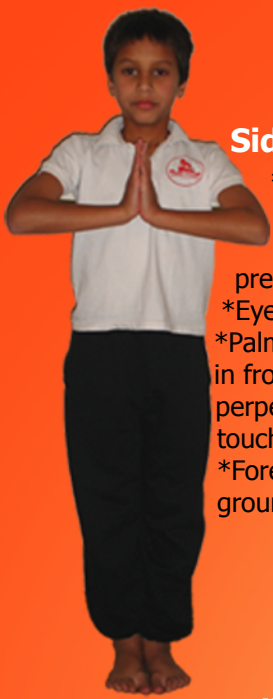


HINDU SWAYAMSEVAK SANGH USA



Surya Namaskar

<http://www.hssus.org/suryanamaskar>
Email: 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

Urdhvasan 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



Uttanasan 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
- *Forehead touching the knees



Ek Pad Prasarnasan Step 3

- *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



- *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

Chaturang Dandasan Step 4



Starting Shloka

Dheyah Sada Savitr-Mandala-
MadhyavartiA
Narayanah Sarasijasana-Sannivistah II
Keyuravan Makara-Kundalavan Kiriti I
Hari Hiranmayavapur-dhrta-Sankha-
Cakrah II

Ending Shloka

Adityasya Namaskaran
Ye Kurvanti Dine-Dine I
Ayuh Pradnya Balam Veeryam
Tejas Teshan Ch Jayate II

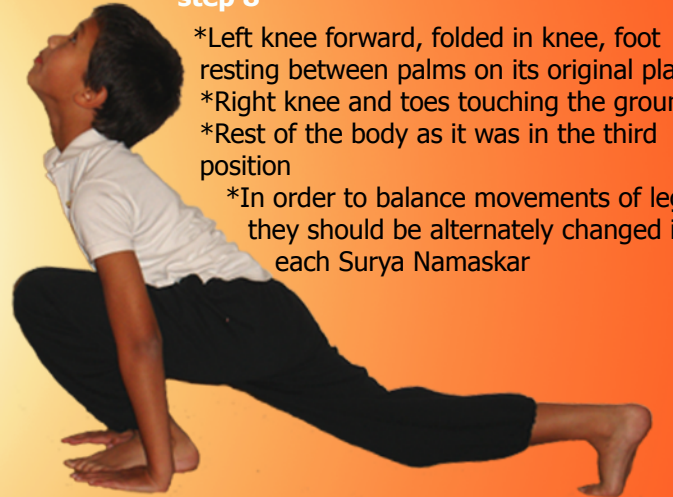
Uttanasan Step 9

- *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 & arms straight, knees & elbows straightened
- *Chin touching chest
- *Fore-head touching knees
- *Body vertically well balanced



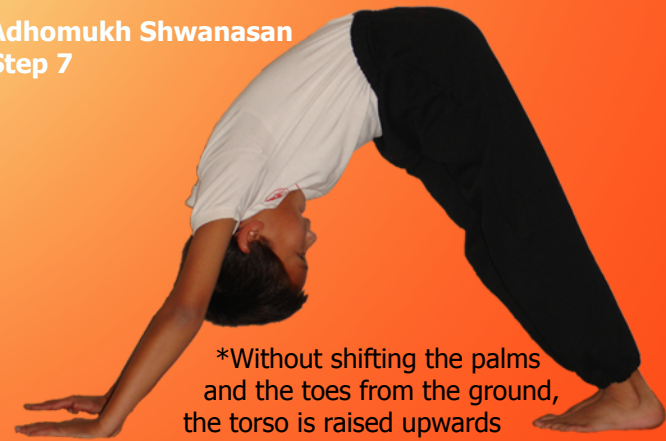
Ek Pad Prasarnasan step 8

- *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 it was in the third position
- *In order to balance movements of legs, they should be alternately changed in each Surya Namaskar



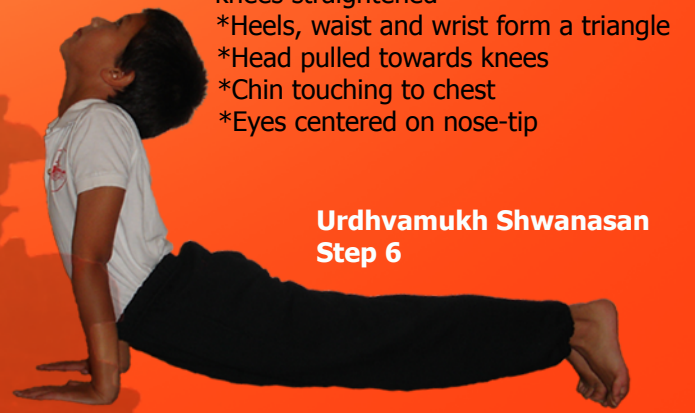
Adhomukh Shwanasan Step 7

- *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)



Sashtang Pranipatan Step 5

- *Arms bent at elbows, without moving both the palms and toes
- *Forehead, 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



Inhale Exhale Inhale Exhale Retain Inhale Exhale Inhale Exhale

