

Surya Namaskarasana: sun salutation

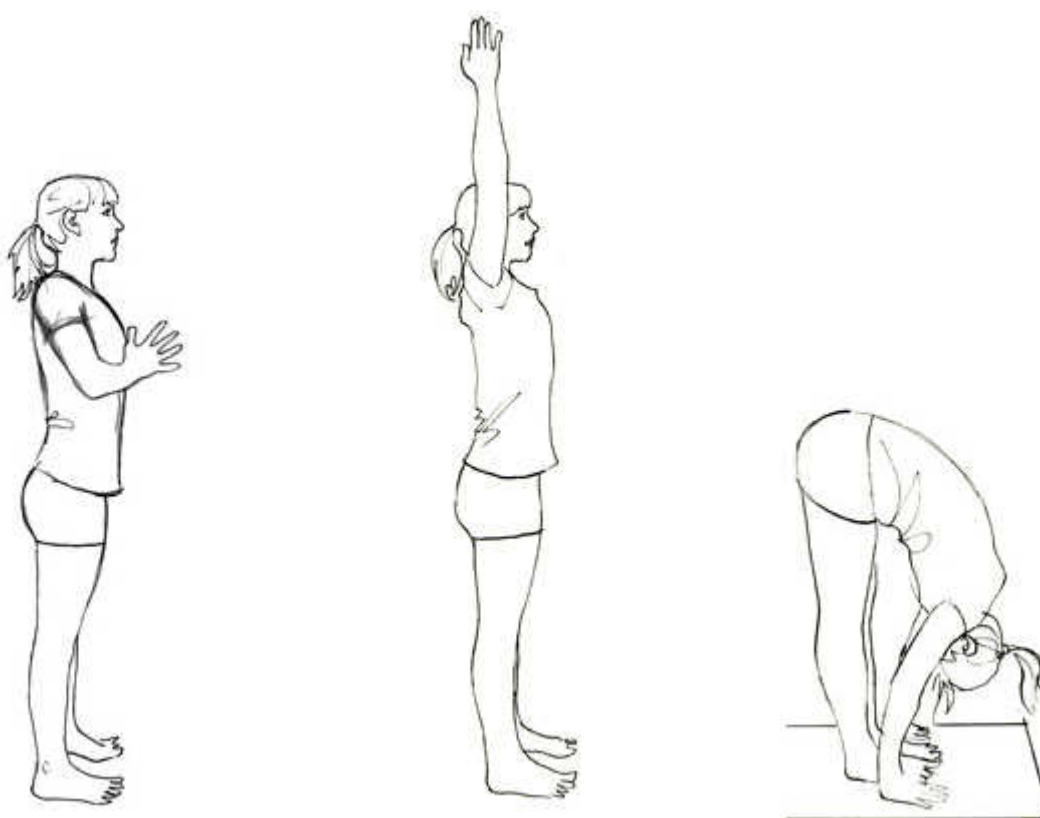
When linked together in this flowing sequence, the mind of the student is kept sharp and coordination is improved, especially when you jump fast. The legs will be agile and light – mercurial even. But they won't be as strong or firm as they are when practiced individually, i.e., when you jump into each pose from Tadasana where they become pranitized by the element of earth.

WATER rules the physiological body, i.e., the energy body, and can be accessed by movement. The element of water gets pranitized in the legs through movement (jumping) where the circulation is increased tremendously. Through fast and successive jumping sequences, air, along with water, is pranitized in the legs, even when jumping from standing pose to standing pose.

Note: Reduce the element of water, and also air, by practicing Virasana or Supta Virasana. The impulse to pace up and down anxiously (a sign of excess Vata–air and ether) is neutralized when the legs are folded up underneath the body.

This flowing sequence, where the emphasis is on rhythm and speed, develops alertness and stamina and brings the whole system to life.

Synchronize your breath with each transition, and allow your gaze to follow the direction of the movement as you move from pose to pose.

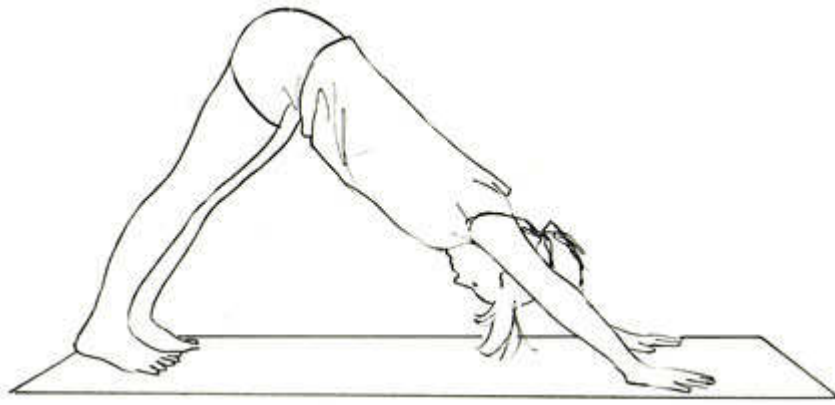


1. Begin in Tadasana establishing equal weight on both feet.

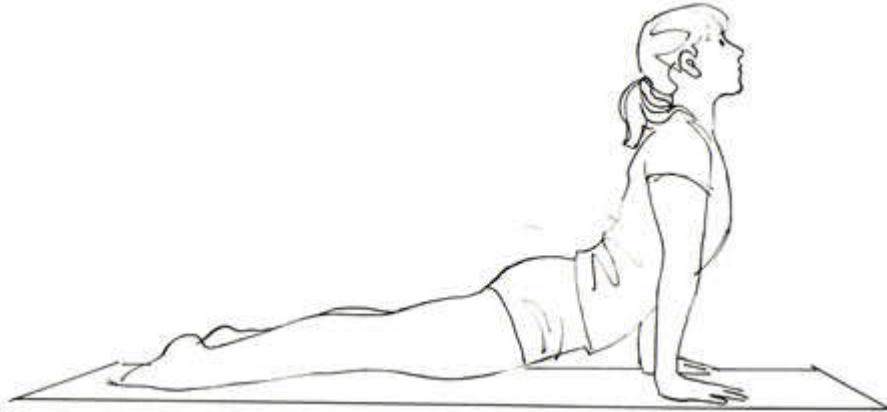
Bring your palms together in front of your sternum bone.

2. Sweep your arms up above your head, simultaneously lifting your chest and allowing your gaze to follow your hands.

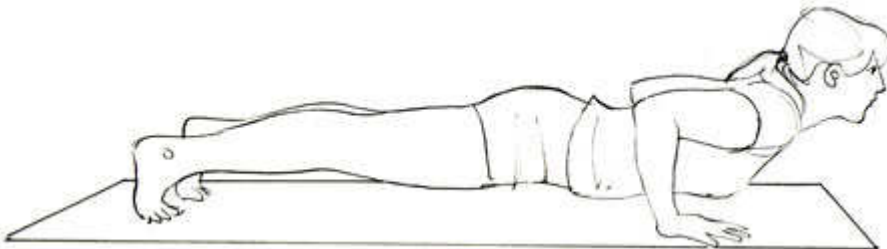
3. Fold forward and down into Uttanasana. Inhale; raise your head, your chest and your gaze.



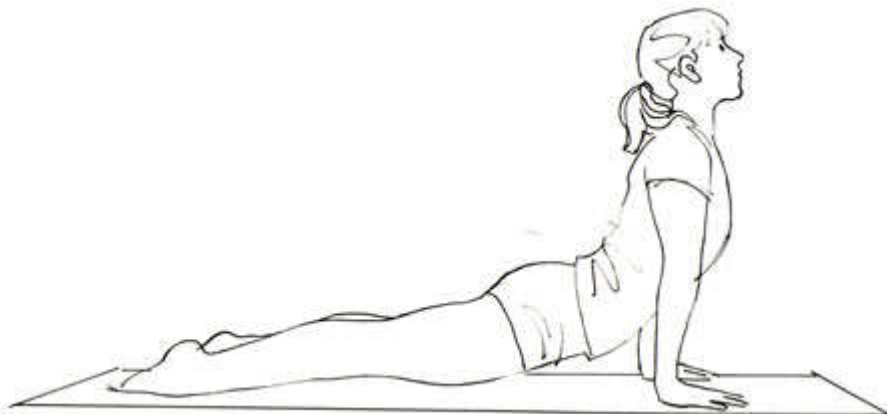
4. Exhale, jump back into Adho Mukha Svanasana. Press your hands into the floor and draw back through your hips.



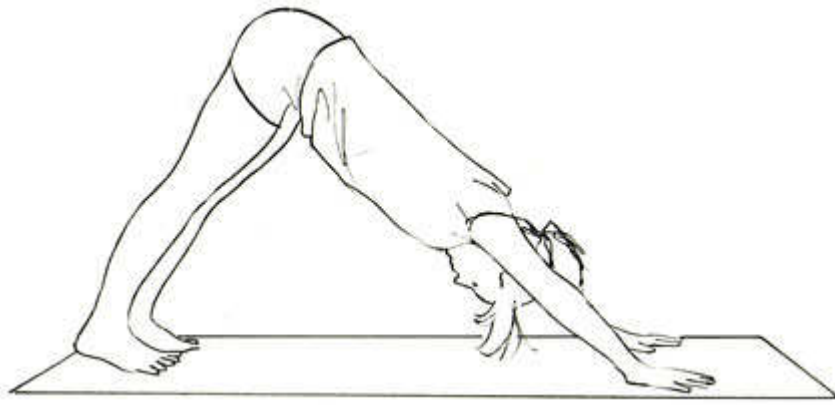
5. Inhale and swing forward and up into Urdhva Mukha Svanasana, hopping or stepping onto the tops of your feet. Press down through your hands and draw your shoulders back.



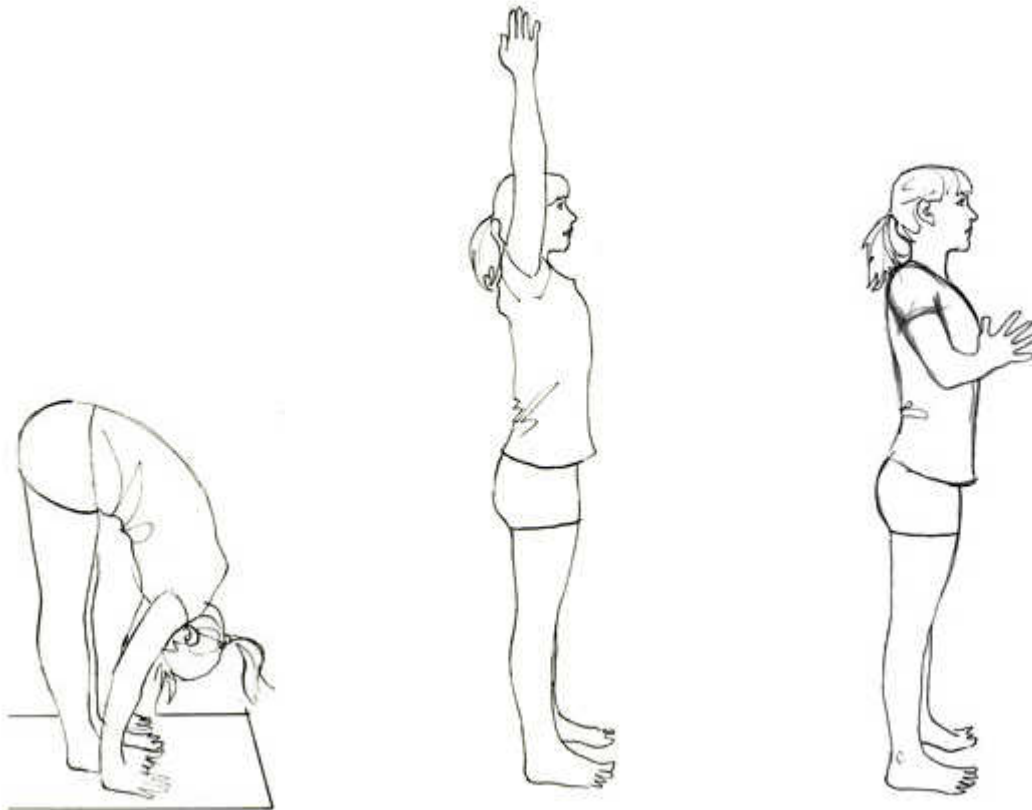
6. Exhale, bend your arms, and hopping back onto your toes, dip down into Chaturanga Dandasana. The upper arms should be parallel to the floor and close to your side ribs. Straighten your legs.



7. Inhale, jump lightly back onto your toes, and repeat Urdhva Mukha Svanasana.



7. Exhale and, swing back into Adho Mukha Svanasana.



8. Inhale and jump forward into Uttanasana.

9. Inhale and returning to an upright position, sweep your arms above your head.

10. End in Tadasana.

PRACTICE NOTE:

Do not practice Surya Namaskara during menstruation or for a few days following menstruation. Do not practice this or any other sequence that involves jumping if you have back or knee injuries or any other medical problem.