



सूर्या नमस्कार

Surya Namaskar A (9 vinyasas)

Samastiti



Opening Mantra

Ekam <i>Inhale</i> (Thumbs)	Dve <i>Exhale</i> (Nose)	Trini <i>Inhale</i> (Nose)	Chatvari <i>Exhale</i> (Nose)	Pancha <i>Inhale</i> (Nose or 3rd Eye)	Shat <i>Exhale</i> (Navel)	Sapta <i>Inhale</i> (Nose)	Ashtau <i>Exhale</i> (Nose)	Nava <i>Inhale</i> (Thumbs)
--	---------------------------------------	---	--	---	---	---	--	--

Om

Surya Namaskar B (17 vinyasas)

Vande Gurunam
Caranaravinde
Sandarsita Svatma
Sukhavabodhe
Nishyerase Jangalikayamane
Samsara Halahala Moha-
shantyai



Ekam <i>Inhale</i> (Thumbs)	Dve <i>Exhale</i> (Nose)	Trini <i>Inhale</i> (Nose)	Chatvari <i>Exhale</i> (Nose)	Pancha <i>Inhale</i> (Nose or 3rd Eye)	Shat <i>Exhale</i> (Navel)	Sapta <i>Inhale</i> (Thumbs)	Ashtau <i>Exhale</i> (Nose)	Nava <i>Inhale</i> (Nose)
--	---------------------------------------	---	--	---	---	---	--	--

Abahu Purushakaram
Sankha chakrasi Dharinam
Sahasra Shirasam Svetam
Pranamami Patanjalinam

Om



Dasa <i>Exhale</i> (Navel)	Ekadasa <i>Inhale</i> (Thumbs)	Dvadasa <i>Exhale</i> (Nose)	Trayodasa <i>Inhale</i> (Nose)	Chaturdasa <i>Exhale</i> (Navel)	Panchadasa <i>Inhale</i> (Nose)	Sodasa <i>Exhale</i> (Nose)	Saptadasa <i>Inhale</i> (Thumbs)
---	---	---	---	---	--	--	---