push your hips towards the ceiling. The body now forms an “inverted V” shaped structure.
- Keep the elbows and knees straight. Stretch your head in the direction of the knees with chin touching the chest.

### Step 6: Ashtanga Namaskarasana (Eight limbed salutation Pose)

- Bring knees down to the floor and exhale.
- Lie straight on the stomach with the chest and chin touching the floor.
- Place your palms next to the shoulders on the floor.
- Raise your posterior slightly upwards.
- Your two hands, two feet, two knees, chest and chin i.e., these eight parts of your body should touch the floor.
- Slide forward and lie straight on the stomach.
- Place your hands next to the shoulders.
- Inhale and lift the upper body till your navel. Relax your shoulders and look up.
- Continue taking long and deep breaths for a few seconds. Avoid over arching the neck and lower back.
- Exhale and slowly return to the resting position.

### Step 8: Parvatasana/Bhudharasana/ Ekapadaprasaranasana- Same as Step 5

### Step 9: Ashwasanchalanasana/Aekpaadaprasaranasana – same as Step 4

### Step 10: Padahastasana/ Hastapadasana - Same as Step 3

### Step 11: Hasta uttanasana - Same as Step 2

### Step 12: Namaskarasana/Pranamasana - Same as Step 1

### Precautions

In hypertension, severe heart problem, severe back problem, Hernia, during menstruation, this practice should be avoided.



### Effects and Observations

- Perform this practice as mentioned above daily for 8 weeks and observe the effects.

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Stretching of spine								
Stretching of back and hamstring muscles								
Compression of abdominal muscles								
Enhancement of energy level								
Relaxation of Mental state								

✓ or × under physical effect and submit the record.

### Observation

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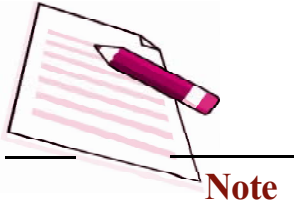
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**Note**





**Remarks**

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**(Signature of the Instructor)**

