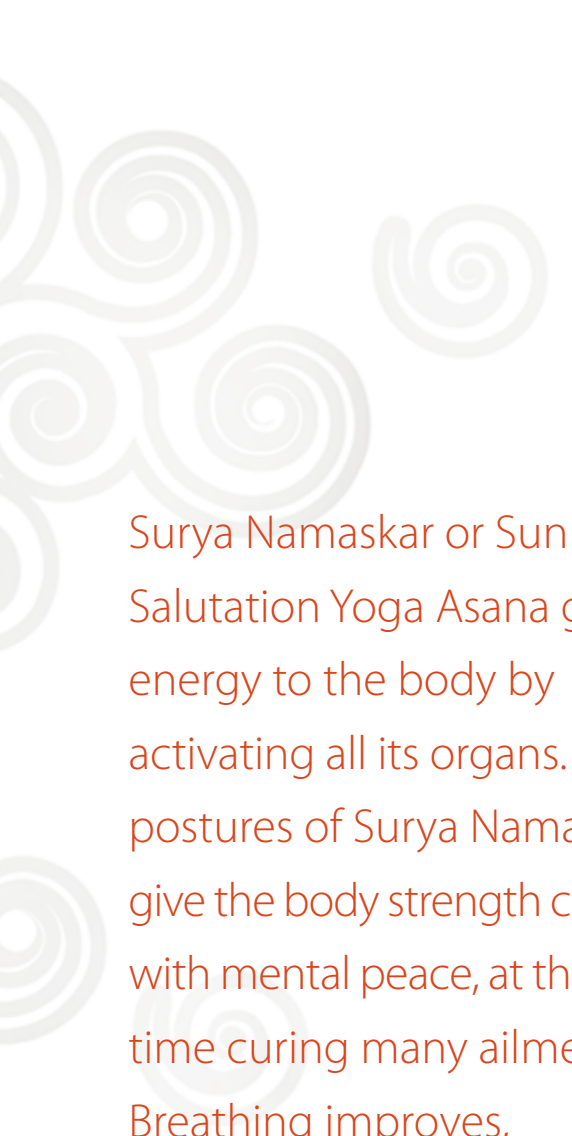


Surya Namaskar

SWAMI RAMDEVJI

*Ideal warm-up; and
conditioning exercises
for the body & mind.*





Surya Namaskar or Sun Salutation Yoga Asana gives energy to the body by activating all its organs. The 12 postures of Surya Namaskar give the body strength coupled with mental peace, at the same time curing many ailments. Breathing improves, concentration power increases and the entire physiology gets invigorated. By doing Surya Namaskar regularly, you gain self-confidence and also develop a reverence for the Almighty! This exercise is best done at the time of sunrise. According to one's capacity eleven to twenty-one repetitions can be done.

The Benefits

- ☀ Surya Namaskar is a complete exercise. With this, all the body parts and joints become strong and healthy.
- ☀ It regulates the blood circulation in the entire body and in this way purifies the blood and cures skin diseases.
- ☀ It increases mental strength, sharpness and vitality of the brain.
- ☀ It removes the psychosomatic tensions and helps in calming down the mind.
- ☀ The endocrine system is harmonized.
- ☀ The heart and the lungs get energized due to controlled breathing.
- ☀ The nerve points as well as the nervous system improve.
- ☀ The spine gets stretched and becomes supple. Spinal aches are relieved.
- ☀ Spinal curve disorders and deviations get corrected.
- ☀ Surya Namaskar stimulates the peristalsis and thereby helps in regulating bowel functioning.
- ☀ The entire muscle system becomes stronger. That includes the muscles of the eyes, neck, shoulders, arms, hips and the legs.
- ☀ Ailments like sciatica, high blood pressure, diabetes, indigestion, mental tension and backache can be controlled.
- ☀ The abdominal exercises of stretching and contracting movements prove to be beneficial for the abdominal muscles and help reduce the abdominal flab.
- ☀ The fat in other parts of the body like the thighs and the waist also gets reduced.
- ☀ The wrist joints in particular as well as the other joints get loosened and become stronger.

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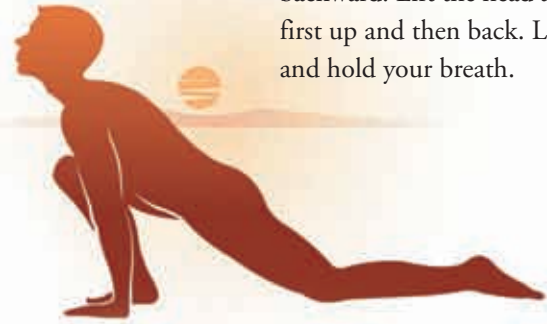
Step 1

Stand erect with feet together and join the palms in the center of the chest as in 'namaskar' and inhale. Then exhale and push the hands down straightening and lowering the arms until the elbows touch the sides.



Step 4

Inhale and putting your weight on the hands stretch the right leg behind. Bend the knee and place it on the floor with your weight on the left foot and arch the spine backward. Lift the head and neck first up and then back. Look up and hold your breath.



Step 2

Inhale and raise the arms above the head and extend the spine backwards arching the back from the waist and moving the hips forward. Let the eyes follow the hands while relaxing your neck.



Step 5

Exhale and bring the left foot back in line with the right. Lift the hips up high. Push the heels and head down and look at your navel with the head down between the arms.



Step 3

Begin to exhale bending forward from the waist and try to place the hands on the floor besides each foot. Relax your head and neck in a bending pose, trying to touch your head to your knees.



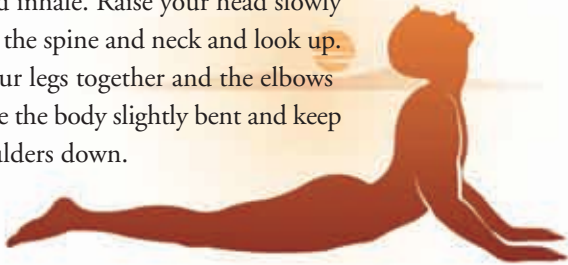
Step 6

Lie down. Put the knees down first and then bring the chest down. See that the eight parts of the body are touching the floor including two feet, two knees, two hands, the chest and the chin or forehead. Make sure the hips are slightly raised above the ground. Inhale and exhale in this position.



Step 7

Lower the pelvis and abdomen to the floor and inhale. Raise your head slowly up, arch the spine and neck and look up. Keep your legs together and the elbows alongside the body slightly bent and keep the shoulders down.



Step 8

Exhale and allowing your feet to rest on the soles, raise your hips as you did in pose 5.



Step 9

Inhale and bring the right foot forward and assume pose 4 exactly as before.



Step 10

Exhale & bring the right foot forward & assume pose 3.

Step 11

Inhale and stretch up in a standing pose with your arms up and bend backwards like in pose 2.



Step 12

Exhale and stand erect bringing the hands back to the center of the chest with palms together as in pose 1. •



Swami Ramdevji is a world renowned Yoga guru, and he is well-versed in Sanskrit, Ayurveda and Vedic philosophy. A strong proponent of Indian cultural values, his practical approach to Yoga and research in the field of Ayurveda has won him several millions of admirers throughout India and internationally.

Swami was initiated into the ascetic order by the revered Swami Shankardevji Maharaj on the banks of the sacred river Ganga. He has taught Ashtadhyayee, Mahabhashya, Upanishads, with the six systems of Indian philosophy in gurukuls (traditional Indian systems of education). During his travel in the Himalayas, he meditated in the caves of Gangotri for greater self-realization. With the blessings of Swami Shankardevji Maharaj, he, in association with Acharya Balkrishanji, a great scholar and renowned Ayurvedic physician and others established Divya Yog Mandir (Trust) in 1995 at Kankhal, Haridwar (India). His state-of-the-art medical facility and top physicians at Haridwar treat more than 3000 people everyday.

Swami Ramdevji is a celibate, a simple man with few needs, and with a true mission to promote good health, well being and enlightenment. He specializes and excels in teaching the proper breathing techniques "Pranayama." Combined with Yoga, Swami Ramdevji has brought about radical, positive changes in the health and mental well-being of millions of people around the globe.