

# Yoga – Science of Infinite Possibilities



Monday 3<sup>rd</sup> October 2016 9:30 to 9:55 AM - Yoga Demonstration

**Spirit of India**  
Demonstration by Suresh Yogi

*Develop Stamina, Vigor, and Strength Yoga way*

## **Surya Namaskar (Sun Salutation)**

### **Introduction:**

The *Sun Salutation* or *Surya Namaskar* limbers up the whole body in preparation for the yoga asana. It is a graceful sequence of **ten yoga positions performed as one continuous exercise**. Each position counteracts the one before, stretching the body in a different way and alternately expanding and contracting the chest to regulate the breathing. Practiced daily, **it will enhance greatly flexibility to your spine and joints and trims your waist. Superb tension reliever and help reducing stress.**

### **Benefits:**

- Beneficial for lymphatic system, enhance immunity**
- Enhance circulatory system**
- Increase strength and vigor**
- Your legs, arms, wrists, ankles and calf muscles get strong. Flexibility of back muscles and pelvic muscles increase
- Flexibility of spine increases**
- This is also called **whole body exercise** ("Sarvang Sundar Vyayam")

One round of Sun Salutation consists of two sequences, the first leading with the right foot in positions 4 and 8 (as illustrated), the second leading with the left. Keep your hands in one place from positions 2 to 8 and try to coordinate your movements with your breathing. Start by practicing four rounds and gradually build up to twelve rounds.

If you are young and would like to build your body this is one of the best exercises. You can go up to 50 sets or even more as per your practice and capacity.

Note: It is very important to learn under an expert and perfect the technique and then slowly increase the number of sets as per your capacity. Regular practice of Sun Salutation is the key to success.

### **Restrictions:**

Avoid this exercise, if you are suffering from any of the following:

- Varicose vein, (if it is mild, then you can do under expert's advice)
- Venus blood clot
- Hernia
- Anaemic or too weak
- Severe Backache persons should not do Position 3 onwards

## Sun Salutation (Surya Namaskar)

While doing this exercise, wear loose clothing, be relaxed and do not forget to warm up your body before starting Surya Namaskar. There is a possibility of cramped muscle while doing Surya Namaskar if you are not sufficiently warmed up. We shall teach you the warm up procedure. But warm up of hand, arm and leg muscles are important. Similarly, after Surya Namaskar, do cooling down, before taking rest. Cooling down is also as important as warming up.



### 0. Namaskar Position (Starting Position)

Stand erect with feet together (if you are not comfortable then you can keep a distance of about 4 to 6 inches between feet) and palms in the prayer position in front of your chest. Make sure your weight is evenly distributed on both feet. Eyes open, Spinal cord straight, first breathe normally then **Exhale (Rechak)**.

### 1. Urdhva Namaskarasana

**Inhaling**, stretch your arms up and arch back from the waist (backward bending), legs straight. Relax your neck. Synchronize your movement with inhalation. **Backward bend according to your capacity.**

This pose stretches the back and stimulates the lymphatic system.



#### **Warning:**

**Persons with Backache, Hernia, Spondylitis, Heart disease and High BP should not do further positions, till they recover from these conditions.**

## 2. Janu-shirasana

**Exhaling**, bend forward (at your hip joint rather than your waist), and press your palms down, fingertips in line with toes, try to touch your palms to ground – **do not bend your knees** (*Even if you cannot touch palms to ground, with practice, as your flexibility improves, you will be in position to do so*).



This pose stretches pelvic muscles and thigh muscles and more blood flow to brain.

## 3. Ekpada-prasara

**Inhaling**, bring the right (or left) leg back touching toes to the ground and **place the knee on the floor**, taking weight of your body on both hands evenly. Arch back and look forward, lifting your chin.



Please note that your front leg must be in between the two hands, preferably your front foot and hands should be in one line.

This pose stretches hand and neck muscles.

## 4. Dwi-padprasara

**Exhaling**, bring the other leg back and **support your weight on both hands and toes**. Keep your head and body in line and look front. Do not touch your knees to ground, if your arm muscles are weak then you may feel tired but with practice you will be in position to do better. **Inhale deeply**.



Most of the body weight comes on hands and wrist muscles. Triceps and biceps muscles get stronger.

## 5. Ashtang Namaskar

**Exhaling**, lower your knees so that your knees touch the ground, then lower your chest and then your chin, **keeping your hips up**.

**Note:** Ashtang Namaskar means touching eight limbs of body. **The following Eight body parts are touching the floor:** both toes, both knees, two palms, chest and chin. **Do not touch your abdomen (navel portion) to the ground.**



This pose stretches wrist, elbow and hip muscles.

## 6. Bhujangasana (Cobra Position)

**Inhaling**, curl your feet so that your upper feet touches the ground (you are not on toes) lower your hips. Keep legs together (your entire portion of legs are touching ground) and bend back backward as much as you can do forming an arch of your back. Your body weight is on both palms. Look up to the roof. Please note that your hands are slightly bent in elbow, so that body load shall be transferred to spine. Remember that if your hands are straight it means load is coming on shoulder, which is not correct.



This pose stretches back and neck muscles. Deformity in spine may reduce, flexibility of spine increases.

## 7. Bhoo-dharasana (Downward Dog Face position)

**Exhaling**, point your toes forward touching ground, by force of your hands, help raise your hips as high as possible. Arms are straight and your head hangs down looking between the legs. Your posture looks like an inverted "V" shape.

Note: Do not bend your knees, legs should be straight (You may feel tension in knee, calf and thigh muscles) **touching entire feet on floor.**



This pose stretches, hand muscles, thigh muscles and calf muscles.

## 8. Ekpad Akarshan (Same as in position 3)

**Inhaling**, step forward and place the right (or left) foot between your hands. Rest the other knee on the floor and look forward, as in position 3. Keep your foot as close as possible to your palms so that the lower leg will be right angled to floor.

## 9. Dwipad Akarshan (same as position no 2)

**Exhaling**, bring the other leg forward and bend down from the hip joint keeping your palms as in position 2.

## 10. Namaskarasana Assume initial position

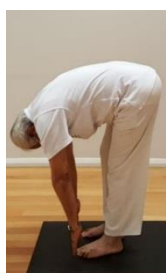
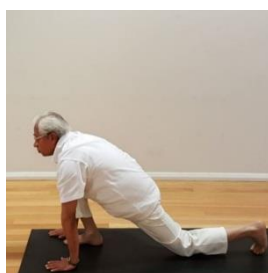
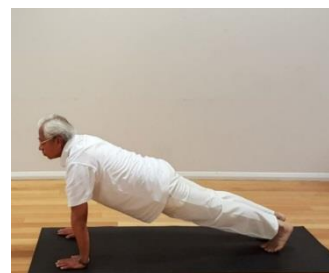
### Restrictions:

- Persons with Heart disease, High BP, Hernia, Backache, Neck-pain spondylitis, Ailments to Abdomen etc. should not do this exercise. If in doubt consult your Doctor for suitability of this exercise to your specific condition.
- Ladies should not do during menstruation period.
- Pregnant ladies consult your doctors depending upon your physical condition. May do in first few months of pregnancy

### Note :

If you cannot perform exactly the way written here, do not get discouraged, it will take time to increase flexibility of your body. Start with 3 or 4 sets and gradually increase. If you are over 50 years of age 12 Surya Namaskar daily are sufficient. But if you are young and aged between 20 to 35 years, you can go easily up to 100 Namaskar for full strength and vigor.

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**0****1****2****3****4**

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**5****6****7**

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**8****9****10 (Original Position 0)**

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**Note:**

*First round in position 3 take your left leg back, in position 8 take your left leg front. In Second round in position 3 take your right leg back and in position 8 take your right leg front.*

*Thus these two rounds form one cycle. Start with 2 to 3 cycles and increase up to 12 cycles if you are above 50 years. Those from 20 to 50 years can go upto 50 sets depending upon your capacity and to what extent you wish to be strong and vigorous. Age group of 20 to 35 years can go up to even 100 Surya Namaskar if they wish.*

**Benefits:**

This is one of the best ways to exercise all body parts. It strengthens your muscles, increases your stamina and improves digestion. It is good for the Circulatory, Digestive, lymphatic, Nervous system and Respiratory Systems.

**Disclaimer:** Information provided is not a substitute for medical prescription or advice. If you have medical problems please consult your Doctor. If in doubt please consult your medical care provider for suitability of Yoga Course or Yoga regime or particular kriya (Process) or Asana. Although every precaution has been taken in the preparation of this document, the Course co-ordinator, yoga teacher / instructor, volunteers or their agents assumes no responsibility for errors or omissions. Neither is any liability assumed for damages resulting from the use of the information contained herein. Each participant will take appropriate care and precaution while performing Asana / Kriya or Process for prescribed Yogic regimen.