

CLASS-II

Lesson 4 Surya Namaskar

Lesson 5 Asanas-I

Lesson 6 Asanas-II

Lesson 7 Yoga for Eye Sight Improvement



4

SURYA NAMASKAR

Surya means ‘Sun’ and Namaskara means ‘Salutation’. It is basically saluting the sun using various postures. Surya Namaskara is a series of 12 physical postures. These postures stretch various muscles and the spinal column resulting in flexibility of the whole body. This is usually done facing the sun both at sunrise and sunset.



OBJECTIVES

After studying this lesson, you will be able to:

- perform all 12 steps of Suryanamaskar in the correct sequence;
- perform the 12 steps of Suryanamaskar with concentration on the correct posture and the breathing pattern; and
- list the do’s and don’t’s while performing Suryanamaskar.

4.1 TWELVE STEPS OF SURYA NAMASKAR

Surya Namaskar or ‘Sun Salutation’ is a sequence of 12 yoga poses. Besides being a great cardiovascular workout, Surya



Notes

Namaskar is also known to have an immensely positive impact on the body and mind. It is a popular sequence of yoga asanas done with breath awareness.

The concept of 'Sun Salutation' comes from the ancient practice of revering the sun which is considered the source of every creation on the planet and also symbolizes spiritual consciousness.

Surya Namaskar is best done early morning, empty stomach. Besides promoting good health, Surya Namaskar is also give an opportunity to express gratitude to the sun for sustaining life on this planet.

Guidelines for performing the twelve stepped Suryanamaskar

Starting position or Sthiti: Tadasana

Namaskara Mudra



Fig. 4.1

- Stand erect with legs together.
- Bring the palms together in namaskára mudrá.

Step 1: HASTHA UTTHANASANA



Fig. 4.2

- Raise the hands above the head while inhaling and bend the trunk backwards.

Step 2: PADAHASTASANA



Fig. 4.3

- Bend the body forward while exhaling.
- Touch the forehead to the knees.
- Keep the palms on the floor on either side of the feet.



Notes



Notes

Step 3: ASHWASANCHALANASANA (Gallop like Horse)



Fig. 4.4

- In this step breathe in and kick the right leg back.
- Push the buttock forward and downward so that the left leg is perpendicular to the ground.
- Look upwards.

Step 4: CHATURANGA DANDASANA



Fig. 4.5

- In this step, exhale and move the left leg also to the back, resting only on palms and toes.
- Keep the body straight from head to toes, inclined to the ground.
- Take care to keep the neck in line with the back.
- This pose strengthens the arms and wrists.

Step 5: SHASHANKASANA



Fig. 4.6

- Rest the knees on the ground, pull in the stomach and abdomen and sit back with the buttocks resting on the heels.
- Then relax the shoulders, neck and head.
- Make an attempt to rest the forehead on the ground without altering the position of the palms and toes.
- Exhale as you rest the forehead on the floor.
- Then, relax with normal breathing.

Step 6: ASHTANGA NAMASKARA

While inhaling, bend the legs at the knees and rest them on the floor with buttocks resting on the heels without altering the position of the palms and toes.



Fig. 4.7



Notes



Notes

- Exhale as you rest the forehead on the floor.
- Then relax with normal breathing.
- While exhaling without shifting the positions of hands and toes, glide the body forward and rest the forehead, chest, hands, knees and toes on the ground.
- Raise the buttock off the ground.

It is important to note that, in this pose, the body touches the ground at eight locations – the two feet (toes), the two knees, the two palms, the chest and the head. Hence, the name Sáshtánga Namaskára (Salutation with eight parts).

Step 7: BHUJANGASANA



Fig. 4.8

While practicing this pose inhale, raise the head and trunk making the spine concave upwards without lifting the position of the hands and feet.

- Arch the back as far as you can until the elbows are straight.
- Keep the knees off the ground.

Step 8: PARVATASANA



Fig. 4.9

- While exhaling, raise the buttocks, push the head down.
- Push the body back until the heels touch the ground without shifting the position of hands and feet.

Step 9: SHASHANKASANA



Fig. 4.10

- Without altering the position of the palm and toes bend the legs at the knees and rest them on the matfloor.
- Rest the buttocks between the space of the feet with heels touching the sides of the hips.
- Rest the forehead on the matfloor.
- Breathe Inhale and then Exhale.



Notes



Notes

Step 10: ASHWA SANCHALANASANA

Fig. 4.11

- Inhale and bring the right leg in between the two hands.
- Arch the back concave upwards as in step 3 until the right leg is perpendicular to the ground.

Step 11: PADAHASTASANA

Fig. 4.12

- Exhale and bring the left foot forward next to the right foot and bend down from waist onwards.
- Body to touch the forehead to the knees as discussed in step 2.

Step 12: HASTHA UTTHANASANA



Fig. 4.13



Fig. 4.14

- While inhaling, come up and bend backwards with hands held above the head.
- Come back to Tadasana sthiti and Namaskara Mudra.

This completes one round of Surya Namaskara. Repeat for 3 rounds. After each round close your eyes and relax and feel the effulgence of the sun entering the body.

- To enhance the relaxation, chant omkara mantra and feel the vibrations.

4.2 PRECAUTIONS WHILE PERFORMING 12 STEPS OF SURYA NAMASKAR

Do's:

- Synchronise breathing with the movements of the body.
- Inhale during upward and outwards bending and exhale during forward bending.



Notes



Notes

Dont's:

- Do not practice beyond your capacity.
- Do not practice if you have spinal problem and joint problem.
- Do not strain yourself.

4.3 BENEFITS OF SURYA NAMASKAR

There are 12 steps or counts. Each stage of Süryanamaskár is accompanied by regulation of breath. Each round of Süryanamaskára is begun after the utterance of ‘Omkár’ or with the appropriate ‘Beeja Mantra’, accompanied with the corresponding name of Sun God.

The different names of the sun according to their meanings, instill in you those qualities like friendship, devotion, energy, health, strength, lustre and vigor, helping you to identify with the supreme and meditate on these qualities during the practice.

Benefits of Suryanamaskar are:

- Suryanamaskara when done by facing body towards the morning, rising sun, helps body to absorb the vitamin D from the rays, which helps the strengthen bones and also helps with clear vision.
- Surya Namaskara improves the flexibility of body muscles, especially those of the legs, back, chest and buttock muscles. It has been found that by practicing Suryanamaskara regularly one can significantly increase hand grip, strength and endurance.

- Obese person can significantly reduce their weight with the help of Suryanamaskara.
- Suryanamaskara combines Yogasanas and Pranayama. It is performed in between the Sithilikaraa Vyayama and Yogasanas.



Notes



INTEXT QUESTIONS 4.1

1. While performing Padahastasana, keep the palms on the floor on either side of the.....
2. During Ashtanga Namaskar, the body should touch the ground atlocation
3. While performing Chaturanga Dandasana keep the body from head toinclined to the ground.
4. While performing Parvatasana one has to raise theand push the the head down.



WHAT HAVE YOU LEARNT

Surya Namaskar means Sun Salutation. It is a popular sequence of yoga asanas done with breath awareness. It is a complete sadhna or yoga practice in itself and includes asana, pranayama, mantra, and meditation techniques.

Suryanamaskar includes 12 easy steps along with the opening prayer. Each stage of Süryanamaskár is accompanied by regulation of breath. Each round of Süryanamaskára is done after the



Notes

utterance of 'Omkár' or with the appropriate 'Beeja mantra', along with the corresponding name of the Sun God. The 12 steps of Surya Namaskar are : Hastha utthanasana, Padahastana, Ashwa Sanchalanasana, Chaturange Dandasana, Shashankasana, Ashtanga Namaskara, Bhujangasan, Parvatasana, Shashankasana, Ashwasanchalanasana, Padhastasana, Hastha Utthanasana.



TERMINAL QUESTIONS

1. Which is the opening prayer of Suryanamaskara?
2. What are the twelve steps in Surya Namaskara?
3. What precautions (don'ts) you have to follow while performing Suryanamaskar?
4. How does Suryanamaskara benefit us?



ANSWERS TO INTEXT QUESTIONS

4.1

1. Feet
2. Eight
3. Straight; toes
4. Buttocks