

Surya Namaskara

Further explanations: AshtangaYoga.info

ASHTANGA YOGA MANTRA

Om

vande gurunam caranaravinde
sandarshita svatma sukha va bodhe
nih sreyaase jangalika yamane
samsara halahala mohasahantyai

abahu purushakaram
shankacakrasi dharinam
sahasra shirasam svetam
pranamami Patanjalinam

Om

SURYA NAMASKARA A | Repeat 5 times

VINYASA: 9

DRISTI: ANGUSTA MA DYA, NASAGRAI,

NABI CHAKRA, BROOMADHYA

repeat 5 times

1 IN thumb hands up



2 EX nose UTTANASANA



3 IN third eye head up



4 EX nose CHATURANGA
DANDASANA



5 IN third eye URDHVA MUKHA
SVANASANA



6 EX navel hips up
5BR ADHO MUKHA SVANASANA



7 IN third eye jump, head up



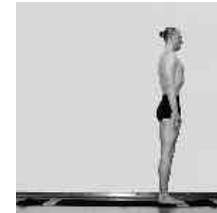
8 EX nose UTTANASANA



9 IN thumb hands up



- EX nose SAMASTHITHI



SURYANAMASKARA B | Repeat 5 times

VINYASA: 17

DRISTI: ANGUSTA MA DYA, NASAGRAI,

NABI CHAKRA, BROOMADHYA

repeat 5 times

1 IN thumb UTKATASANA



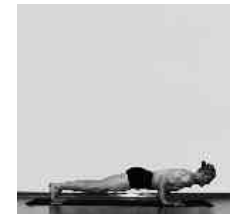
2 EX nose UTTANASANA



3 IN third eye head up



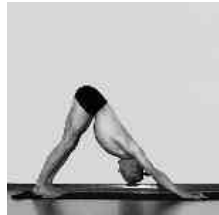
4 EX nose CHATURANGA
DANDASANA



5 IN third eye URDHVA MUKHA
SVANASANA



6 EX navel ADHO MUKHA SVANASANA



7 IN thumb VIRABHADRASANA - right leg front



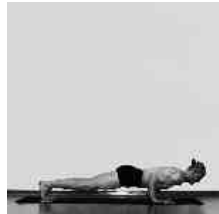
11 IN third eye VIRABHADRASANA - left leg front



8 EX nose CHATURANGA DANDASANA



12 EX nose CHATURANGA DANDASANA



9 IN third eye URDHVA MUKHA SVANASANA



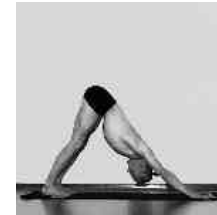
13 IN third eye URDHVA MUKHA SVANASANA



10 EX navel ADHO MUKHA SVANASANA



14 EX navel hip up 5BR ADHO MUKHA SVANASANA



15 IN third eye jump, head up



16 EX nose UTTANASANA



17 IN thumb UTKATASANA



- EX nose SAMASTHITHI

