













SURYA NAMASKARA

Posture	Posture Name	Breath	Bijaksana mantra	Vedic mantra	Namaskara mantra
	samasthiti with anjali	Inhale AK – chant Exhale Inhale	Om hram	udyannadya mitramahah	mitraya namah
	samasthiti arms raised	AK – chant Exhale	Om hrim	arohannuttaraam divam	ravaye namah
	uttanasana	BK – chant Inhale Exhale	Om hrum	hrudrogam mama surya	suryaya namah
	utkatasana	Inhale Exhale BK – chant Inhale AK - jump	Om hraim	harimananca nasaya	bhanave namah
	caturanga dandasana	Exhale BK – chant Inhale	Om hraum	sukesu me harimanam	khagaya namah
	danda samarpanam (prostrate before Sun)	Exhale BK – chant Inhale	Om hrah	ropanakasu dhadhmasi	pusne namah
	caturanga dandasana	AK – chant Exhale Inhale	Om hram	atho haridra vesume	hiranyagar namah
	urdhvamukha svanasana	AK – chant Exhale	Om hrim	harimananni dhadhmasi	maricaye namah
	adhomukha svanasana	BK – chant Jump	Om hrum	udagadayam adityah	adityaya namah
	utkatasana	Inhale AK – chant Exhale Inhale	Om hraim	visvena sahasa saha	savitre namah
	uttanasana	AK – chant Exhale Inhale	Om hraum	dvisantam mama randhayan	arkaya namah
	samasthiti	Exhale to anjali BK - chant	Om hrah	no aham dvisato ratam	bhaskaraya namah