



## Surya Namaskar Yagna ~ January 2012 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 AM PM	2 AM PM	3 AM PM	4 AM PM	5 AM PM	6 AM PM	7 AM PM
8 AM PM	9 AM PM	10 AM PM	11 AM PM	12 AM PM	13 AM PM	14 AM PM
15 AM PM	16 AM PM	17 AM PM	18 AM PM	19 AM PM	20 AM PM	21 AM PM
22 AM PM	23 AM PM	24 AM PM	25 AM PM	26 AM PM	27 AM PM	28 AM PM
29 AM PM	30 AM PM	31 AM PM	आहत्य (Grand Total):			

ध्येय सदा सवितृ मण्डलमध्यवर्ति, नारायण सरसिजासनसन्निविष्ट ।  
केयूरवान मकर कण्डलवानकिरीटी, हारी हिरण्मय वपुर्धृत शंख चक्र ॥

ॐ मित्राय नमः	<i>Om Mitraaya Namah</i>
ॐ रवये नमः	<i>Om Ravaye Namah</i>
ॐ सूर्याय नमः	<i>Om Suryaaya Namah</i>
ॐ भानवे नमः	<i>Om Bhaanave Namah</i>
ॐ खगाय नमः	<i>Om Khagaaya Namah</i>
ॐ पूष्णे नमः	<i>Om Puushne Namah</i>
ॐ हिरण्यगर्भाय नमः	<i>Om Hiranyagarbhaaya Namah</i>
ॐ मरीचये नमः	<i>Om Mareechaye Namah</i>
ॐ आदित्याय नमः	<i>Om Aadityaaya Namah</i>
ॐ सवित्रे नमः	<i>Om Savitre Namah</i>
ॐ अर्काय नमः	<i>Om Arkaaya Namah</i>
ॐ भास्कराय नमः	<i>Om Bhaaskaraaya Namah</i>
ॐ श्रीसवितृसूर्यनारायणाय नमः	<i>Om Shree Savitru Suurya Naaraayanaaya Namah</i>

आदित्यस्य नमस्कारान्, ये कुर्वन्ति दिने दिने ।  
आयु प्रज्ञ बलं वीर्यम्, तेजस तेषां च ज्ञायते ॥



Register for SNY-2012 at [www.hssus.org/syn](http://www.hssus.org/syn) or Email: [sny@hssus.org](mailto:sny@hssus.org)

नामन् (Name):	
संभाग (Region):	विभाग (Division):
शाखा (Branch):	स्थली (Place):
प्राय (Age):	गण (Batch):

गणः B-Bala (<13 yrs), K-Kishore (= 13 or > 13 & <17 yrs), Y-Yuva (>= 17yrs), M-Mahila, P-Purush)

### Disclaimer:

"Your participation in this event requires the performance of yoga postures and may expose you to the risk of bodily injury. If you have any history of injury or illness that may be aggravated by your participation, you should consult with a physician or other health care professional beforehand."

# HINDU SWAYAMSEVAK SANGH USA



## Surya Namaskar

<http://www.hssus.org/sny>  
Email: [Suryanamaskar@hssus.org](mailto:Suryanamaskar@hssus.org)



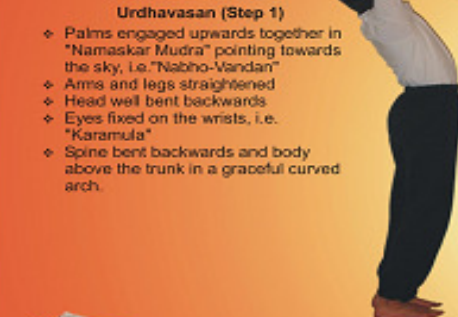
- Siddha (Pranamasan)**
- ◆ Stand erect with feet fully touching each other
  - ◆ Chest out, shoulders back and pressed below, neck straight
  - ◆ Eyes fixed on the nose tip
  - ◆ Palms together, touching each other in front of chest; fingers perpendicular to the ground, thumbs touching chest, i.e. "Namaskar-Mudra"
  - ◆ Fore arms in line, parallel to the ground.

**Starting Shloka**

*allexah sala saritrawandala madhyantari |  
narayanah sarasijesana sannibhatah ||  
Aayavan makarakandaleran Airiti |  
hari kiranyayavapurdruta shankhachakrah ||*

**Ending Shloka**

*adityaya namakaran ye karanti dine dine |  
ayah pragya bahav veeryam tejas teshaucha jayate ||*



- Urdhavasana (Step 1)**
- ◆ Palms engaged upwards together in "Namaskar Mudra" pointing towards the sky, i.e. "Nabho-Vandan"
  - ◆ Arms and legs straightened
  - ◆ Head well bent backwards
  - ◆ Eyes fixed on the wrists, i.e. "Karamula"
  - ◆ Spine bent backwards and body above the trunk in a graceful curved arch.

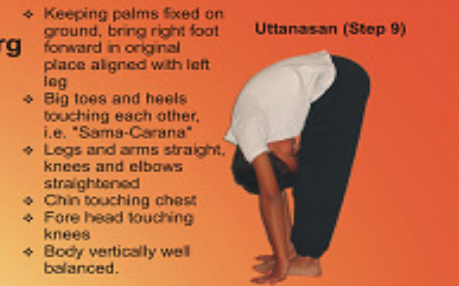


- Uttanasana (Step 2)**
- ◆ Hands downwards in continuous motion without bending in elbows
  - ◆ Palms flat on the ground, just by the side of each foot
  - ◆ Distance between palms equal to that of shoulders
  - ◆ Big toes and palms in the line from the front
  - ◆ Legs straight, knees straightened
  - ◆ Chin touching the chest
  - ◆ Fore head touching the knees

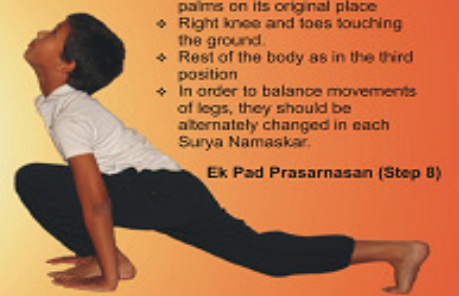


- ◆ Keeping right foot and both the palms steady on the ground, left leg stretched backwards
- ◆ Left knee and toes touching the ground
- ◆ Both the arms straight
- ◆ Right knee folded; calf, thigh and last rib touching each other
- ◆ Chest out, shoulders and head touching each other
- ◆ Head thrown backwards, making arch-like spine
- ◆ Eyes towards the sky

*aum mitraya namah  
aum ravaye namah  
aum suryaya namah  
aum bhanave namah  
aum khagaya namah  
aum pushne namah  
aum hiranyagarbhaya namah  
aum marichaye namah  
aum adityaya namah  
aum savitre namah  
aum arkaya namah  
aum bhaskaraya namah  
aum sri savitrusuryanarayanaya namah*



- Uttanasana (Step 9)**
- ◆ Keeping palms fixed on ground, bring right foot forward in original place aligned with left leg
  - ◆ Big toes and heels touching each other, i.e. "Sama-Carana"
  - ◆ Legs and arms straight, knees and elbows straightened
  - ◆ Chin touching chest
  - ◆ Fore head touching knees
  - ◆ Body vertically well balanced.



- ◆ Left knee forward, folded in knee, foot resting between palms on its original place
- ◆ Right knee and toes touching the ground.
- ◆ Rest of the body as in the third position
- ◆ In order to balance movements of legs, they should be alternately changed in each Surya Namaskar.



- Adhomukh Shwanasan (Step 7)**
- ◆ Without shifting the palms and the toes from the ground, the torso is raised upwards
  - ◆ Both heels touching the ground
  - ◆ Arms and legs straight; elbows and knees straightened
  - ◆ Heels, waist and wrist form a triangle
  - ◆ Head pulled towards knees
  - ◆ Chin touching to chest
  - ◆ Eyes centered on nose tip.



- Urdhvamukh Shwanasan (Step 6)**
- ◆ Arms straight, elbows straightened
  - ◆ Chest pushed out
  - ◆ Shoulders and head thrown back
  - ◆ Eyes towards the sky
  - ◆ Waist pulled towards the centre, between palms
  - ◆ Spine fully arched
  - ◆ Knees touching the ground; feet together; toes firm (N.B. They should be properly placed in the third and fourth positions).



- Chaturang Dandasan (Step 4)**
- ◆ Right leg stretched back without moving both hands from their places
  - ◆ Legs and arms straight, knees and elbows straightened
  - ◆ Entire body in a straight line from head to heel, supported on fixed palms and toes only
  - ◆ Eyes fixed on the ground, at right angle to the body
  - ◆ Feet touching each other



- Sashtang Pranipatan (Step 5)**
- ◆ Arms bent at elbows, without moving both the palms and toes
  - ◆ Fore head, chest and knees simultaneously touching the ground, together with the palms and toes, to achieve "Sira-Sastanga Namaskar", at eight points
  - ◆ Chin pressed on the chest
  - ◆ Nose and pelvic region elevated
  - ◆ Both the elbows drawn towards each other.

