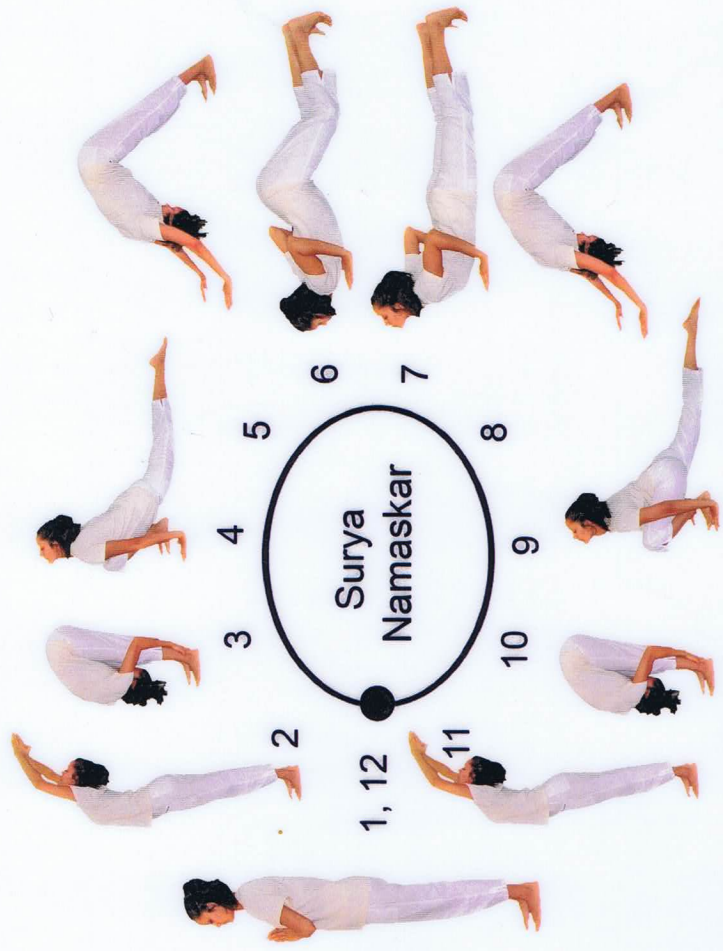


**Surya
Namaskar**



ASANA	BREATHING	CHAKRA	MANTRA	MODALITY	MEANING
1 Pranamāsana	Exhale	Anāhat	Aum Mitrāya Namah	Mitra	Friendship
2 Hasta Uttānāsana	Inhale	Vishuddhi	Aum Ravaye Namah	Ravi	Self Shining
3 Pāda Hastāsana	Exhale	Swādhishthān	Aum Suryāya Namah	Surya	Power Induction
4 Ashwa Sanchālanāsana	Inhale	Ajnā	Aum Bhānave Namah	Bhānu	Illumination
5 Parvatāsana	Exhale	Vishuddhi	Aum Khagāya Namah	Khaga	Lightness
6 Ashtānga Namaskār	Inhale&Exhale	Manipur	Aum Pushne Namah	Pushan	Nourishment
7 Bhujangāsana	Inhale	Swādhishthān	Aum Hiranyagarbhāya Namah	Hiranyagarbha	Golden Light
8 Parvatāsana	Exhale	Vishuddhi	Aum Marichaye Namah	Marichaya	Illusion Elimination
9 Ashwa Sanchālanāsana	Inhale	Ajnā	Aum Ādityāya Namah	Āditya	Energy Source
10 Pāda Hastāsana	Exhale	Swādhishthān	Aum Savitre Namah	Savitra	Creation
11 Hasta Uttānāsana	Inhale	Vishuddhi	Aum Arkāya Namah	Arka	Essence
12 Pranamāsana	Exhale	Anāhat	Aum Bhāskarāya Namah	Bhāskar	Self Realization