



Learn the Sun Salutations - Surya Namaskar

In this video, you will learn the Sun Salutation, also known as Surya Namaskar.

Stand straight with your feet together.

Inhale and then exhale as you join your palms in front of your chest.

Inhale stretching your arms up and back, pushing your pelvis forward. Arch your spine, and fix your gaze between your finger tips

Exhale as you bend forward from the waist as far as you can while keeping your knees straight.

Plant your palms on either side of your feet so that the tips of your fingers and toes are in line.

Keep your legs and back perfectly straight and drop your head down.

Inhale and take a large step all the way back with your right foot.

Keep your left foot and palms rooted in front of you.

Rest the right knee on the ground with the toes pointing out.

Push your hips down, open your chest and lift your chin.

Hold your breath, tuck your right toe in and take your left foot back to join the right foot.

Bring you neck, body and legs in one straight line.

Exhale and drop your knees, chest and chin to the ground, while keeping your buttocks lifted up.

Inhale as you slide your chest forward between your hands and pull your shoulders back to expand you chest, arching backwards.

With your elbows bent and your pelvis planted on the ground, point your toes out, press your thighs together, clench your buttocks and lift up your chin.

Exhale as you tuck your toes in and lift your hips straight up.

Flatten the soles of your feet on the ground, straighten your legs and bring your trunk and arms in one line to form a triangle with your body and the floor.

Stretch by pulling the top of your head towards the floor and your chest

towards your thighs.

Inhale and bring your right leg forward between your palms.

Make sure that the knee and ankle of your front foot are in line.

Exhale, bringing your left foot forward and straighten your legs into the standing forward bend.

Inhale as you lift up your body and arch back.

Straighten your body and bring your arms by your side.

Breathe normally and relax for a moment before repeating the entire sequence by starting with your left leg.

Bring your palms together.

Inhale and arch back.

Exhale and bend forward.

Inhale and extend your left leg back with your hips down and chin up.

Hold your breath and take your right leg back.

Exhale and drop your knees, chest and chin.

Inhale as you slide your chest forward and arch backwards.

Exhale as you tuck the toes in and lift your hips up.

Inhale and bring the left foot forward, hips down, and chin up.

Exhale and bring your right foot forward and stretch down.

Inhale as you stretch forward and upwards, arching back.

Exhale and bring your hands by your side.

This is one cycle of the sun salutation.

Start by performing 3-5 cycles and slowly increase to 12 cycles or more.

Suryanamaskar exercises the whole body from head to toe.

It enhances blood circulation, improves the functioning of the bowels and helps strengthen muscles and joints.

It also revitalises your body, refreshes your mind, and leaves you feeling energetic throughout the course of the day.

You have now learnt Surya Namaskar, the Sun Salutation.

