

Maharishi Patanjali

The Yog Guru

## *“Surya Namaskar”*

"Vj g'Sun Salutation

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## Surya Namaskar: H Y Sun Salutation

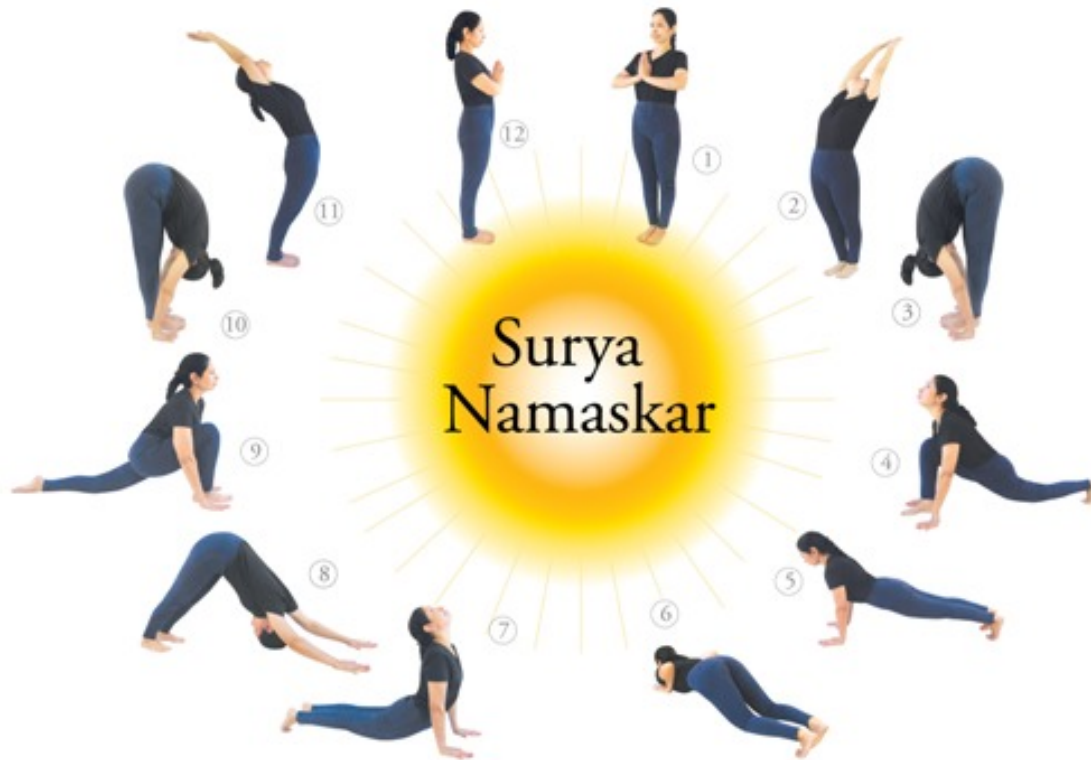
Surya Namaskar. 'S wlem'Rqkpw:

- ##C practice of 12 postures done in a flow
- ##C complete exercise vq'vitalizg all the o clqt'o wuengu'cpf 'xkcn organs"qh'yj g'dqf {
- ##O wnr ng variations oh the classic Surya Namaskar exist.
- Surya Namaskar is a eqo r ngv'gzgtekug. Dg'kv beginners qt seasoned Yogis, children qt elderly, everyone is encouraged to practice Surya Namaskar. Cm[ qi ku love thku practice of Surya Namaskar.
- Surya Namaskar ku also cnuq'a vguvf 'therapy to target xctkqu'ailments and bodily conditions.
- Surya Namaskar is qhvgp done early kp'yj g'morning around sun rise, facing the sun.

## Benefits of Surya Namaskar.

- Incredible vitality and sense of exhilaration, lightness in the body, clarity in the mind, raising of awareness, sharpness of focus, illuminating the intellect, removal of any blocks in the nadis and blood vessels, strengthening of immunity.
- Every part in the body is filled with vitality and Life (prana).
- Round benefits for health and wellness.

## Postures of Surya Namaskar



### **The Surya Namaskar Mantras**

Each of the 12 postures of the Sun Salutation has an associated Mantra that you chant. Check the list of 12 Surya Namaskar Mantras:

1. ॐ मित्राय नमः *aum mitrāya namah*
2. ॐ रवये नमः *aum ravayé namah*
3. ॐ सूर्याय नमः *aum sūryāya namah*
4. ॐ भानवे नमः *aum bhānavé namah*
5. ॐ खगय नमः *aum khagāya namah*
6. ॐ पुष्णे नमः *aum pushné namah*
7. ॐ हिरण्यगर्भाय नमः *aum hiranyagarbhāya namah*
8. ॐ मारिचाये नमः *aum mārīchāyē namah*
9. ॐ आदित्याय नमः *aum ādityāya namah*
10. ॐ सावित्रे नमः *aum sāvitṛé namah*
11. ॐ अर्काय नमः *aum ārkāya namah*
12. ॐ भास्कराय नमः *aum bhāskarāya namah*

Let us conclude with a Prayer on Maharishi Patanjali:

योगेन चित्तस्य, पदेन वाचां  
मलं शरीरस्य च वैद्यकेन ।

yogena cittasya, padena vācāṃ  
malaṃ śarīrasya ca vaidyakena ।

योऽपाकरोत् तं प्रवरं मुनीनां  
पतञ्जलिं प्रोज्जलिर् आनतोऽस्मि ॥

yo'pākarot taṃ pravaraṃ munināṃ  
patañjaliṃ prāñjalir ānato'smi ॥

आबाहु पुरुषाकारं  
शङ्खचक्रासि धारिणम् ।

ābāhu puruṣākāraṃ  
śaṅkhacakrāsi dhāriṇam ।

सहस्र शिरसं श्वेतं  
प्रणमामि पतञ्जलिम् ॥

sahasra śirasam śvetam  
praṇamāmi patañjalim ॥

**Meaning:**

*“I offer reverence to the eminent sage Patañjali, who removed the impurities of the mind through yoga, of speech through grammar, and of the body through medicine.”*

*“The upper body of human shape, holding a conch (divine sound), discuss (wheel of time) and sword (discrimination), I bow down to the white (pure) thousand-headed (elevated awareness), I respectfully bow to Patanjali.”*