



सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः

[Everyone be happy, Everyone be free from all diseases]

- In following picture On Next Page you see 12-steps for each (single) SuryaNamaskar. There are 12 mantras also given, one mantra per suryanamaskar.
- Perform 12 suryanamaskar every day in the Morning.
- At the beginning you may not be able to bend to certain extent, do not force yourself you will achieve it slowly.
- Keep your daily record with date-day and number of suryanamaskar performed. You are leading this, you are the boss.
- NMM will collect your record from you after International Yoga Day (June 30).

12-steps for each SuryaNamaskar



ॐ मित्राय नमः
om mitrāya namaḥ

ॐ रवये नमः
om ravaye namaḥ

ॐ सूर्याय नमः
om sūryāya namaḥ

ॐ भानवे नमः
om bhānave namaḥ

ॐ खगय नमः
om khagaya namaḥ

ॐ पूष्णे नमः
om pūṣṇe namaḥ

ॐ हिरण्यगर्भाय नमः
om hiraṇyagarbhāya namaḥ

ॐ मरीचये नमः
om marīcaye namaḥ

ॐ आदित्याय नमः
om ādityāya namaḥ

ॐ सवित्रे नमः
om savitre namaḥ

ॐ अर्काय नमः
om arkāya namaḥ

ॐ भास्कराय नमः
om bhāskarāya namaḥ

Healthy Mind , Healthy body , Happy Community

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