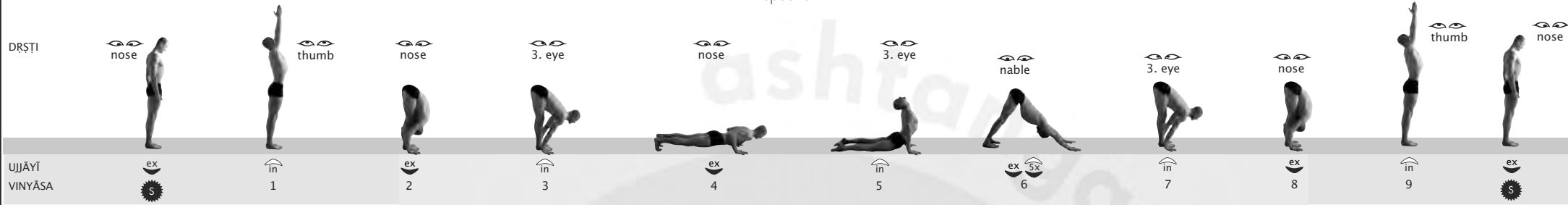


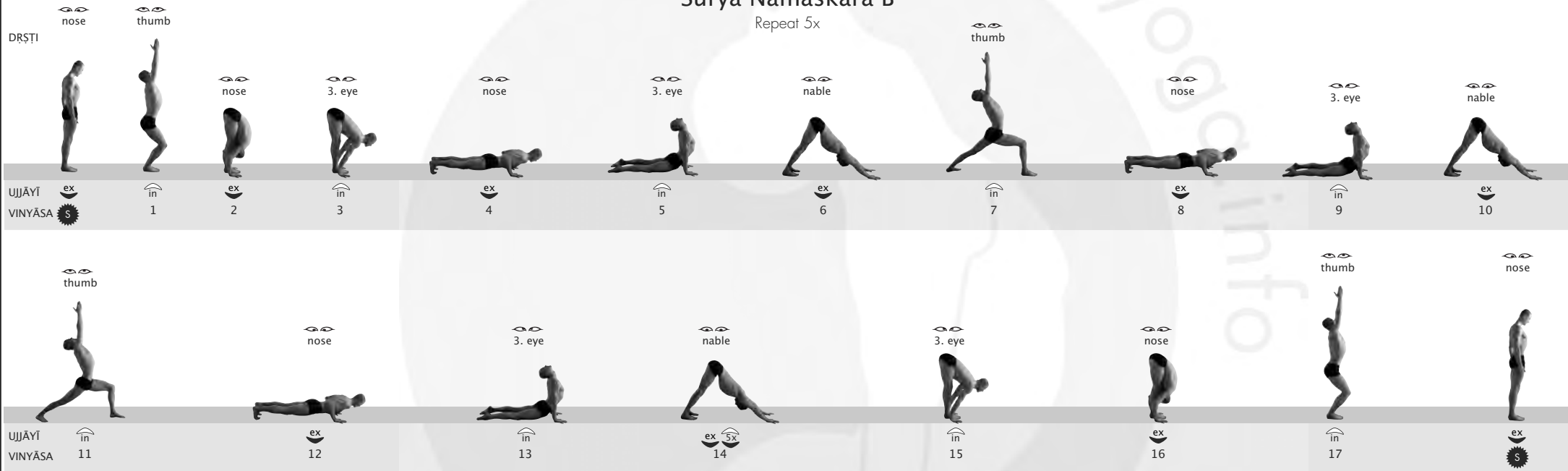
Sūrya Namaskāra A

Repeat 5x



Sūrya Namaskāra B

Repeat 5x



The Sun Salutation (Sūrya Namaskāra) forms the basis of the Aṣṭāṅga Yoga practice. Here the steadiness of breath (Ujjāyī in/out), energy control (Bandha) and concentration (Drṣṭi nose) are established. This creates the powerful flow of a dynamic meditation, where you count the movements (Vinyāsa) like beads on a rosary and stay in certain positions for five breaths (Āsana out 5x).

After the Opening Mantra (see there), three to five rounds of Sūrya Namaskāra A and B can lead directly to a brief Finishing Sequence (see there). This results in a short, yet still complete and balanced practice. Once this has been established, the Fundamental Positions can then be included (see there) in between.

Vinyāsa count in Saṁskṛt:

1 = ekam; 2 = dve; 3 = trīṇi; 4 = catvāri; 5 = pañca; 6 = ṣaṭ; 7 = sapta; 8 = aṣṭau; 9 = nava; 10 = daśa; 11 = ekādaśa; 12 = dvādaśa; 13 = trayodaśa; 14 = caturdaśa; 15 = pañcadaśa; 16 = ṣoḍaśa; 17 = saptadaśa; 18 = aṣṭadaśa; 19 = ekonavimśatiḥ; 20 = vimśatiḥ; 21 = ekāvimśatiḥ; 22 = dvāvimśatiḥ; 23 = trayovimśatiḥ; 24 = caturvimśatiḥ; 25 = pañcavimśatiḥ; 26 = ṣoḍavimśatiḥ; 27 = saptavimśatiḥ; 28 = aṣṭovimśatiḥ

Drṣṭi / point of gaze in Saṁskṛt: nose = nāsāgre; thumb = aṅguṣṭhamadhye; 3. eye = bhrūmadhye; nable = nābīcakre; above = ūrdhva-drṣṭi; hand = hastāgre; foot = pādāyoraṅgre; side = pārśva-drṣṭi

