

SURYA NAMASKAR

Before You Start

If you have a medical condition you should consult your medical or health specialist before embarking on this Slimming Yoga program. It also applies to pregnant women and children below 12 years old.

When to Practice

Put aside a specific time in your day to enjoy your Yoga practice. Dawn and dusk are considered the best times of the day to practice Yoga, as the rising and setting of the sun charge our body with special energy. However, if these times are impossible for you, find another time of the day that works best for you and practice consistently.

Precautions:

Never practice directly after eating. Yoga should be done on empty stomach. Therefore allow at least 1 hour after a snack and 2 - 3 hours after a heavy meal before you begin your practice.

It is best to drink before or after your Yoga session, to avoid becoming dehydrated. Try to avoid drinking water during the practice, to avoid losing your concentration on Yoga postures and breathing.

Steps:



1. Stand facing the Sun with palms folded and both the thumbs touching the chest.

Breathing: Inhale while raising the hands and exhale as hands are brought down to chest level



2. Raise hands upward, with feet firmly on the ground, bend backwards, stretch arms fully.

Breathing: Inhale



3. Slowly bend forward, hands touching the earth with respect, head touching the knees.

Breathing: Exhale



4. Set both hands with the palms down firmly on the ground, pull the left leg backward, raise the head looking at the Sun, full weight resting on the two palm and ten fingers.

Breathing: Inhale



5. Bring right leg back close to left leg, keeping hands and legs straight, bend the body at the hip forming an arch, just like a mountain, known as 'parvathasan or mountain pose'.

Breathing: Exhale



6. Stretch yourself fully on the ground in the Saashtanga Namaskar pose (all eight 'anga' or parts of the body on the ground – head, thigh, eyes (sight), mind, word, feet, hands and ears (hearing)). In reality, feet, knees, thighs, chest, forehead touch the ground with the hands stretched out and in folded position, with your mind and thoughts on the full namaskar, then slowly turn the head to the sides first to left and then to right so that each ear touches the ground.

Breathing: Inhale first and then Exhale fully.



7. Slowly raise the head, bend backward as much as possible, hands straight, in the cobra pose.

Breathing: Inhale



8. Parvathasan – same as Step 5.

Breathing: Exhale



9. Same as Step 4 with the difference that the right leg is brought forward.

Breathing: Inhale



10. Same as Step

3

Breathing:

Exhale



11. Same as Step

2

Breathing: Inhale



12. Same as Step 1

Breathing: Exhale, Inhale and Exhale.

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