Practice with this video!

- [http://www.youtube.com/watch?v=VXTpTRuPvPQ](http://www.youtube.com/watch?v=VXTpTRuPvPQ)

What is Surya Namaskar?

- Literal meaning is Sun Salutation.
- Set of simple yogic body postures.
- 10 Steps = 1 Set
- Complete workout for Body, Mind and Spirit!

- Should be avoided by pregnant women (more than 90 days), and patients who have been medically advised to avoid moderately vigorous physical activity.

Reported Benefits.

**Physical Benefits:**
- Increases oxidation of blood.
- Increases flexibility of body.
- Helps you to sleep better.
- Tones up the digestive system.
- Strengthens nervous system.

**Mental Benefits:**
- Increases concentration.
- Reduces stress.
- Improves memory.
- Enhances ‘mind-body’ coordination.

- Many more benefits!

Surya Namaskar Yajna

- Organized all over the USA as “Health for Humanity Yogathon” in January 2012, by HSS, US.
- Target: Around 1 million salutations 2012, all over the USA.
- Proclamations in 2011 by:
  - City of Cupertino
  - City of Sunnyvale
  - City of Milpitas
  - City of New York
- 10,000+ individuals do it each January; Be one of them this time 😊
Brief History of Yoga.

- Yoga is an ancient practice that helps create a sense of union in body, mind, and spirit.
- Literal meaning of Yoga in Sanskrit is “to Unite” or act like an harness or Yoke.
- The history of yoga can be traced back as far as 5000 years.
- References to Yoga have been made in several Ancient scriptures.
- Archeologists have discovered portraits of yoga postures in the Indus Valley Civilization from Ancient India.

Before you start......

- In yoga, you "surrender" to the pose by letting go of the tension. You should always leave a yoga practice feeling energized, not tired. Do not force yourselves into poses. If it hurts or make you feel uncomfortable, stop.
- Wear comfortable clothing that allows you to move.
- A yoga mat for cushioning may keep you from slipping.
- Consult your doctor before you practice Yoga, if you have conditions or symptoms that need attention.

Surya Namaskar: Why the month of January?

- Surya Namaskar or sun salutations are a form of Yoga, performed to revere and celebrate sunshine that is vital for life on our planet.
- Each year Hindus worldwide celebrate January 14th as Makar Sankranti – a day that marks the change of season as the sun enters the sign of Capricorn. Makar Sankranti ushers in longer days; hence, the festivity symbolizes sunshine in life.

Position 0: Preparing for the Surya Namaskar

Breathe Normally.


Benefits:
- Calms the mind
- Increases ability to focus

Posture 1

Procedure: Inhale deeply ➔ join hands ➔ lift the arms above the head ➔ bend back (as much as you can) ➔ Try to touch the biceps to your ears.

1. Maintain sight on wrists.
2. Leg and Abdominal muscles remain tightened.

Benefits:
- Better oxidation
- Strengthens muscles of neck and vertebral column and neck

Posture 2

Procedure: Exhale while bending forward ➔ Try to touch both palms to the ground ➔ Try to touch your forehead to the knees ➔ Keep your knees straight and firm

Benefits:
- Better blood circulation
- Strengthens lower back
- Increase the elasticity of the lungs tissue
**Posture 3**

**Procedure:** Inhale deeply → take the left leg backwards → touch the knees and toes to the ground → bring the other leg forward such that the right thigh is touching the rib cage → keep hands and elbows straight such that the palms as well as your right foot are in the same line → keep your shoulders and head tilted back such that the back forms a concave shape

**Benefits:**
- Improves body metabolism
- Helps patients with digestive problems and liver problems
- Builds body defense against viruses, bacteria and other pathogens

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**Posture 4**

**Procedure:** Exhale fully → take your right leg back and keep both feet together → keep your legs and hands straight, with vision on the ground and the body is balanced on palms and toes

**Benefits:**
- Abdominal muscles, arms, legs become strong.
- Enhances reflex actions.
- Improves body metabolism.

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**Posture 5**

**Procedure:**
- Hold your breath → bend your elbows so that the forehead touches the ground → touch your forehead, chest, both palms, both knees, both toes to the ground → abdomen is lifted and the body is relaxed.

**Benefits:**
- Strengthens lower back

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**Posture 6**

**Procedure:** Inhale deeply → Straighten the elbow while pushing the chest out → Push your shoulders and head back → look towards the sky → knees and toes touching the ground → spine arched in a concave curve

**Benefits:**
- The vertebral column, spinal cord and neck.
- Supposed to help reproductive system.

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**Posture 7**

**Procedure:** Exhale fully → Lift the torso without shifting palms and toes → touch both heels to the ground → straighten arms and knees while pushing the head towards knees and try to touch the chin to your chest

**Benefits:**
- Complete stretching of major muscles of the body.
- Improves flexibility of the body.

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**Posture 8**

Repetition of Posture 3 except that this time the left leg is brought forward
Posture 9
Repetition of Posture 2

Inhale deeply → stand straight → look ahead

Posture 10 (Same as Position 0)
**Surya Namaskar Yajna**  
January 14 – January 29, 2012

**Individual / Family Weekly Tracking Sheet**  
<Shakha Name>

First Name __________ _______________ Last Name ____ __________________

Personal/Family Target_____________________ Parent Signature______________________

| Name | B/K/ M/P | Jan 14 | Jan 15 | Jan 16 | Jan 17 | Jan 18 | Jan 19 | Jan 20 | Jan 21 | Jan 22 | Jan 23 | Jan 24 | Jan 25 | Jan 26 | Jan 27 | Jan 28 | Jan 29 | Total |
|------|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|
|      |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |       |
|      |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |       |
|      |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |       |
|      |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |       |
|      |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |       |

**Total**

(Note B – Bala (<13 yrs), K - Kishor ( >= 13 & <17 yrs), M – Mahila, P - Purush)

No of Balas ______       No of Kishors ______     No of Mahila _______            No of Purush _______

**Total No of Participants** __________  **Total SN Count** __________

Note:
1. Forward the weekly totals on <Shakha Day> by e-mail or hand over the hard copy to Shaka/Balagokulam coordinator (<SNY Co-ordinator >, Email: <email-id>)

**Surya Namaskar Mantra**

يدة سادا سافيترا ماندالا مادحياغورتار نارايانا ساراجيا ساناساني وسائات |  
كيريتى هارى هيرانميا وافورا دهرتاسامكها ساكرا ||

🌟 द्विया नामाः  भानावे नामाः  हिरण्यागोर्भाया नामाः  सावित्रे नामाः  
🌟 रावये नामाः  कहाया नामाः  मारिच्याया नामाः  अर्काया नामाः  
🌟 सुरिया नामाः  पुष्णे नामाः  आदित्याया नामाः  भास्कराया नामाः  

🌟 स्रिसावित्रसुर्यनारायणाया नामाः  
🌟 आदित्याया नमाकरण ये कुरवंति दीन दीनः  
🌟 आयु प्राज्ण बलम विर्यम तेजस्तेसं सा जयाते