

Reference Sequence: Sun Salutation Yoga Sequence: Surya Namaskar Mantras

Marie Page

- 45 mins • Beginners to Intermediate Level
- Expanding and Contracting the chest to regulate breathing along with flexing the spinal column
- The entire body with the deep stretches

Sun Salutation Yoga Sequence: Surya Namaskar Mantras

Worship means to hold something *worthy of respect*. The **Sun** was visualized as a *Deity*, and in ancient times yogis found many ways to express their reverence for nature, including the *Surya* (sun). The Sun is the source of life, and as per the ancient *vedic* tradition, sages and yogis would prostrate before the sun, worshipping by offering water.

Surya (sun), *Namaskar* (salutation/prostration) is an ancient *vedic* ritual and not a physical form of exercise. The Sun Salutation is a graceful set of postures performed at dawn, facing the rising Sun and worshipping the Sun God, in Hindu mythology. This yoga sequence was generally practiced in the traditional, religious way, but over the years this practice has evolved from the ancient origins and is today, an integral part of the yoga practice.

Surya has many names, and these names were recited as [mantras](#), which were 12 in number. Hence, the 12 steps in the [Surya Namaskar](#) (Sun Salutation) represent the 12 names or manifestations of the Sun God.

When the *mantras* are recited, the entire sequence is done focusing on the breath and mantra, making it a spiritual practice. Yoga teachers can practice this sequence in a dynamic way as part of the [vinyasa flow](#), making breath as the primary tool to move from one pose to another. If this is the choice of practice, then the entire *mantra* should be recited at the beginning of the practice.

This mini [yoga sequence](#) has many benefits on the physical body as well. Done at the beginning of a yoga practice, it helps warm-up the body - preparing the muscles and joints, improves the blood flow, increases the heat in the body (which helps to avoid injuries with other postures), warms up the spine, improves flexibility, and most importantly connects you to your breath. The 12 poses are also structured as **backbends and forward bends** (also coordinating the inhalation and exhalation) respectively - working with the spin. Also most poses in the sequence are **symmetrical**, except for [Ashwa Sanchalanasana](#) (Crescent Low Lunge Pose).

As a spiritual practice, the students can be encouraged to practice **Ishvara Pranidhana** (the fifth *niyama*). It means to dedicate, devote or surrender to the supreme. Surrendering the ego and moving towards the path of higher self.

1. SUN SALUTATION A

8B Inhale-Exhale 1m



2. Mountain Pose • Tadasana

Inhale-Exhale



3. Mountain Pose Namaste • Pranamasana



4. Extended Mountain Pose With Backbend • Utthita Tadasana With Backbend

Exhale



5. Standing Forward Fold Pose • Uttanasana



6. Upward Forward Fold Hands On Shins • Ardha Uttanasana Hands On Shins



7. Standing Forward Fold Pose • Uttanasana

Inhale

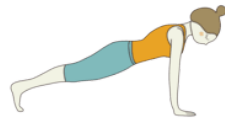


8. Crescent Low Lunge Pose Variation Knee On Floor • Ashwa Sanchalanasana

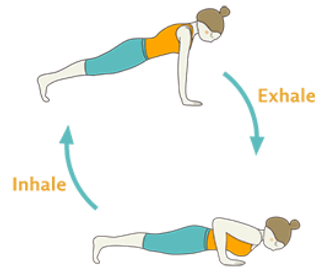
Exhale



9. Downward Facing Dog Pose • Adho Mukha Svanasana



10. Plank Pose • Phalakasana



11. Plank Pose Four Limbed Staff Pose Flow • Phalakasana Chaturanga Dandasana Vinyasa



12. Upward Facing Dog Pose • Urdhva Mukha Svanasana

Exhale



13. Downward Facing Dog Pose • Adho Mukha Svanasana

Inhale



14. Crescent Low Lunge Pose Variation Knee On Floor • Ashwa Sanchalanasana

Exhale



15. Standing Forward Fold Pose • Uttanasana



16. Extended Mountain Pose With Backbend • Utthita Tadasana With Backbend

Inhale-Exhale



17. Mountain Pose Namaste •
Pranamasana

18. VARIATIONS AND ADDITIONS
FOR THE LUNGE



19. Low Lunge Pose • Anjaneyasana



20. Crescent Low Lunge Pose
Lateral Extension Knee Over Ankle •
Anjaneyasana Lateral Extension
Knee Over Ankle



21. Revolved Crescent Low Lunge
Pose Arms Spread Out • Parivrtta
Anjaneyasana Arms Spread Out



22. Twist Lunge Variation



23. Easy Revolved Side Angle Pose •
Saral Parivrtta Parsvakonasana



24. High Lunge Pose • Ashta
Chandrasana



25. High Lunge Arms Extended
Forward • Ashta Chandrasana Arms
Extended Forward



26. High Lunge Arms Extended
Backwards • Ashta Chandrasana
Arms Extended Backwards



27. High Lunge Pose Backbend •
Ashta Chandrasana Backbend



28. Revolved Lunge Pose • Parivrtta
Utthita Ashva Sanchalanasana

29. ADDITIONAL POSTURES FOR
DOWNWARD DOG



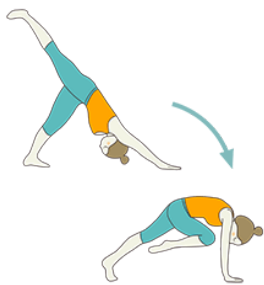
30. Downward Facing Dog Pose
Variation Knees Bent • Adho Mukha
Svanasana Variation Knees Bent



31. Downward Facing Dog Pose
Variation Forearms • Adho Mukha
Svanasana Variation Forearms



32. Three Legged Downward Facing
Dog Pose • Tri Pada Adho Mukha
Svanasana



33. Three Legged Downward Facing Dog Pose Tiger Curl Pose Flow • Tri Pada Adho Mukha Svanasana Phalakasana Knee To Nose Vinyasa



34. Three Legged Downward Facing Dog Pose Variation Stacked • Tri Pada Adho Mukha Svanasana Variation Stacked



35. Wild Thing Pose • Camatkarasana

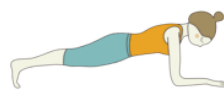


36. Fallen Triangle Pose Variation • Patita Tarasana Variation

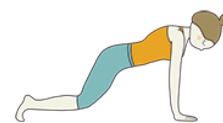
37. VARIATIONS AND ADDITIONAL POSTURES FOR PLANK



38. Plank Pose • Phalakasana



39. Forearm Plank Pose • Phalakasana II



40. Plank Pose Knees Bent • Phalakasana Knees Bent



41. One Arm Plank Pose • Eka Hasta Phalakasana



42. Half Moon Variation (Knee On The Floor)



43. Side Plank Pose Variation Knee Floor Arm Overhead • Vasisthasana Variation Knee Floor Arm Overhead



44. Forearm Side Plank



45. Side Plank Pose • Vasisthasana



46. Side Plank Pose Variation Tree
Leg • Vasisthasana Variation Tree
Leg



47. Side Plank Starfish •
Vasisthasana Starfish



48. Side Plank Twist Arm Overhead •
Vasisthasana Twist Arm Overhead



49. Side Plank Twist • Vasisthasana
Twist