

Life Style Management Course

Batch 2021-23

Booklet for Suryanamaskar Practice



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Sahaj Sandhi Chalana Kriyas

- 1. Fingers & Palms:**
 1. Folding of fingers forming a fist with thumb in & thumb out.
 2. Palms up & down, Right & Left.
- 2. Wrists:**
 1. Fist closed, thumb inside-inward rotation.
 2. Fist closed, thumb inside-outward rotation (stretch Fingers).
- 3. Elbows:**
 1. Folding & unfolding of the arm at the elbow.
 2. Outstretching of the palm with entangled fingers, repeated bends at the elbows.
- 4. Shoulder:**
 1. Interlocking fingers with palms together – to & fro motion of the arm parallel to the floor (without bending the elbows).
 2. Entangle the fingers arms parallel to each other-forward & backward rotation of the shoulders.
 3. Shoulder rotation with fingers on the shoulders-inward & outward
 4. Arms straight in line with the shoulder – rotation of the shoulder joint with palms at 90 °.
- 5. Neck:**
 1. Turning of head right & left, up & down & lateral bend to right & left.
 2. Rotation of neck clockwise & anti-clockwise.
 3. Extension & compression of neck.
- 6. Hip:**
 1. Lateral bend to the right & left with hands in line with the shoulders.
 2. Hands on the waist-backward & forward bend preferably up to 90 °.
 3. Twisting of the waist to the right & to the left.
 4. Twist & bend (Trikonasana).
 5. Chaired squats.
 6. Hip Rotation clockwise & anticlockwise.
- 7. Knees:**
 1. Folding & unfolding of the knee joint with thigh parallel to the floor.
 2. Straight leg raise with toes almost touching the opposite hand which is parallel to the floor.
 3. Straight leg raise at the back keeping body erect.
 4. Lateral raise of the leg (Abduction).
 5. Knee cap movement sitting on the floor.
 6. Butterfly action with soles together sitting on the floor.
 7. Knee rotation clockwise & anticlockwise
- 8. Ankles:**
 1. Standing Ankle raise with arms stretched up (Tadasana).
 2. Extension & flexion of feet at the ankle joint.
 3. Ankle rotation – clockwise & anti-clockwise.
- 9. Toes:**
 1. Extension & flexion of the toes.

Surya Namaskar:

It is considered as the best exercise for human body. Surya-Namaskar consists of important Yogasanas like postures and Pranayama like disciplined breathing. The Yogabhyas and its advantages are skillfully incorporated in Surya Namaskar. The Mantras (Omkar & Bija Mantras), which are chanted before practicing, are also very useful. In all this Surya Namaskar is an appreciated exercise among people of all ages from kids to old age people. Surya-Namaskar or Sun Salutation is the best way to burn the calories and reduce weight. It is recommended for overall fitness of the whole body. It is a flowing series of ten postures performed in a dynamic manner. The technique of these asana-postures and other details will be covered in this part. Let us familiarize ourselves the preliminaries of Surya-Namaskar.

सूर्यनमस्कार संबंधित मंत्र व श्लोक

गायत्री मंत्र

ॐ भूर्भुवः स्वः ।

तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि ।

धियो यो नः प्रचोदयात् ॥

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|---------------------------|------------------------------|
| १) ॐ हाम् मित्राय नमः । | ७) ॐ हाम् हिरण्यगर्भाय नमः । |
| २) ॐ ह्रीम् रवये नमः । | ८) ॐ ह्रीम् मरीचये नमः । |
| ३) ॐ ह्रूम् सूर्याय नमः । | ९) ॐ ह्रूम् आदित्याय नमः । |
| ४) ॐ ह्रैम् भानवे नमः । | १०) ॐ ह्रैम् सवित्रे नमः । |
| ५) ॐ ह्रौम् खगाय नमः । | ११) ॐ ह्रौम् अर्काय नमः । |
| ६) ॐ हः पूष्णे नमः । | १२) ॐ हः भास्कराय नमः । |

सूर्यनमस्कारानंतर शेवटी म्हणावयाचे श्लोक



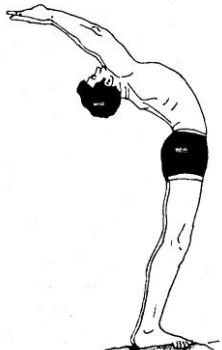

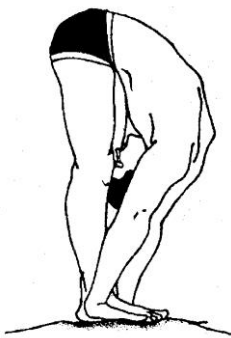
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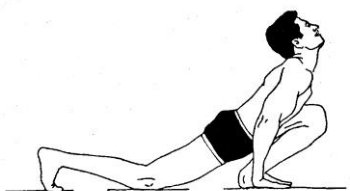

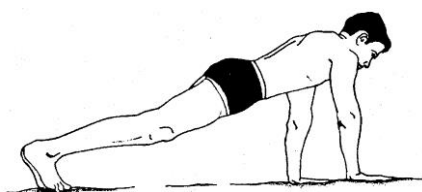
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अकालमृत्युहरणम् सर्वव्याधिविनाशनम् ।




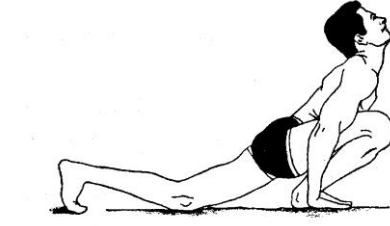
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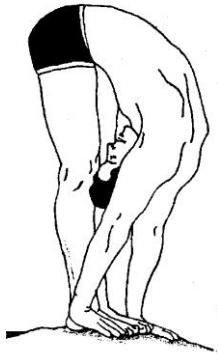


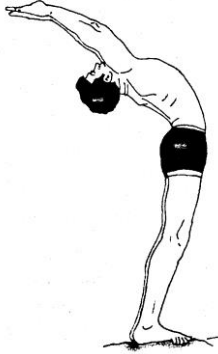

In all one SuryaNamaskar includes 12 different positions, they are :

| Position Description | Diagram / Position Graphic & Breathing |
|--|--|
| <p>Position 1: Pranamasana (Salutation Posture)</p> <p>Normally Breathing maintain the position as shown in figure in standing position with hands joined together near chest, feet together and toes touching each other.</p> | <p>NORMAL BREATHING</p>  |
| <p>Position 2: Uttana Hastasana (Raised Arm posture)</p> <p>Inhale and bend backward with the extension of hand up and back, pleasurable bending back by the lower back, chin stretched up & back holding the breath in maintain the posture with weight on front foot</p> | <p> INHALE & HOLD THE BREATH IN</p>  |
| <p>Position 3: Padahastasana (Hand to Foot Posture)</p> <p>Exhale and bend forward in the waist till palms touch the ground in line with the toes. Don't bend knees while performing. At first you may find it difficult to attain the ideal position but try to bend as much as possible without bending in knees. Do's- While exhaling bend forward in the waist - Palms touching the ground, fingers pointing forward. - Legs straight, - Try to touch the forehead to the knees, - Relax the neck.</p> <p>Don'ts - Do not bend the knees. - Do not keep the neck tense.</p> | <p> EXHALE</p>  |

| Position Description | Diagram / Position Graphic Breathing |
|---|---|
| <p>Position 4: Ashwa Sanchalana Aasana</p> <p>(Right Foot Extended Posture)</p> <p>Inhale and take the right leg back with right toes on the floor, press the waist downwards and raise the neck, stretch the chest forward and push shoulders backwards. Keep the left leg and both the hands in the same position. Keep the left leg folded.</p> <p>Dos</p> <ul style="list-style-type: none"> - Take the right leg backwards and touch the knee to the floor, keeping the toes erect. - The knee of the left leg will be bent - The knee of the left leg should touch the ground - Drop the waist/ hips towards the floor - Gaze is upwards, both arms are straight <p>Don'ts</p> <ul style="list-style-type: none"> - Do not bend the neck forward. - Do not bend the elbows. | <p>INHALE </p>  |
| <p>Position 5: SaralKati HastDandAasana Sadrusha Body Posture (Equilateral Posture)</p> <p>Exhaling raise the knee of right leg. Take the left leg backwards and keep it close to the right leg. Straighten both the legs and both hands. Keep the neck straight and site fixed. Keep both the toes erect. Take care that the neck, spine, thighs and the heels are in a straight line.</p> <p>Dos</p> <ul style="list-style-type: none"> - Take the left leg back and place it beside the right leg, keeping the toes erect - Keep the body in one straight line – plank position - Keep the arms straight - Gaze forward towards the floor <p>Don'ts</p> <ul style="list-style-type: none"> - Do not bend the arms - Do not drop the hips/waist towards the floor - Do not stick the buttocks into the air - Do not bend the knees | <p> EXHALE</p>  |

| Position Description | Diagram / Position Graphic Breathing |
|---|--|
| <p>Position 6: SashtangAasana Sadrusha Body Posture (Salutation with eight limbs)</p> <p>Holding the breath out bend both the hands in elbows and touch knees on the ground, touch the forehead on the ground, keep both the elbows close to chest. The forehead, chest, both the palms, both the toes, knees should touch the ground and rest of the body not touching the floor. Since only eight parts rest on the ground, it is called 'Sashtanga' position.</p> <p>Dos</p> <ul style="list-style-type: none"> - Bring the body towards the floor placing the 8 parts on the floor: Toes, knees, chest, palms, and forehead. - Keep the hands close to the body, next to the shoulders. - Keep the elbows pointed to the sky and close in to the body. <p>Don'ts</p> <ul style="list-style-type: none"> - Do not touch the thighs, hips, waist or abdomen to the floor. - Do not touch the chin to the floor. - Do not let the elbows fall away from the body. |  <p>HOLD THE BREATH</p>  |
| <p>Position 7: VakraKati HastDandAasana Sadrusha Body Posture (Stretched Back posture)</p> <p>Inhale and straighten the elbows, stretch the shoulders upwards, press the waist downwards but dont bend the arms. Keep the knees and toes on the floor. Push the neck backwards and site upwards. Dos</p> <ul style="list-style-type: none"> - Push the upper body upwards so that the arms are straight - Keep the fingers pointed forwards, palms on the ground. - Open the chest, pull the shoulders downwards. - Drop the head and neck backwards and gaze upwards towards the sky. - Keep the heels, legs and knees together. <p>Don'ts</p> <ul style="list-style-type: none"> - Do not let the legs or heels to be apart. - Do not bend the elbows. - Do not hunch the shoulders towards the ears. |  <p>INHALE</p>  |

| Position Description | Diagram / Position Graphic Breathing |
|---|---|
| <p>Position 8: UrdhvaNitambAasana Sadrusha Body Posture (Lifted Hip Posture)</p> <p>Exhaling bend the neck downwards and take the chin to the throat, push the body backwards and touch the heels on the ground, raise the buttocks & waist upwards, do not move the palms on the floor.</p> <p>Dos</p> <ul style="list-style-type: none"> - Push the body upward so the buttocks and waist are raised into the air, leaving the body in an Inverted 'V' position - Take the head and chin towards the chest - Try to touch the heels to the floor <p>Don'ts</p> <ul style="list-style-type: none"> - Do not bend the legs in the knees - Do not bend the arms | <p style="text-align: center;">  EXHALE </p>  |
| <p>Position 9: VamaPadaPrasarAasana Sadrusha Body Posture (Left Foot Extended Posture)</p> <p>Inhaling bring the right leg in the front and place it in between the hands like in position 3 but instead of left leg in the front here take right leg and place left leg in the back with left knee and toes on the ground.</p> <p>Dos</p> <ul style="list-style-type: none"> - Take the right leg forward and place it between the hands - The knee of the right leg will be bent - The knee of the left leg should touch the ground - Drop the waist/ hips towards the floor - Gaze is upwards, both arms are straight <p>Don'ts</p> <ul style="list-style-type: none"> - Do not bend the neck forward. - Do not bend the elbows. | <p style="text-align: center;">  INHALE </p>  |

| Position Description | Diagram / Position Graphic Breathing |
|--|--|
| <p>Position 10: HastaPadAasana Sadrusha Body Posture (Hand to Foot Posture)</p> <p>Exhale and bring the left leg forwards as in the position 2 and place it in between both the arms.</p> <p>Do's</p> <ul style="list-style-type: none"> - Take the left leg forward and place it beside the right. - Palms touching the ground, fingers pointing forward. - Legs straight. - Try to touch the forehead to the knees - Relax the neck. <p>Don'ts</p> <ul style="list-style-type: none"> - Do not bend the knees. - Do not keep the neck tense <p>Inhaling start getting up and attain the position as in position 1.</p> | <p style="text-align: center;">  EXHALE </p>  |
| <p>Position 11 : Uttana Hastasana (Raised Arm posture)</p> <p>Inhale and bend backward with the extension of hand up and back, pleasurably bending back by the lower back, chin stretched up & back holding the breath in maintain the posture with weight on front foot</p> | <p style="text-align: center;">   INHALE & HOLD THE BREATH IN </p>  |
| <p>Position 12: Pranamasana (Salutation Posture)</p> <p>Normally Breathing maintain the position as shown in figure in standing position with hands joined together near chest, feet together and toes touching each other.</p> | <p>NORMAL BREATHING</p>  |