

The 12 Basic Poses of Surya Namaskaram

1



Hands together in prayer position in front of the heart.

2



Lock the thumbs together, stretch the arms up next to the ears and stretch straight up toward the sky.

3



Bend forward from the hips and reach toward the feet. Try to keep the knees straight.

4



Step back with the left leg, bring the knee down to the floor. Hands stay next to the front foot. Look forward. Watch that you do not lean over to one side.

5



Step back with the right leg, raise the seat up into the air and make an inverted V shape. Look back at the feet. Keep the arms and legs strong.

6



Bring the knees down to the floor, then the chest down between the hands and bring the chin to the floor. The seat is slightly raised up.

7



Slide the body forward, lower the seat and raise the head and chest. Do not press any weight on the hands.

8



Lift the body back up in the inverted V shape. Watch that the hands and feet are in the correct position.

9



Bring the left foot up in between the hands, lower the right knee to the floor and look forward.

10



Bring the right foot up to meet the left. Straighten the knees and hang relaxed like a rag doll.

11



Lock the thumbs together and slowly raise up. Stretch the arms up next to the ears and stretch toward the sky.

12



Bring the palms together in front of the heart.