

Surya Namaskara

Om Kramh Bhaskaraya Namah
Leading to Enlightenment

Om Kram Mitraya Namah
Oh Friend

Om Hraum Arkaya Namah
Oh Source of Energy

Om Krim Ravaye Namah
Oh Shining One

Om Kram Savitre Namah
Oh Beneficent One

Om Krum Suryaya Namah
Oh Beautiful Light

Om Krum Adityaya Namah
Oh Son of Aditi

Om Kram Bhanave Namah
Oh Brilliant One

Om Hrim Marichaye Namah
Oh Lord of the Dawn

Om Kraum Khagaya Namah
Oh One Who Moves in the Sky

Om Kram Hiranyagarbhaya Namah
Oh Golden Centered One

Om Kram Pushne Namah
Oh Giver of Strength

Pranamasana
Standing Prayer Pose
Stand with feet hip width apart and parallel, and hands in prayer position in front of the heart. Draw the knee caps up and lift up from the base of the body, feeling a natural tucking under of tailbone. Draw the lower abdomen up and lengthen the spine. Lift up through the sternum and sides of the ribs as you relax the shoulder blades downward. Feel your body rooted deeply into the earth while reaching up into the sky.

Ashva Sanchalanasana
Horse Pose
Keeping the hands beside the feet, inhale and draw the right leg back as you bend the left knee towards a position with the thigh parallel to the earth and the left knee directly over the left ankle. Place the right knee on the floor, square the hips and create a long line of energy from the knee, up the spine, and through the crown of the head.

Parvatasana
Plank Pose
Holding the breath in, bring your left leg back beside the right leg into a push-up position. Create a long straight line of energy from the heels to the crown of the head, supported by activating the core of the body to keep the pelvis stable. Keep the fingers spread wide for support with the wrists directly under the shoulders. Keep the shoulders broad and lifted away from the earth, with the shoulder blades spread wide and drawn down away from the ears.

Ashtanga Namaskara
Eight Limbed Salutation
Exhale, dropping the knees, chest and chin to the floor. The elbows remain tucked into the ribcage. The buttocks are slightly lifted with the toes tucked under. Keep the head in natural alignment with the spine without straining the neck.

Bhujangasana
Cobra Pose
Inhale as you lengthen the body along the floor, rolling over onto the tops of the feet and rolling up the spine into Cobra, one vertebra at a time. Keep the fingers spread wide as a firm base of support, with the elbows tucked into the sides and slightly bent, and the shoulders drawn down away from the ears. Lift up into the pose using only the back strength initially. Then, pressing lightly into the hands, come up higher into the pose by drawing the heart forward and upward as you ground the pubic bone and lengthen the spine.

Adho Mukha Svanasana
Downward Dog
Exhale as you lift the hips up and back, rolling over the toes into Downward Dog. Spread the fingers wide, finding your root of support in the web between the thumb and index finger. Lengthen through the arms and widen the shoulders as you draw the shoulder blades away from the ears. Lift the tailbone into the air and draw the pelvic floor into the body. Draw the low abdomen back towards the spine as the torso moves towards the thighs, creating length in the spine as you allow the head to relax down toward the earth. Press the heels towards the earth and sense the long lines of energy coming up the legs and then down through the torso and arms.

Ashva Sanchalanasana
Horse Pose
As you inhale, draw the right foot forward between the hands with the right knee directly over the right ankle, and bring the left knee down to the earth. Keep the shoulder blades wide apart, moving them back and down towards the hips as you lift the chest and sternum.

Padahastasana
Hand to Foot Pose
Exhale as you straighten the right leg, and allow the left leg to come naturally and effortlessly forward beside it. Bend the knees as you need to allow the torso to hang forward, naturally assisted by gravity. Press the feet into the earth, and gently lift the hips into the air to lengthen the legs as the torso completely surrenders forward and down.

Hasta Uttanasana
Raised Arm Pose
Inhale, draw the arms out to the sides, and lift the torso up to standing. Extend from the hinge of the hips, bending the knees as needed to provide adequate support for the back and spine. As the arms come up overhead, lengthen through the spine and press into the backward bend, keeping a focus on lengthening the spine to avoid compressing the lower back. Lift the heart to greet the sun.

Padahastasana
Hand to Foot Pose
Exhale as you sweep your arms out to the side, creating a long line of energy as you fold forward into Padahastasana. Press the feet into the earth and press the hands into the earth at the sides of the feet (bend the knees as needed). Lift the tailbone into the air and allow the spine, neck and head to cascade forward, completely relaxing.

Pranamasana
Standing Prayer Pose
Exhale back to standing as you bring the arms out to the sides and into prayer position in front of the heart. Gaze gently forward and feel the opening that comes into the body through Surya Namaskar. Visualize a radiant, golden light in the center of your heart as you prepare your next Sun Salute. This time, begin with the left leg back.

