

Sun Salutes/Surya Namaskar

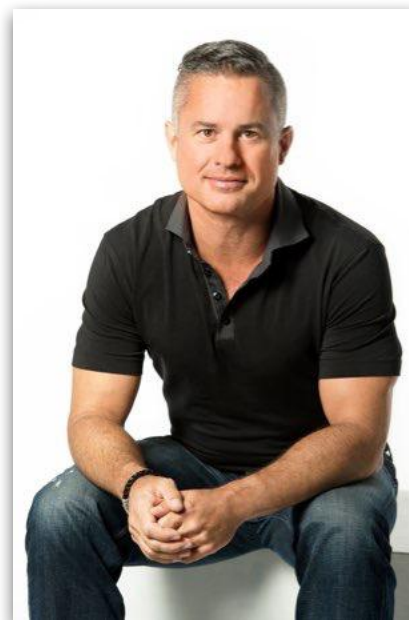
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JOHN THURMAN YOGA

About John

John has been practicing yoga since 2001, and now teaches Ashtanga-inspired, Power and Rocket Yoga classes. John seeks to provide a challenging and fun environment for all levels of students to learn and cultivate their yoga practice. He trained under the internationally recognized yoga teacher Mimi Rieger in her unique Power Yoga-style, but the Iyengar, Restorative, and Vinyasa traditions, along with pranayama and mediation, also influence his practice and teachings. John's extensive physical background includes football, triathlons, weight lifting, high-intensity training, and running. John was a U.S. Army officer for over twenty years and credits yoga for improving both his physical and mental well-being.



Why practice Sun Salutes?



Surya (Sun) Namaskars (Namas=to bow, ka=to do) have been practiced in various forms for thousands of years. The ritual of acknowledging the sun's role in our lives has been woven into many cultures. The particular form of exercise and meditation that is laid out here comes from the Ashtanga tradition. This sequence itself is fairly modern and has its roots in the work of Krishnamacharya in the 1930s. It is often practiced after doing integration work, to wake up the body, as a warm-up to the rest of the practice. You may recognize its cousin, the burpee from a calisthenics practice. By moving the body through a range of motion in a mindful and deliberate way connected with breath, you allow the yoga practitioner to begin to connect the mind back with body as well as build up some heat. These movements have great benefit in

that they increase the body's metabolism and cardio-vascular response. As laid out in this handout with regular practice, they also begin to increase strength and flexibility in the body, cardio-vascular endurance, and body-breath awareness. The beauty of this vinyasa is that it absolutely can be modified to meet the needs of the practitioner by substituting individual asanas (knees-chest-chin for *Chaturanga Dandasana* or baby cobra for up-dog, or puppy for down-dog). Develop your own practice, use Sun Salutes to get a quick workout in while traveling or short on time, and see if you can start to find meditation in this physical movement.

Sun Salutation A - Surya Namaskara A

Start in Mountain/*Tadasana*/Ready/*Samasthiti*

Inhale Upward Salute/*Urdhva Hastasana*

Exhale Forward Fold/*Uttanasana*

Inhale Half-Forward Fold/*Ardha Uttanasana*

Exhale Four-limbed Staff Posture/*Chaturanga Dandasana*

Inhale Upward Facing Dog/*Urdhva Mukha Svanasana*

Exhale Downward Facing Dog/*Adho Mukha Svanasana*

Take a 5 breath rest in Down Dog. Walk/step/jump to top of the mat at the end of the exhale of the 5th breath, inhaling into Half-Forward Fold.

Inhale Half-Forward Fold/*Ardha Uttanasana*

Exhale Forward Fold/*Uttanasana*

Inhale Upward Salute/*Urdhva Hastasana*

Exhale Mountain/*Tadasana*

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Tadasana



Urdhva Hastasana



Uttanasana



Ardha Uttanasana



Chaturanga Dandasana



Urdhva Mukha Svanasana



Adho Mukha Svanasana



Ardha Uttanasana



Uttanasana



Urdhva Hastasana



Tadasana

SUN SALUTATION B - SURYA NAMASKARA B

Start in Mountain/*Tadasana*/Ready/*Samasthiti*

Inhale Fierce/*Ukatasana*

Exhale Forward Fold/*Uttanasana*

Inhale Half-Forward Fold/*Ardha Uttanasana*

Exhale Four-limbed Staff Posture/*Chaturanga Dandasana*

Inhale Upward Facing Dog/*Urdhva Mukha Svanasana*

Exhale Downward Facing Dog/*Adho Mukha Svanasana*

Inhale Warrior 1 -Right Side/*Virabhadrasana A*

Exhale Four-limbed Staff Posture/*Chaturanga Dandasana*

Inhale Upward Facing Dog/*Urdhva Mukha Svanasana*

Exhale Downward Facing Dog/*Adho Mukha Svanasana*

Inhale Warrior 1 -Left Side/*Virabhadrasana A*

Exhale Four-limbed Staff Posture/*Chaturanga Dandasana*

Inhale Upward Facing Dog/*Urdhva Mukha Svanasana*

Exhale Downward Facing Dog/*Adho Mukha Svanasana*

Take a 5 breath rest in Down Dog. Walk/step/jump to top of the mat at the end of the exhale of the 5th breath, inhaling into Half-Forward Fold.

Inhale Half-Forward Fold/*Ardha Uttanasana*

Exhale Forward Fold/*Uttanasana*

Inhale Fierce/*Ukatasana*

Exhale Mountain/*Tadasana*



Tadasana



Utkatasana



Uttanasana



Ardha Uttanasana



Chaturanga Dandasana Urdhva Mukha Svanasana Adho Mukha Svanasana Virabhadrasana A



Chaturanga Dandasana Urdhva Mukha Svanasana Adho Mukha Svanasana Virabhadrasana A



Ardha Uttanasana



Uttanasana



Utkatasana



Tadasana