

How to do the Surya Namaskar!

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A complete cycle of the Surya Namaskar has 12 postures. Here are the steps...

The classical Surya Namaskar is made up of 12 postures for the right and left side. These make one complete cycle. Here's how to do it...

Position 1: Pranamasana (prayer Pose)

Begin by standing with your feet together. Breathe evenly and bring the palms of your hands together by folding your hands and bringing them at your chest — the basic namaskar.

Position 2: Hasta Uttanasan (raised arms pose)

Inhale and stretch your arms towards the back of your head. Your palms should be facing each other. Your head should be between your arms.

Position 3: Padahastasan (hand to foot pose)

As you exhale, bend down and let your hands touch the floor while your nose touches your knees. You should bend from the waist and try to keep your back straight, not rounded, even if your knees bend slightly.

Position 4: Ashwa Sanchalanasan (equestrian pose)

Inhale and take your right leg back while you keep your right knee on the ground. Your left foot and palms should be on the floor and the left knee and ankle should be in a line.

Position 5: Adho Mukha Svanasan (downward facing dog)

Take your leg back to a plank position. Exhale and push hips toward the ceiling, while your body forms an inverted-V. Keep the back straight, front ribs tucked in, legs straight and heels on the floor.

Position 6: Ashtanga Namaskar (salute with eight parts of your body or eight points)

Exhale, bend your knees, chest and forehead down on the floor into ashtanga namaskar — with eight parts of your body touching the floor.

Position 7: Bhujangasan (cobra pose)

Inhale and keep your hands firmly on the ground and elbows close to your ribs. Slide your body and look up as you feel a stretch on your neck.

Position 8: Adho Mukha Svanasan (downward facing dog)

Exhale and repeat step 6.

Position 9: Ashwa Sanchalansan (equestrian pose)

Repeat step 4 but with the other leg — the Ashwa Sanchalanasan

Position 10: Padahastasan (hand to foot pose)

Repeat step 3 or the Padahastasan

Position 11: Hasta Utthanasan (raised arms pose)

Repeat step 2 or the Hasta Uttanasan

Position 12: Pranamasan (prayer pose)

Finally, repeat step 1

DID YOU KNOW? This set of asanas when performed at a gentle, slow pace, can be meditative and help your body to stretch perfectly. When the same set of asanas are done at a fast pace, it is an excellent cardiovascular exercise regime.

