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Day 11 of 30 Days of Yogic Journey — Surya Namaskara Techniques and Its Benefits, Yogic Sukshma & Sthula Vyayama, Surya Namaskara Practice



Saatvik Life · Following

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Summary

- Prayer
- Surya Namaskara Techniques & Its Benefits
- Who Should Avoid “Surya Namaskara”?
- Yogic Sukshma, Sthula Vyayama and Surya Namaskara Practice
- Closing Prayer
- What's Next?

Prayer

As per our daily routine, we started today's session by preparing ourselves for prayer by sitting in the “Sukhasana” pose and the “Gyan” mudra.

We chant “OM” 3 times, followed by prayers which are:

gururbrahmā gururviṣṇuḥ gururdevo maheśvaraḥ .
guruḥ sākṣāt parabrahma tasmai śrī gurave namaḥ ..

Surya Namaskara Techniques & Its Benefits

After prayer, learned about “Surya Namaskara” techniques and their benefits.



Techniques

- At the Beginning Perform a minimum of 12 sets and a maximum of 24 sets of “Surya Namaskara”
- Stay for 5 secs in each pose before moving to the next one
- Focus on forward & backward bending while performing “Surya Namaskara”
- Inhale where lung expansion happens during “Surya Namaskara” poses *e.g.* Hastottanasana, Aswasanchalanasana, etc.
- Exhale where lung contraction happens during “Surya Namaskara” poses *e.g.* Padahastanasana, Sastanga Namaskarasana, etc.

Health Benefits

- Enhances blood circulation in the whole body
- Reduces excess fat
- Enhances body flexibility
- Can be practiced as a warmup exercise
- Help us to bring the body into perfect shape

Meditative or Spiritual Benefits

- Do it at Sunrise time to get maximum benefit
- If possible, perform “Surya Namaskara” sun facing as well as when the sun just started rising
- There are 12 mantras for all 12 “Surya Namaskara” poses, chant these mantras if possible
- Enhances the Ojh
- Keep mind calm

Who Should Avoid “Surya Namaskara”?

- Pregnant Women
- Individuals who are having weakness in their body, fever
- Heart Disease Patient
- Suffering from Severe Backache
- Having Chronic disease e.g. Hernia
- Avoid “Surya Namaskara” during Menstrual Cycle

Yogic Sukshma, Sthula Vyayama and Surya Namaskara Practice

I stand up in an alert position before starting Yogic Sukshma Vyayama practices

Today, we performed yogic sukshma & sthula vyayama followed by “Surya Namaskara” poses.

Relaxation

After intensive yogic practice, we perform the “Shavasana” yoga poses to relax our body and mind.

Closing Prayer

We end today’s session by chanting “OM” following Mantra:

om sarve bhavantu sukhinah
sarve santu nirāmayāḥ .
sarve bhadraṇi paśyantū
mā kaścīd duḥkha bhāgbhavet .
om śāntiḥ śāntiḥ śāntiḥ ..

What’s Next?

In the next article, we will discuss more about “Surya Namaskara” poses in depth.

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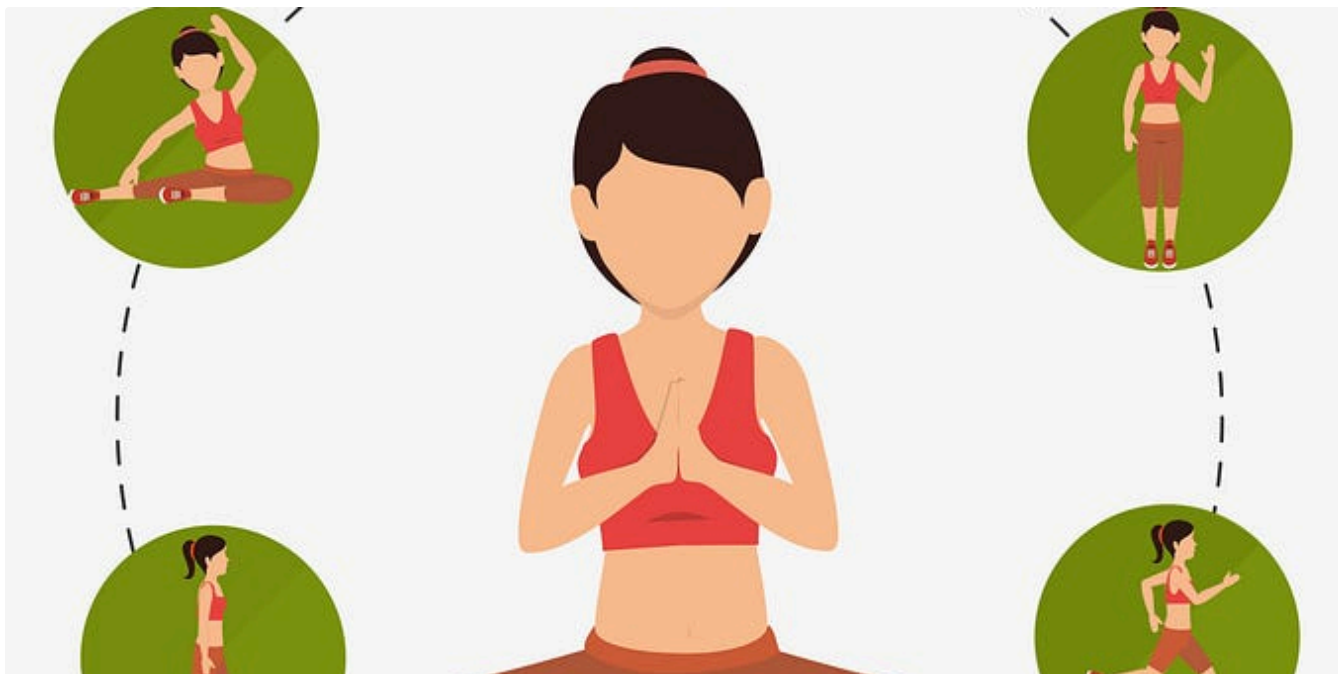
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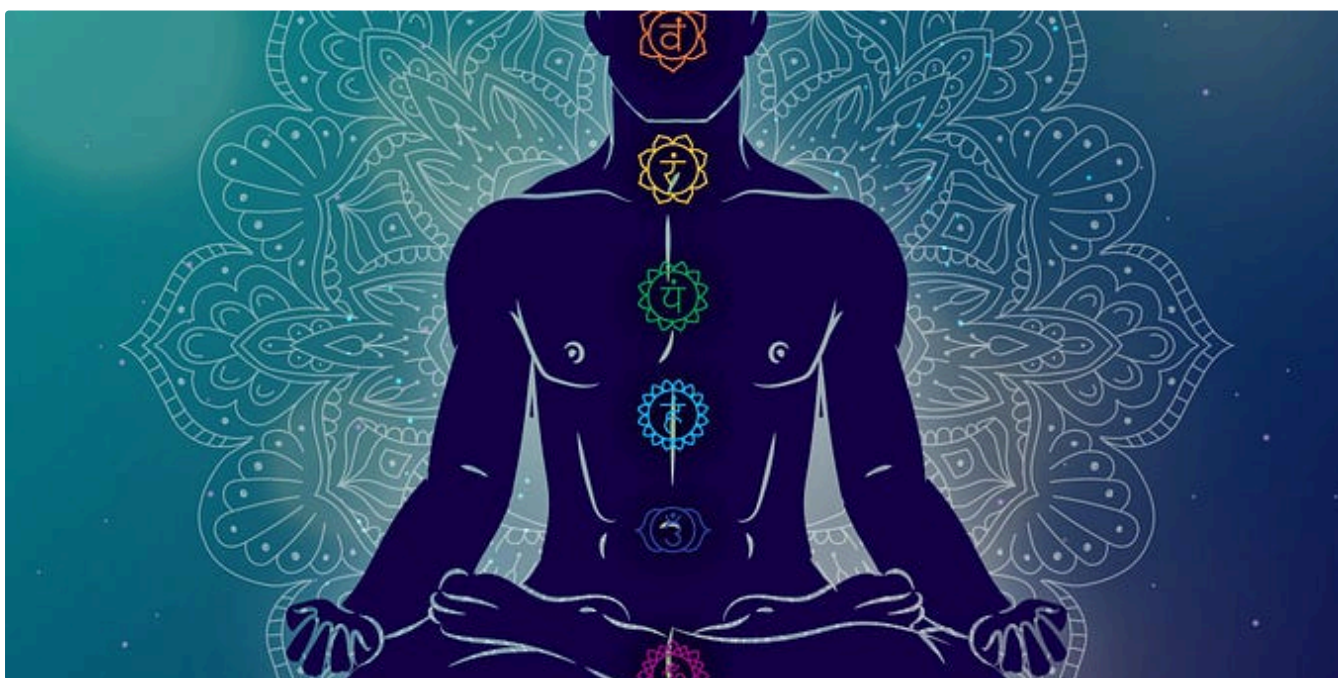
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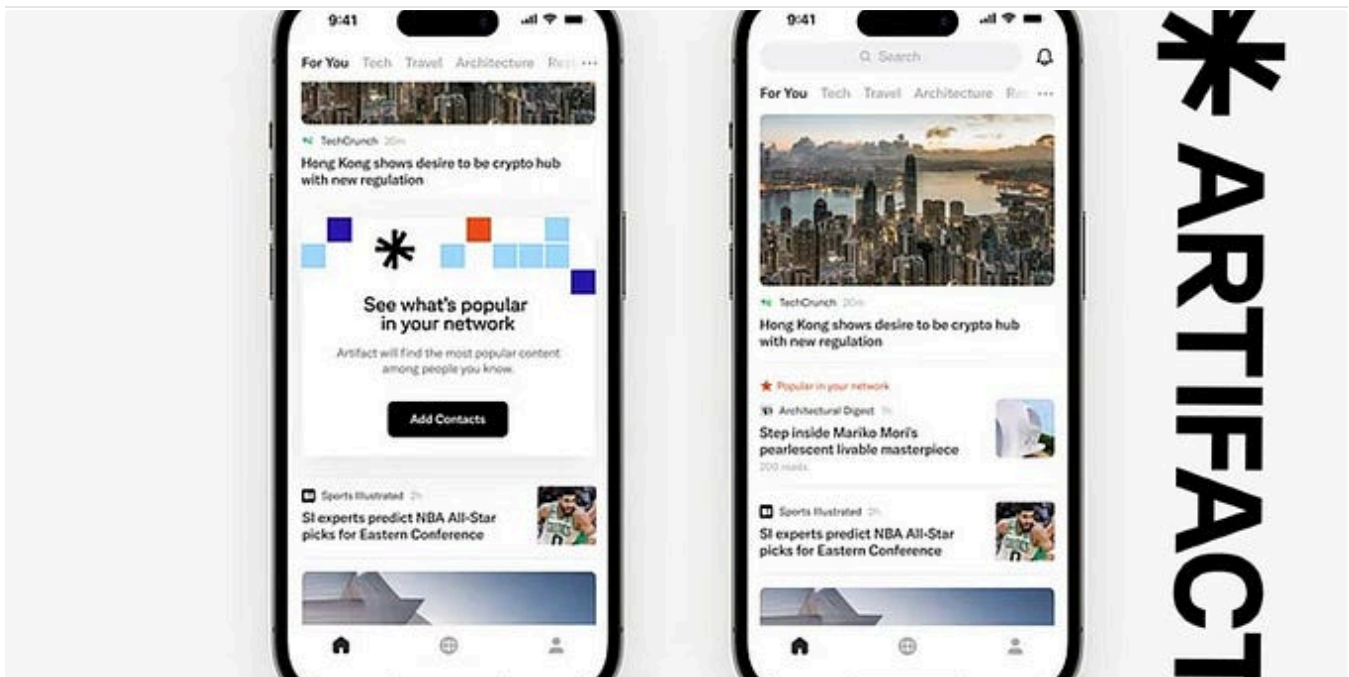
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