

1 — 11

SURYA NAMASKAR
YOGA FLOW GUIDE

ONE ELEVEN

1

YOGA ASANA: PRANAMASANA Prayer/salutation pose



Associated chakra: heart (anahata)

Effects of this asana:

- Pranamasana helps maintain the balance of the body and relax the nervous system.

2

YOGA ASANA: HASTA UTTANASAN Sky reaching pose



Associated chakra: throat (vishuddha)

Effects of this asana:

- Hastauttanasana stretches & tones the muscles of the abdomen, improving digestion.
- It also expands the chest, resulting in a full intake of oxygen, thereby fully utilising the lung capacity.
- The upward stretch gives traction to the spine to help maintain health of the spinal discs and nerves.
- This pose may help remove excess weight due to its effect of vishuddhi chakra and the thyroid gland, thus enhancing metabolism.
- In this asana, we are stretching our whole being upwards towards the source of light to receive divine blessings.

3

YOGA ASANA: PADA HASTASANA Standing forward bend



Associated chakra: Sacral | Creativity (Svadisthana)

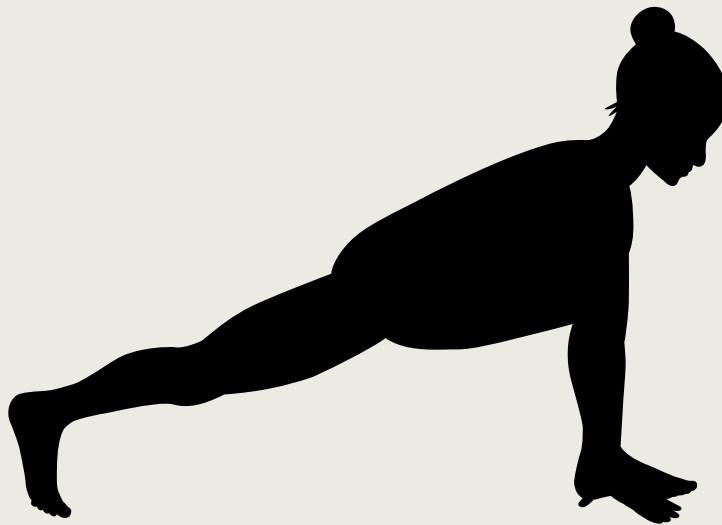
Effects of this asana:

- Assists in waist and spine flexibility.
- Massages the abdominal contents, especially the liver, kidneys, gall bladder, pancreas, adrenal glands, uterus and ovaries.
- Deepana - increases digestion.
- Helps female disorders such as prolapse and menstrual disorders.
- Stretches the hamstrings and opens the hips, shoulders, and arms.
- Inversion increases blood flow to the brain. This also stimulates the hypothalamus, which regulates the pituitary gland for assisting in hormonal health.
- Enhances downward force of prana (asana).
- After invoking divine forces in the previous pose, we bring these to the earth by touching the ground and thereby transforming our earthly existence.

4

YOGA ASANA: ASHWA SANCHALANASANA

Equestrian pose



Associated chakra: Third eye | Intuition (Ajna)

Effects of this asana:

- Stretches the pelvic region.
- This activates ajna chakra (third eye), which is directly linked with mooladhara chakra (root chakra in the perineum).
- The energy runs up the thigh to the ajna chakra region.
- Strengthens the leg muscles.
- A backward bend relaxes the back muscles and makes them more flexible. Helps with sciatica.
- The abdominal area is stretched which helps indigestion and constipation.
- Can help with sinus congestion.

5

YOGA ASANA: ADHO MUKHA SVANASANA Downward Dog



Associated chakra: Throat | Expression (Vishuddha)

Effects of this asana:

- Strengthens all the nerves and muscles in the arms and legs.
- Stretches the calf muscles and Achilles tensions.
- Promotes straight spine.
- Helps stimulate thyroid gland as the chin looking at the belly button compresses the thyroid gland.

6

YOGA ASANA: ASHTANGA NAMASKARA Eight limbs pose



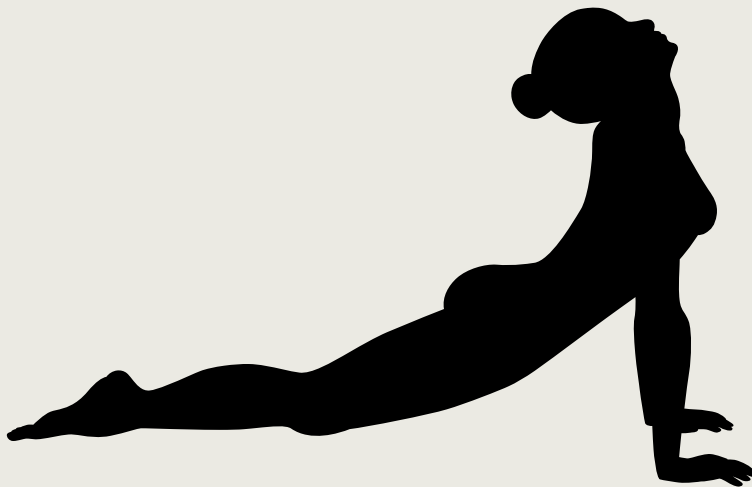
Associated chakra: Solar Plexus | Energy (Manipura)

Effects of this asana:

- Enhances the flexibility of the back and spine.
- Strengthens the back, arms and shoulder muscles, and relaxes back muscles
- It accentuates the normal spinal curves and sends additional blood to this area to rejuvenate the nerves.
- Manipura chakra (navel) is stimulated as the spinal cord is "squeezed."
- Reduces tension and anxiety.

7

YOGA ASANA: BHUJANGASANA Cobra pose



Associated chakra: Heart chakra | Love (Anahata)

Effects of this asana:

- Opens the shoulder blades, neck, and collar bones.
- Improves spinal posture, flexibility, and alignment.
- Reduces back pain.
- Improves circulation.
- Opens the lungs.
- Stimulates the abdominal and digestive organs, improving digestion.
- Massages and regulates the adrenal and thyroid glands.
- Reduces stress.

FULL SEQUENCE

For the full sequence, go in order from postures 1-7, then flow in reverse from postures 5-1.



1

Prayer/salutation pose

Stand facing the direction of the sun with both feet touching. Bring the hands together, palm-to-palm.



2

Sky reaching pose

Raise the arms upwards, slowly bend backward, stretching arms above the head.



3

Standing forward bend

Fold forward, place your palms to your shins, straighten your arms and lift your chest away from your thighs. Lengthen your spine and engage your upper back muscles slightly. Look slightly forward without compressing your neck.



4

Equestrian pose

Place the hands on the ground and step the right leg back (left leg forward), and go into a deep lunge, look slightly forward without compressing your neck.



5

Downward dog

Step left leg back and lift your hips high.



6

Eight limbs pose

Drop knees to the ground. Feet, knees, hands touching the ground, chest and forehead dropping down towards the ground (both chin and nose not touching).



7

Cobra pose

Lengthen legs behind you, straighten arms, lifting chest and hips, pressing the tops of your feet into the ground.



8

Downward dog

Press hands into the ground and push hips high.



9

Equestrian pose

Step the right leg forward (left leg back), bending the right knee, going into a deep lunge, look slightly forward without compressing your neck.



10

Standing forward bend

Step left foot forward and fold forward. Place your palms to your shins, straighten your arms and lift your chest away from your thighs. Lengthen your spine and engage your upper back muscles slightly. Look slightly forward without compressing your neck.



11

Sky reaching pose

Straighten spine, raise the arms upwards, slowly bend backward, stretching arms above the head.



12

Prayer/salutation pose

Bring the hands together, palm-to-palm.

If you have only a limited time for yoga, the sun salutations are your best choice.

It is wise to learn from a quality yoga practitioner how to do these poses for your unique self.

LIMITATIONS FOR PRACTICING SURYA NAMASKAR

- There is no limitation as far as age is concerned. Surya Namaskar can be practiced beneficially throughout all stages of life.
 - Elderly people should avoid over-exertion.
 - Those with hypertension, coronary artery disease or those who have had a stroke should take it very slow. Proceed with caution so as not to overstimulate or damage a weak heart or blood vessel system.
 - Hernia or intestinal tuberculosis - consult a quality yoga practitioner and/or medical practitioner.
 - Spinal problems - consult a quality yoga therapist as you may need to potentially adjust the poses. Note that surya namaskar can help alleviate spinal problems. Those with sciatica or slipped disc may very well need to tailor their sequence with a yoga therapist.
 - Menstruation - If it feels comfortable, slow and very gently practice may be done but is generally reckoned to be avoided, especially if you experience heavy, painful or uncomfortable periods.
 - Pregnancy - best to be avoided.
 - In general, do not strain. Surya namaskar is meant to be a sequence that you flow through effortlessly.
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