

Surya Namaskara postures

Sl no	Posture	Breath	Mantra	Instructions	Benefits
1	Namaskarasana (Prayer Pose)	Exhale	Om Mitraya Namah	Stand facing the sun, exhale, bring hands together at heart in gratitude	Humility, gratitude, concentration, calmness, body balance, relaxes nervous system
2	Hasta Uttanasana (Upward Arm Stretch)	Inhale	Om Ravaye Namah	Inhale, raise arms upward, push chest backward, stretch arms parallel to ears	Stretches muscles, expands chest, full intake of oxygen
3	Hastapadasana (Standing Head to Knee)	Exhale	Om Suryaya Namah	Exhale, bend forward from the hips, reach your hands towards your feet	Tones abdomen, thighs, legs; stretches spine, back, opens hips, shoulders
4	Ashwa Sanchalanasana (Equestrian Pose)	Inhale	Om Bhaanve Namah	Inhale, take your right foot backward, hands are parallel left leg.	Tones abdomen, thighs, legs; makes spine, neck flexible; good for indigestion, and constipation
5	Phalakasana (Plank Pose)	Exhale/Retain	Om Khagaya Namah	Exhale or retain, bring left foot together with right, form a plank	Strengthens arms, back, abdominal muscles; improves posture, calms mind
6	Ashtanga Namaskara (Eight Points Salute)	Retain/Exhale	Om Pooshney Namah	Retain or exhale, form plank, lower knees, chest, forehead touches the ground	Strengthens nerves, muscles; enhances flexibility of back, spine; reduces tension, anxiety
7	Bhujangasana (Cobra Pose)	Inhale	Om Hiranayagarbhay Namah	Inhale, lift head and chest, bend backward	Improves blood supply, tones organs, strengthens muscles
8	Adhomukhashwanasana (Downward Facing Dog)	Exhale	Om Marichaye Namah	Exhale, lift knees, form upward arch	Stretches muscles, increases blood flow to the head



9	Ashwa Sanchalanasana (Equestrian Pose)	Inhale	Om Adityaya Namah	Inhale, move right leg forward, raise head	Tones abdomen, thighs, legs, improves flexibility
10	Hastapadasana (Standing Head to Knee Pose)	Exhale	Om Savitre Namah	Exhale, bend forward, nose to the knees	Strengthens muscles, relieves constipation, elevates mood
11	Hasta Uttanasana (Upward Arm Stretch)	Inhale	Om Arkaya Namah	Inhale, raise arms, bend backward	Stretches muscles, expands chest, helps maintain balance
12	Namaskarasana (Prayer Pose)	Exhale	Om Bhaskaraya Namah	Stand facing the sun, exhale, bring hands together at heart in gratitude	Humility, gratitude, concentration, calmness, body balance, relaxes nervous system

For more details, please visit the website: <https://www.hssus.org/sny/#section-sn-steps>



1 - Namaskarasana

11 - Hasta Uttanaasana

2 - Hasta Uttanaasana

10 - Hastapaadasana

3 - Hastapadaasana

9 - Adhomukhashwanaasana

4 - Ashwa Sanchalanaasana

8 - Adhomukhashwanaasana

5 - Phalakaasana

7 - Bhujangaasana

6 - Ashatanga Namaskara

Yoga
Surya Namaskar
Sun Salutation