



Sun Salutation

Surya Namaskara

The Sun Salutation is one of the most well-known and beloved sequences of asanas. It combines dynamic, strength, flexibility, endurance, and concentration.

It is ideally suited for your regular practice at home, as the sequence is clear and its structure easy to follow. Especially in the morning, it is an ideal springboard into the day, energetically welcoming the day in a new light.

The Sun Salutation, with its invigorating and stimulating effects is so comprehensive that it yields a broad list of positive effects.

Here are just a few:

- affects not only a part of the body but the entire organism
- warms up the major muscle groups and activates most joints in your body
- massages the internal organs
- supports digestion
- synchronizes breath and movement
- strengthens the nervous system and the immune system....and more

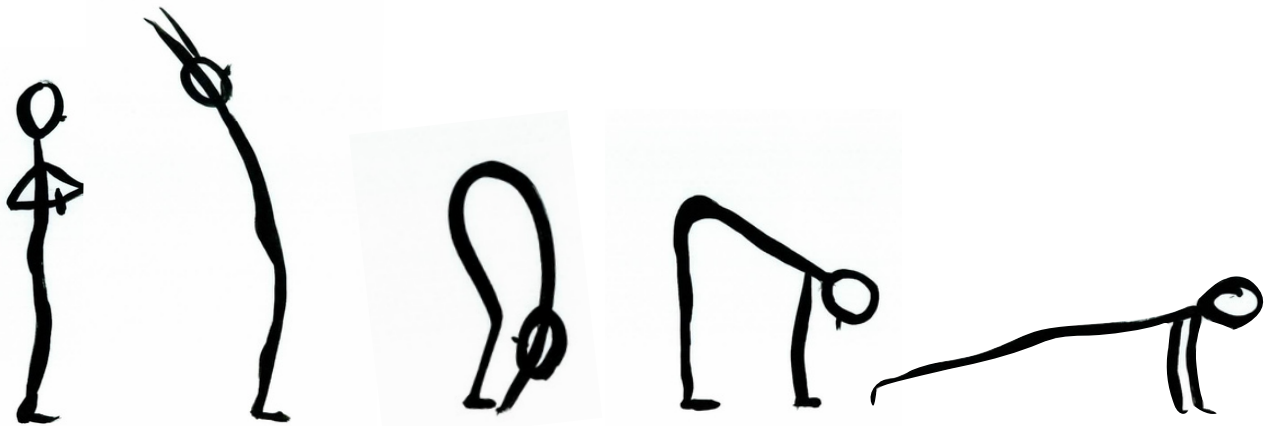
Therefore, it is important to stay fully attentive throughout the sequence and don't switch to autopilot. For this purpose, variations in the Sun Salutation are quite helpful.

• Surya Namaskara A

Try out :) Practice this sun circle in the morning it just takes you 5 min and gives you a magical feeling.



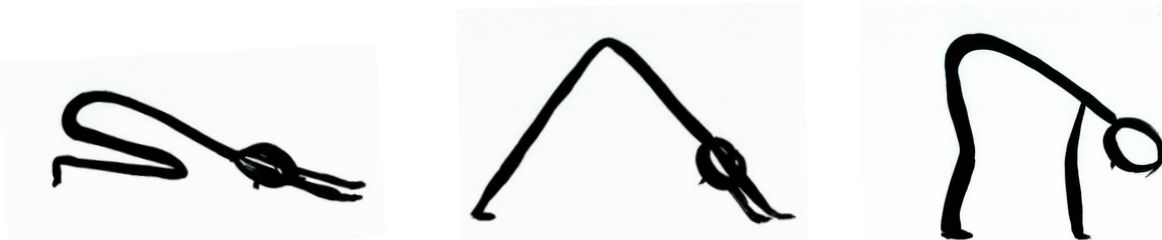
Sun Salutation A



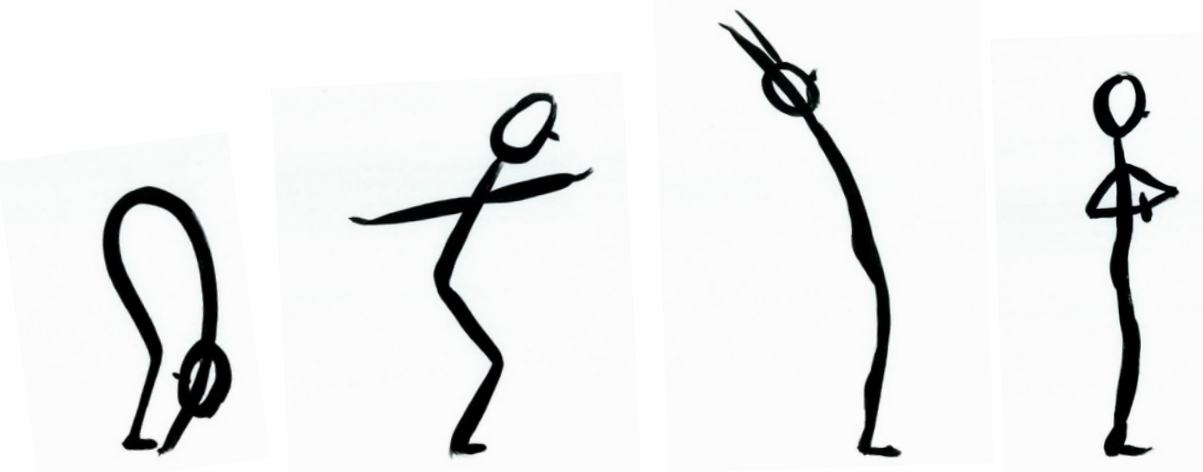
Start Mountain pose - Inhale, open your arms - exhale, forward fold - inhale, halfway lift - exhale, step back into plank - inhale in plank



exhale - down knee, chest and chin - inhale -cobra - exhale forward down



inhale - long child pose - exhale down dog - inhale step forward have way lift



exhale - forward bend - inhale- arms wide back to standing - exhale hands in front of your heard - Namste start second cycle