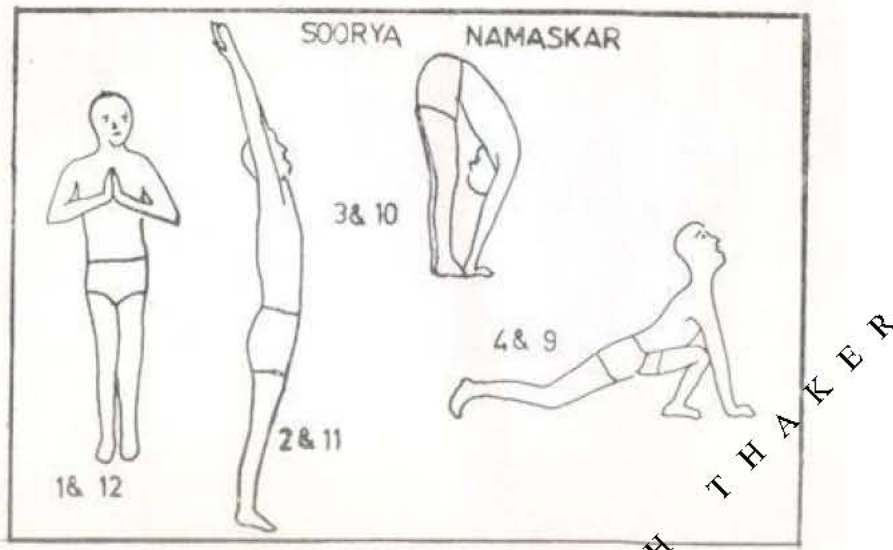


SOORYA NAMASKAR

This exercise is a very beneficial, powerful and easy exercise for the young and the old. This exercise is complete in itself. If it is synchronized with deep breathing and concentration, it takes care of the whole body. During the exercise, you should perform contraction, expansion and stretching.

Like the 12 zodiac positions of the sun, this exercise also has 12 positions. Like the sun, this exercise nourishes, a life-giver, and it floods the body with Prana, brilliance, energy, vigor, strength, love and beauty.

One should do a minimum of 5-12 rounds daily every morning.



1. Stand erect with the feet together. Then fold the arms at the elbows and bring the palms together, touching the thumbs to the chest. Inhale deeply looking straight ahead, expanding the chest, and concentrating on the Heart Chakra.
2. Retain your breath. Raise your arms upright over the head and look at the palms. Bend the head back at the neck and concentrate on the Visbudhi Chakra (thyroid gland).
3. With exhalation, bend forward, keeping the legs straight and stretched, and try to touch your nose to the knees with the palms on the ground in line with your toes. The concentration is on the back.
4. With inhalation, stretch the right leg back, resting it on the toes and knees and bend the left leg a little forward from the knee and ankle joint. At the same time, arch the spinal cord, look up and concentrate at the center of the eye brows.
5. With retention, lift the right knee up from the ground and rest

it on the sole of the right foot instead of the toe. Now bring the left leg back also in line with the right leg. Touch your chin to your chest, look at your toes and concentrate on the back.

6. With the exhalation, rest your knees on the ground folding the arms from the elbows and touch your chest., and chin to the ground, Thus, only 8 parts of your body are touching the ground.

They are: Two palms, two knees. two big toes, the chin and the chest. Concentration is on the Manipura Chakra or naval center.

7. With inhalation come to the cobra position keeping the arms straight without folding from the elbows. The knees are resting on the ground with only chin and the chest off the ground. Concentration is at the root of the spinal cord.

8. Exhale-Repeat same as 5

9. Inhale-Repeat same as 4

10. Exhale-Repeat same as 3

11. Inhale-Repeat same as 2

12. Exhale-Repeat same as 1.

Release the arm and come to normal rest, standing position.
This is one round of SOORYA-NAMASKAR.

A minimum of 12 rounds of Soorya Namaskar every day should be done by all men, women and children-young and old. The maximum number of rounds should not exceed 144.

In one minute, one should do between 2 to 5 rounds. ✎

Through Soorya Namaskar, all diseases-physical, mental, emotional and spiritual are removed. Health, vigor, inner strength and courage increase. Personality becomes radiant. Brain-power increases, aura improves. Thus, you are benefited by all encompassing success in all walks of life.

Ladies: Do not do this exercise during menstruation, or after three months of pregnancy. The practice may be resumed after the 3rd month of following child birth.