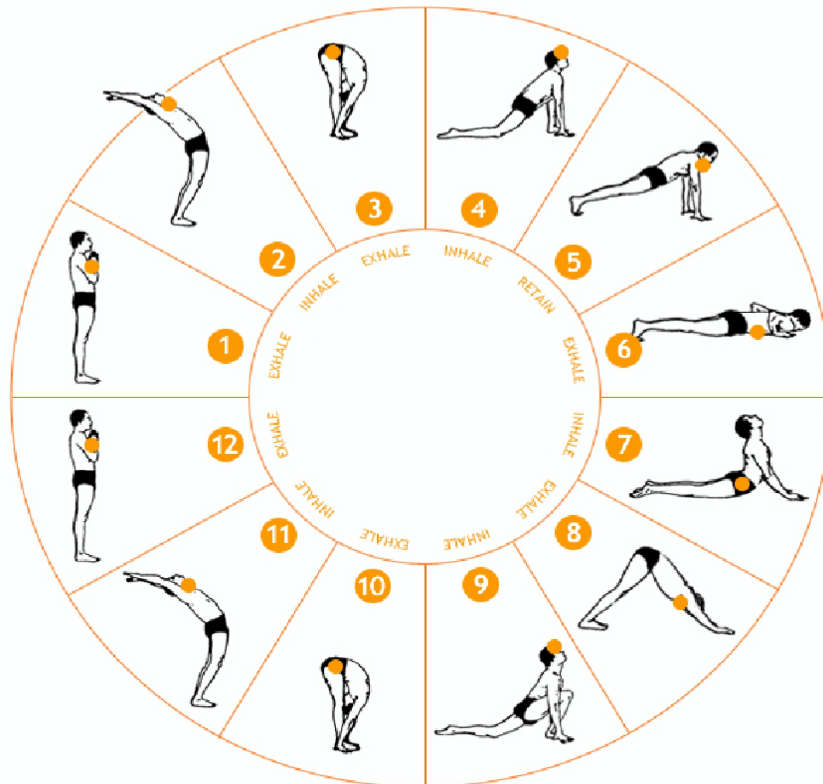




● Surya Namaskara ●



A Twelve Step Classical Style Salutation to the Sun

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Classical Hatha Style Surya Namaskara

Asana Name: Tadasana - (Stiti - Standing Posture - Start)

Limitations: None

Benefits:

1. Creates body awareness.
2. Gives good stability.
3. Prepares for all standing asana

Common Mistakes:

1. Stress in the face.
2. Over extension or bent knees.
3. Back arched – Must be avoided

To rectify, for the first few days, Use wall support to correct this:

Heels, calves, hips, back, Shoulders and back of the head should be placed against the wall. This will help to correct arch.

4. Weight uneven on the legs – Consciously put weight on the Front / Back / Sides of the feet.

Technique: Place both feet together, body weight evenly balanced on entire feet and both legs. Keep the toes aware – lift and spread.

Centre the gravity. Legs should be stretched from ankles up; knee caps slightly tightened, hips, and lower abdomen slightly pulled in with the pelvis rotated downward. Buttocks tightened. Hang the hands freely by the side of the body with open fingers. Lift the chest without arching the spine. Back, head and neck should be aligned. Keep the face relaxed.

Note: Bent knees are better than over extended. However, over time work to correct this.

Breathing: Breathe normally.

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(1 Ekam)

Asana Name: Namaskarasana

(Prayer Pose) - AKA - Pranamasana

Limitations: None

Benefits:

1. Induces a state of relaxation.
2. Calms the mind.
3. Creates body awareness.
4. Stimulates the Anahata Chakra



Common Mistakes:

1. Shoulders coming forward.

To rectify, for the first few days, Use wall support to correct, use back against the wall. Stand erect with the feet together or slightly apart.

Technique: Close the eyes. Place both palms together in front of the chest (Namaskara Mudra), forearms parallel to the ground. Shoulders free but not hanging. Feel space in the armpits and open the chest.

Note: Maintain your awareness on the mudra, the pressure of the palms and the effect of the mudra on the chest area.

Breathing: Breathe normally.

Advanced: Chakra Awareness - **Anahata** - Heart Chakra. (See Page 1)

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(2 - Dve)

Asana Name: Urdhva Hastasana

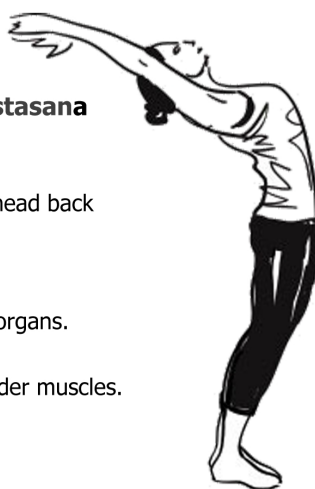
(Raised Hand Pose)

Limitations:

1. Neck problems, don't hang head back

Benefits:

1. Stretches all the abdominal organs.
2. Improves digestion.
3. Exercises the arm and shoulder muscles.
4. Tones the spinal nerves.
5. Opens the lungs.
6. Helps remove excess weight.



Common Mistakes:

1. Arms lifted sideways and arched back – Unnecessary shoulder movements.
2. Head hangs = Tighten buttocks and lift head, look at thumbs.
3. Arch from upper back = Waist should be pushed forward with pelvis dropped.

Technique: Lift arms straight up – giving a good stretch on the sides. Hands remain in Namaskarasana. Palms can either be kept together, or else slowly open them in line with the shoulders. Lift and stretch back from the ankles. Do not over arch the spine. Do push the hips forward, dropping the pelvis. Look at the thumbs. Arms should be by the side of the ears. Give good stretch between the ankle and wrist.

Note: Don't over extend the knees.

Breathing: Inhale when raising the arms up.

Advanced: Chakra Awareness - **Vishuddhi** - Throat Chakra. (See Page 1)

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(3 - Trini)

Asana Name: Pada Hastasana

(Hand to foot Pose)

Limitations:

1. Neck pain, don't hang head, lift it instead.
2. Back conditions or pain, Bend the knees, and do not bend fully forward.
3. Stiff legs/back, Bend the knees.

Benefits:

1. Improves head circulation.
2. Makes legs stronger.
3. Releases back/spine muscle stiffness.
4. Improves abdominal organ functions.
5. Good preparation for Shirshasana.



Common Mistakes:

1. Bent Knees.
2. Knees over extended – Pull in abdomen and bend the knees slightly.
3. Bending from upper back – Arch should come from lower back = Look up as you are moving down, this helps to keep chest open and back straighter.

Technique: Inhale and bring hands straight up (Urdhva Hastasana). Pull in abdomen and lift the spine. Turn hands to face forward. Arch from lower back and bend forward in a continuous movement from the hips (Don't over extend the knees) Body weight should be even on both feet. Head hangs down freely. Bring the hands to the floor on either side of the feet and try to touch the knees with the forehead. Do not strain. The legs should remain straight. Try to keep the back straight, focusing your awareness at the pelvis, the pivoting point for the stretch of the back and leg muscles.

Note: Initially you may find that due to leg and back stiffness you will need to bend your knees, this is acceptable as you should not force the posture. Over time as the back and leg muscles stretch you can work deeper into the posture by gradually straightening the legs.

Breathing: Exhale while bending forward. Try to contract the abdomen in the final position to expel the maximum amount of air from the lungs.

Advanced: Chakra awareness - **Muladhara** - Root Chakra. (See Page 1)

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(4 - Catwari)

Asana Name: Ekapada Prsaranasana

(One foot spread)



Limitations:

1. Knee problems = Give extra support.

Benefits:

1. Massages the abdominal organs, and improves their functioning.
2. Strengthens the leg muscles.
3. Induces balance in the nervous system.

Common Mistakes:

1. Back leg bent at 90* not 45*: To correct, move front leg to 90* and stretch the back leg back, then bring the knee to the ground and stretch back the toes, make the back leg straight, stretch it back, then bend the knee.
2. Front shin over 90*: To correct keep the foot in position and push the back heel away.
3. Feet splaying to the sides.
4. Not bringing the front foot forward enough. Can use hand to help move it further forward.

Technique: Bend the knees so the hands can be placed flat on the ground next to the feet, fingers spread. Kick the Right leg back as far as possible, left shin should be at 90 degrees to the floor. From the right heel to the neck, the body should be at 45 degrees. Toes must be well grounded. Bend the right knee and stretch the toes back. Look up. Right knee and toes should be in line. When armpit is close over the thigh, body temperature is regulated. Keep the arms straight. In the final position, the weight of the body should be supported on both hands.

NOTE: Hands should not move until position 10

Breathing: Inhale while stretching the Right or Left leg back.

Advanced: Chakra awareness - **Ajna** - Third eye. (See Page 1)



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(5 - Pancha)

Asana Name: Dwipada Prsaranasana:

(Both Leg spread)



Limitations:

1. Back problems; don't hold posture for too long.

Benefits:

1. As with Ekapada Prsaranasana
2. Strengthens the back muscles.

Common Mistakes:

1. Back is hanging or hips over lifted = Tighten abdomen and knees.
2. Neck and toe position is bent or loose. Should be straight.
3. Elbows are bent – Straighten.
4. Hands are spread outwards – Fingers should point forward.
5. Fingers are not spread – more stress on the arms.
6. Hands moved from the original position.
7. Shoulders too up or down = Tighten buttocks and lower abdomen. Feel straight from head to toes.

Technique: Bring back toes under (on back leg) and straighten back leg. Without disturbing the hands, contract the abdominal muscles and step the front leg back, bringing both feet together behind. Buttocks slightly tightened. Gaze slightly in front. From head to heel body should be straight. Shoulders should be above the wrists. Straighten arms as much as possible within your own comfortable limitations.

Breathing: Upon drawing second leg back, Exhale completely.

Advanced: Retain breath out after exhalation.

Advanced: Chakra awareness - **Vishuddhi** - Throat Chakra. (See Page 1)

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(6 - Sata)

Asana Name: Sastanga Namaskarasana

(Surrender eight limbs salutation)



Limitations:

1. Neck problems, don't bring forehead to ground.

Benefits:

1. Strengthens abdominal organs.
2. Releases tension in lower back.

Common Mistakes:

1. Body collapses = Tighten buttocks and abdomen.
2. Forehead can't reach the floor = Bring chest forward or drop down with the chin instead.
3. Collapsed toes = Tighten them
4. Elbows splaying out – puts pressure on the chest.

Technique: Pressurize the toes, bring the knees to the floor. Hands by the side of the chest, elbows up. Tighten the abdominal and anus muscles. Toes knees, chest, palms and forehead touch the floor simultaneously. Hips and buttocks are kept lifted.

Note: If you cannot bring your chin to the floor, push back with your arms and arch your buttocks. This movement will then allow you to place your chin on the floor.

Breathing: Natural

Advanced: Continue to hold exhalation out into Bhujangasana. (Next Posture)

Advanced: Chakra Awareness - **Svadishtana** - Solar Plexus Chakra. **(See Page 1)**

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(7 Sapta)

Asana Name: Bhujangasana

(Cobra)



Limitations:

Avoid if:

1. Menstruating.
2. Pregnant.
3. Neck problems – Don't look up.

Benefits:

1. Tones and strengthens the back muscles.

Common Mistakes:

1. Waist is lifted – Weight must be on the pelvis otherwise too much pressure on knees, and stretch in the back is not achieved
2. Releasing the toes before the chest – body will go too far back.
3. Elbows are straightened, chest collapses = bend elbows, expand the chest.
4. Shoulders up by ears = push chest forward and expand.

Technique: Lift the head and chest and push the body forward, then stretch the toes back. Keep the waist on the floor, arch the back and look up. Roll the shoulders back and bend the elbows. Create space between the ears and shoulders.

Breathing: Inhale on forward movement.

Note: Do not over straighten arms. Toes should be flat on the ground. Approximately 20% of the lift is from the arms, the other 80% is from the lower back.

Advanced: Chakra Awareness - **Mulhadara** - Root Chakra. (See Page 1)

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(8 - Asta)

Budarasana:

(Tall Peaked Mountain)

Limitations:

1. Menstruating.
2. Pregnant.
3. High blood pressure.
4. Heart problems.



Benefits:

1. Strengthens the nerves and muscles in the limbs and back.
2. Helps to increase height by stretching muscles and ligaments, enabling growing bones to grow longer.
3. Circulation is stimulated, especially in the upper spine between the shoulder blades.

Common Mistakes:

1. Feet apart - Bring close together. Keep toes in line.
2. Looking up to the Adomen - Draw the gaze to the toes.
3. Forcing the posture - Do not strain.

Technique: Feet together. Take toes under, bend knees and lift the hips back. Pressing into the palms, Straightening the arms. Waist lifts and the heels press down towards the floor. Lengthen the spine. Bring The head and shoulders towards the knees. Do not strain. Finally, take the gaze to the toes.

Breathing: Hold posture and Breathe deeply for 3 – 5 Breaths.

Advanced: Chakra Awareness - **Vishuddhi** - Throat Chakra. (See Page 1)

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(9 - Nava)

See Above

Ekapada Prsaranasana:



(10 - Dasha)

See Above

Pada-Hastasana



(11 - Eakadasha)

See Above

Urdhva-Hastasana



(12 - Dwidasha)

See Above

Tadasana



Note: The above 12 steps within the Sun Salutation routine are to be completed for each Side of the body - I.E 1 X Time for Right (Leg) Side, and 1 x Time for Left (Leg) Side. This is then known as 1 x Complete round of Sun Salutation.

Practice Note: Slowly build the complete rounds up over the weeks and months until approx 12 Rounds.

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Asana Name: Savasana - (Corpse Pose) - Relaxation Pose

Limitations: None

Note: It is important to relax after your sun salutation practice. Therefore, make sure that after your practice you rest in Savasana for approximate time shown below. Making sure you begin by relaxing the body to the floor completely. Having some gentle and relaxing music ready to play during savasana is a really nice way to help you drift off to a deep relaxing and peaceful state. **(See Note Below) ***

For **30** minute practice apply Savasana for approximately **3 – 5 minutes**.

For **60** minute practice apply Savasana for approximately **6 – 7 minutes**.

For **90** minute practice apply Savasana for approximately **8 – 10 minutes**.

Note: * You can download relaxation music, and guided relaxation meditations at this website for free. Click on this link to visit Yoga Meditation Healing Website. **Visit [Yoga Meditation Healing Website](#):**

Relaxation technique:

Lie on your back, stretching the legs out, at least hip distance apart. Gently shake the feet from side to side, and let them fall out and relax to the side. Make sure the body is in a straight line. Palms should be facing up, backs of the hand resting on the floor, fingers relaxed. The first finger should be touching the floor; this ensures that the shoulders roll outwards. Chest should not collapse but should be relaxed. The toes and feet should be rolling out. The legs should be slightly apart and the arms should be away from the side of the body. Close the eyes. Observe the changes in the body, mind and breath. When you inhale, visualise yourself inhaling a peaceful wave of deep relaxation, and when you exhale visualise yourself exhaling all your remaining stress, tension, worries and all remaining negativity. To get up, bring the legs together, stretch the right arm up over the head and place it on the floor, place the left palm on the abdomen, bend the left leg at the knee drawing it up and place the left foot on the floor. Roll onto the right side and wait for a few moments. With your eyes remaining closed, use both hands to support the body, and move into a comfortable sitting position. Rub the palms together to awaken the nervous system and create warmth, cup your palms and cover the eyes. Don't touch the eyeballs. Feel the warmth. Drop the palms and massage the cheeks. Open the eyes and look at the palms. **Download Free Relaxation and Meditation Music - [Click Here](#):**

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