

Mahavatar Babaji's Surya Namaskar/Sun Salutation

Is a complete exercise for the whole body. It is preferable to practice it at sunrise, but also at anytime you feel comfortable. It stimulates cardiovascular system, helps to energize the body, shapes the body and makes it flexible and supple. The lungs benefit from the oxygen and the rising sun casts its beneficial influence on the body. It also prevents and regulates diabetes, skin diseases, constipation and other stomach problems, as well as appetite.

Surya Namaskar should not be done by pregnant women. We suggest practicing each posture without forcing the body.

1_ Standing mountain pose

On the inhale, stand erect, both feet together.

On the exhale with folded hands at the chest, greet the sun.

2_ Elongated arms

On the inhale, with hands in prayer position straighten your arms, bring them above your head and slowly go into an even back-bend.

The legs remain straight.

3_ Forward bend pose

On the exhale, bend with the straight back from the hips into forward bend (or roll your spine downwards vertebra per vertebra, if more comfortable) placing your palms on the ground beside your feet and try to touch your knees with your head. Keep the legs straight.

4_ Equestrian pose

On the inhale, stretch the left leg backwards as far as possible supporting yourself on your right foot and your palms (to support the position you can place the knee on the ground).

The right shin remains perpendicular to the floor, head straight.

5_ Warrior pose

On the exhale, bring your hands together and raise them above the head. Move softly into a back-bend.

6_ Equestrian pose & Warrior pose

On the inhale, bring both feet together moving the left foot forward, step with right foot backwards.

On the exhale, raise the hands and move gently into a back-bend (see the posture as before no. 4+5).

7_ Downward facing dog pose

On the inhale, bring your hands to the floor, move your right foot back and straighten the arms and legs.

Move your chest toward the knees and raise your bottom as high as possible.

Feet together, preferably flat on the floor.

8_ Plank pose

Hold the breath, keep your body inline parallel to the ground supporting yourself with your palms, forearms and toes.

9_ Upward facing dog pose

On the exhale, bringing your palms in line with the shoulders, straighten the arms, keep shoulders down and gently move into back-bend.

10_ Downward facing dog pose

On the inhale, lift your bottom as high as comfortable – (see step no. 7).

11_ Forward bend pose

On the exhale, place your feet forward going into a forward-bend (see step 3).

12_ Elongated arms

On the inhale, moving up with the straight spine and straight arms (or rolling your spine upwards, if more comfortable) stand erect. Stretch the body bringing the palms together above the head.

On the exhale, relax placing the palms to the chest and greet the sun once again.

