



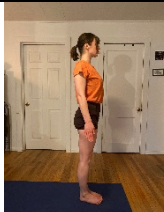

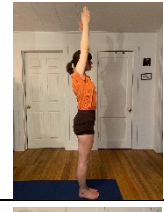
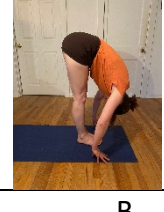


1. ॐ मित्राय नमः। **Aum Mitrāya Namah** | The friend of all
2. ॐ रवये नमः। **Aum Ravaye Namah** | The one who roars
3. ॐ सूर्याय नमः। **Aum Suryāya Namah** | The brilliant one
4. ॐ भानवे नमः। **Aum Bhānave Namah** | The bright one
5. ॐ खगाय नमः। **Aum Khagāya Namah** | The one who moves in the sky
6. ॐ पूष्णे नमः। **Aum Pushne Namah** | The one who nourishes all
7. ॐ हिरण्यगर्भाय नमः। **Aum Hiranyagarbhāya Namah** | The golden source (of the universe)
8. ॐ मरीचये नमः। **Aum Marichaye Namah** | The lord of the dawn
9. ॐ आदित्याय नमः। **Aum Ādityāya Namah** | The son of Aditi
10. ॐ सवित्रे नमः। **Aum Savitre Namah** | The arouser
11. ॐ अर्काय नमः। **Aum Ārkāya Namah** | The one who is fit to be praised
12. ॐ भास्कराय नमः। **Aum Bhāskarāya Namah** | The enlightening one





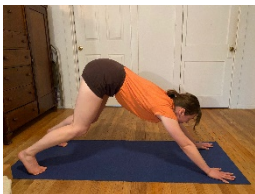
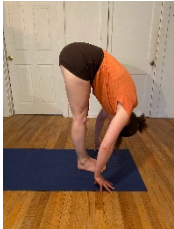

At the end of the 12th salutation say, **Aum Shri Savitru Surya Nārānanāya Namaha**

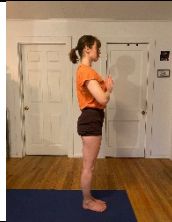
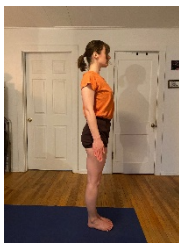
Practice this continuous cycle of linked asanas and repeat the cycle up to 12 times. Gradually increase repetitions (3, 5, 8, 10, and 12). If you are able to do 12 repetitions, say the name first then proceed with the salutation for each of the 12 names of the Sun God. If you can't do 12 repetitions, practice the names of the Sun God first, then do as many repetitions as you see fit. When I was learning, I kept a piece of paper with the 12 names towards the front of my mat. The sequence (**option A**) provides cues for when to inhale and exhale, if doing salutations at a quicker pace.

However, you can do the sequence slower if you'd like. If menstruating, go slowly, skip Chaturanga Dandasana, and step between poses (don't jump). You can also practice with a chair for a gentle yoga experience (**see option B**).

Option A (one of several variations of Surya Namaskara)

**** Start with the invocation to Patanjali ****	
1. Samasthiti (or Tadasana) <ul style="list-style-type: none"> - Stand feet together and grip the knees - Lift the chest and extend arms downwards - Chant the first name of Lord Surya 	
2. Namaskarasana <ul style="list-style-type: none"> - <u>Inhale</u> - Hands in front of sternum - Lift and broaden chest 	
3. Urdhva Hastasana <ul style="list-style-type: none"> - <u>Exhale</u>, release hands - <u>Inhale</u> and stretch arms up - Keep legs firm like Samasthiti 	
4. Uttanasana <ul style="list-style-type: none"> - <u>Exhale</u>, hands to floor or ankles/shins - Descend the torso and lift the backs of the legs 	
5. Adho Mukha Svanasana <ul style="list-style-type: none"> - <u>Inhale</u>, plant the hands and bend the knees (A) - <u>Exhale</u>, jump both feet back or step one at a time back to Adho Mukha Svanasana (B) 	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>A.</p>  </div> <div style="text-align: center;"> <p>B.</p>  </div> </div>

<p>6. Urdhva Mukha Svanasana</p> <ul style="list-style-type: none"> - <u>Inhale</u>, lower hips towards floor (but not on floor) - Shoulders back and lift chest, look upwards <p>* Tops of feet on floor, if possible, or toes under is Ok</p>	
<p>7. Chaturanga Dandasana</p> <ul style="list-style-type: none"> - <u>Exhale</u>, lower chest towards floor and push the thighs and knees up! - Keep the head up and chest/pelvis level <p>* Skip if menstruating</p> <p>* Do your best if not menstruating!</p>	
<p>8. Urdhva Mukha Svanasana</p> <ul style="list-style-type: none"> - <u>Inhale</u>, lower the hips and lift chest upwards - Keep the legs strong and gripped 	
<p>9. Adho Mukha Svanasana</p> <ul style="list-style-type: none"> - <u>Exhale</u>, lift hips and press thighs back 	
<p>10. Uttanasana</p> <ul style="list-style-type: none"> - <u>Inhale</u>, bend knees (A) - <u>Exhale</u>, jump or step feet between hands and straighten the legs and release the head/torso downwards (B) <p>* If you don't quite make the jump, just walk your feet the rest of the way 😊</p>	<p>A. </p> <p>B. </p>
<p>11. Urdhva Hastasana or Urdhva Namaskarasana</p> <ul style="list-style-type: none"> - <u>Inhale</u>, raise the trunk and arms upwards - Stretch upwards through the side ribs - Feet/legs together and strong like Samasthiti/Tadasana 	

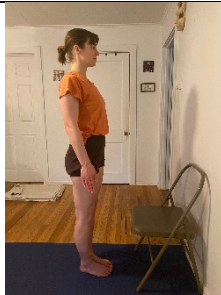
<p>12. Namaskarasana</p> <ul style="list-style-type: none"> - <u>Exhale</u>, bring palms together at the center of the chest - Lift and broaden chest 	
<p>13. Samasthiti (or Tadasana)</p> <ul style="list-style-type: none"> - Stand feet together and grip the knees - Lift the chest and extend arms downwards - Take a few normal breaths - <u>Chant the next name of Lord Surya and repeat the cycle</u> 	

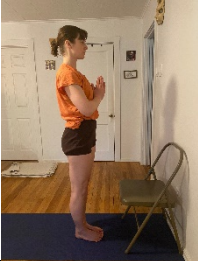
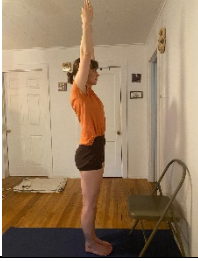




Feel free to add standing poses after Stage 5 (Adho Mukha Svanasana) like Utthita Trikonasana. Step or jump right leg forward for Utthita Trikonasana. Then, return to Stage 5 (Adho Mukha Svanasana). Then, step or jump the left leg forward for Utthita Trikonasana. After doing both sides, return to stage 5 (Adho Mukha Svanasana). Complete the rest of the sun salutation cycle.



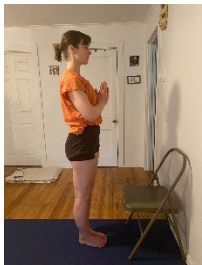
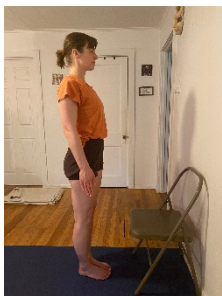
You can do this with almost any of the standing poses (like Utthita Parsvakonasana and/or Ardha Chandrasana).

Option B (practice with a chair)


Do not practice jumps for this sequence, step between poses. Go slowly/mindfully and take 2-4 breaths per pose.



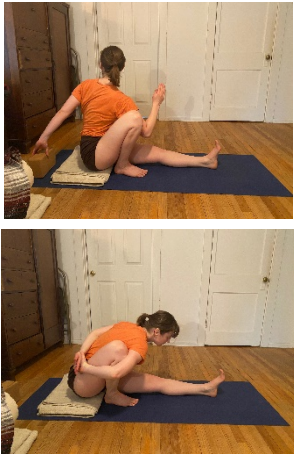

<p>**** Start with the invocation to Patanjali ****</p>	
<p>1. Samasthiti (or Tadasana)</p> <ul style="list-style-type: none"> - Stand facing chair with feet together and grip the knees - Lift the chest and extend arms downwards - Chant the first name of Lord Surya (or all 12 names of Lord Surya if doing less than 12 cycles of salutations) 	

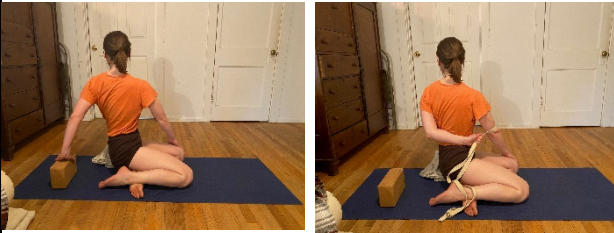
<p>2. Namaskarasana</p> <ul style="list-style-type: none"> - <u>Inhale</u>, Hands in front of sternum - Lift and broaden chest 	
<p>3. Urdhva Hastasana</p> <ul style="list-style-type: none"> - <u>Exhale</u>, release hands - <u>Inhale</u> and stretch arms up - Keep legs firm like Samasthiti 	
<p>4. Uttanasana</p> <ul style="list-style-type: none"> - <u>Exhale</u>, hands to floor or ankles/shins - Descend the torso and lift the backs of the legs 	
<p>5. Adho Mukha Svanasana</p> <ul style="list-style-type: none"> - Hands on sides of chair seat, walk feet back away from chair - <u>Exhale</u>, lift hips and press thighs back 	
<p>6. Urdhva Mukha Svanasana</p> <ul style="list-style-type: none"> - <u>Inhale</u>, walk in a little, lower the hips and lift chest upwards - Keep the legs strong and gripped 	
<p>7. Adho Mukha Svanasana</p> <ul style="list-style-type: none"> - Hands on sides of chair seat, walk feet back away from chair - <u>Exhale</u>, lift hips and press thighs back 	

<p>8. Uttanasana</p> <ul style="list-style-type: none"> - <u>Inhale</u>, walk feet forward under hips - <u>Exhale</u>, carefully take hands to floor or ankles/shins - Descend the torso and lift the backs of the legs 	
<p>9. Urdhva Hastasana</p> <ul style="list-style-type: none"> - <u>Inhale</u> and stretch arms and sides of trunk upwards - Keep legs firm like Samasthiti 	
<p>10. Namaskarasana</p> <ul style="list-style-type: none"> - <u>Inhale</u>, Hands in front of sternum - Lift and broaden chest 	
<p>11. Samasthiti (or Tadasana)</p> <ul style="list-style-type: none"> - Grip the legs and knees, press the thighs back - Lift the chest and extend arms downwards, take some cycles of normal breaths - Chant the next name of Lord Surya and repeat the cycle (or repeat the cycle as many times as you wish) 	




To cool down, practice some forward bending asanas. You will likely feel pretty warmed up! Use belt around the feet, if you cannot reach the sides of the feet with a elongated back and straight legs. Repeat all forward bends, except Paschimottanasana, twice on each side.

<p>1. Paschimottanasana</p> <ul style="list-style-type: none"> - Press the thighs firmly into the ground like Dandasana (staff pose) - Reach the chest forward - Hold for 30 – 60 seconds, breathing normally 	
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<p>2. Janu Sirsasana</p> <ul style="list-style-type: none"> - Press the straight leg thigh firmly into the ground - Extend the chest and sides of trunk over straight leg - Hold for 30 – 60 seconds, breathing normally - Repeat 2X on both sides 	
<p>3. Triangamukhaikapada Paschimottanasana</p> <ul style="list-style-type: none"> - Press the straight leg thigh firmly into the ground - Level hips (blanket under straight leg buttock) - Extend the chest and sides of trunk over straight leg - Hold for 30 – 60 seconds, breathing normally - Repeat 2X on both sides 	
<p>4. Marichyasana I (twist only or with bind)</p> <ul style="list-style-type: none"> - Press the straight leg thigh firmly into the ground - Move the armpit and side ribs on bent knee side in close to thigh - If taking the bind, extend the chest and side ribs towards straight leg foot - Hold for 30 – 60 seconds, breathing normally - Repeat 2X on both sides 	
<p>5. Paschimottanasana (rest head on bolster or blankets)</p> <ul style="list-style-type: none"> - Hold 2 – 5 minutes - Breathing normally 	

<p>6. Bharadvajasana I (with or without bind)</p> <ul style="list-style-type: none"> - Level the hips - Lift and broaden the chest with inhalation - Soften the abdomen to turn the trunk on the exhalation - Repeat 2X on both sides 	
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End here with a quiet Savasana or add your inversion practice before Savasana. Try to keep your breathing soft and quiet for all inversions.

<p>7. Uttanasana</p> <ul style="list-style-type: none"> - Release the head to prepare for Salamba Sirsasana 	
<p>8. Salamba Sirsasana (with or without wall)</p> <ul style="list-style-type: none"> - Pull the dorsal spine inwards - Lift and broaden the chest - Extend from the inner groin to the inner ankles - Hold for 2 – 5 minutes - Rest in Adho Mukha Virasana afterwards for a few breaths 	
<p>9. Salamba Sarvangasana</p> <ul style="list-style-type: none"> - Lift the chest towards the chin - Soften the throat down towards blankets - Extend from inner groin to inner ankle, tailbone in strongly 	

<p>10. Eka Pada and Parsva Eka Pada Sarvangasana (optional)</p> <ul style="list-style-type: none"> - Keep the chest lifted - Keep the hips level - Repeat each pose 2X on each side 	
<p>11. Halasana</p> <ul style="list-style-type: none"> - Lift the hips - Press thighs upward - Lift the chest and soften the throat 	
<p>12. Karnapidasana (optional)</p> <ul style="list-style-type: none"> - Lift the hips - Breathe into the back body 	
<p>13. Savasana</p> <ul style="list-style-type: none"> - Check that your right and left sides are evenly aligned with your midline - Soft, quiet breathing - 10 – 15 minutes 	