

Surya Namaskar

Sun Salutation

[as practiced in Prana Vashya Yoga]

surya = sun; namaskar = salutation

purpose

Sun salutation is the traditional yoga exercise which is usually performed at the beginning of the asana sequence. The goal is to properly warm-up and mobilize all the main joints within the body. It consists of forward and back bends, stretching as well as strengthening postures.

Besides warming up, its goal is to focus the awareness. For every posture, there is a specific spot we fix the vision to (so-called "dhristi" point)

breath

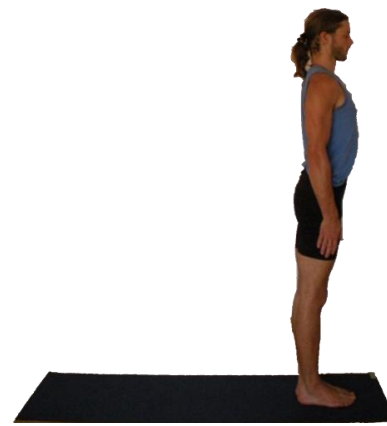
During the practice, we breathe only with the nose utilizing most of the lung capacity. The breath is deep and complete, yet still comfortable. As it develops with the patient and regular practice, the exhale is a bit longer longer than inhale. You can use so-called „ujjaji“ breath during the asana practice.

One sun salutation consists of all the postures (see 1 to 15 below) performed for the right side (in steps 4 and 10 the right leg is lift) **as well as** for the left side (in steps 4 and 10 the left leg is lift). So, basically, one surya namaskar means to perform the sequence below twice – one for right and the second for the left leg. Try to perform 5 sets of sun salutation to properly warm up.

- 1. Initial posture** Stay upright, feet together, knees straight, arms next to your body, tilt the pelvis up and lift the pubic bone a bit (to reduce hyperlordosis).

Take 5 deep breaths (only at the beginning when you do the first surya namaskar).

Dhristi: Look forward to a spot at the floor (in the direction of your nose).



Tadasana

- 2. Inhale** Stretch your arms and the whole body up and lean back to a point where it is comfortable. Hips forward, abdomend under control, knees straight. The neck aligned with the spine, do not look behind.

Dhristi: Look in the direction of your nose (nasika dhristi).



Urdhvasana

3. **Exhale** Bend forward deeply and if possible, place the palms next to your feet (you can bend the knees). Open the chest.

Dhristi: Big toes.



Hasta Padasana

4. **Inhale** Lift the right leg up, keep it straight, toes sharp. Look forward to open the chest and straighten the elbows.

Dhristi: Look forward to the spot on the floor.



Urdhva Prasarita Eka Pada Uttanasana

5. **Breath lock (full lungs / antara kumbhaka)** Place the right leg on the floor including the right knee, open the chest, hips pressing down. (when placing the foot, you can first place the toes and then the instep)

Dhristi: Look forward to the spot on the floor (nasika dhristi).



Eka Padasana

6. **Exhale** Toes on the floor (right foot), straighten the right knee and move the left leg back (legs parallel). Keep the elbows straight, neck aligned with the rest of the spine.

Dhristi: Between your palms.



Dvi Padasana

7. **Breath lock (empty lungs/bahya kumbhaka)** Place the chest, the knees and the forehead on the floor (performing jalandhara bandha). Hips are not on the floor. Elbows bent, kept them next to your body, shoulders moving back (do not squeeze the neck).

Dhristi: Nasika.



Sashtanga

8. **Inhale** Roll the feet and open the chest (push the shoulders down and back), elbows are bent next to your body. Hips on the floor, tilt the pelvis up so the pubic bone is pressing the floor.

Dhristi: Nasika.



Bhujangasana

9. **Exhale** Roll the feet and lift the hips up using the abdomen muscles. Feet are hips distance apart. Straighten both knees and the elbows. Neck is completely relaxed.

Dhristi: between you knees.

Stay in the position for 5 deep breaths:

- with every inhale press the palms, straighten the elbows and elongate the spine
- with every exhale straighten the knees and press the heels to the floor



Bhudarasana

10. **Inhale** Lift the right leg up, keep it straight, toes sharp.,

Dhristi: the same as before.



Eka Pada Bhudarasana

11. **Breath lock (full lungs / antara kumbhaka)** Step with the right leg forward in between the palms. Left foot on the floor (including the left knee). Open the chest, straighten the elbows, press the hips down.

Dhristi: Nasika.



Eka Padasana

12. **Still the same breath lock** Lift the left leg up (you can place it at the toes first), keep it straight, toes sharp. The weight is on the right foot, try to straighten it as well. Look forward to open the chest and straighten the elbows. Do not open the left hip, the pelvis is still facing the floor.

Dhristi: Nasika.



Urdhva Prasarita Eka Pada Uttanasana

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13. **Exhale** Place the left leg down and fold forward.

Dhristi: Big toes.



Pada Hastasana

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14. **Inhale** On your toes, stretch your arms and the torso forward (arms by your ears) and lift the body up still stretching forward, keep the balance by pressing the toes to the floor.

Dhristi: Look forward to the spot at the floor.



Urdhvasana

15. **Exhale**

Place both arms by your sides and the heels on the floor. It is the same posture as the first one.

Dhristi: Look forward to the spot at the floor.



Tadasana

... and then repeat the same sequence for the left leg, which completes one full sun salutation. Do 5 sun salutations before continuing with your asana practice ...

Note: This manual is dedicated for those who practice the Prana Vashya yogasana under the supervision of the qualified teacher (visit www.pranavashya.com for a list of the certified PVY teachers). It is necessary to adjust the asana practice to the physical level of every individual. Consequently, the author of this brochure do not bear any responsibility for possible injuries which could result due to the individual usage without the teacher's supervision.