



- NOTES:-**
1. AVERAGE 30 SECONDS FOR ENTIRE SET.
 2. 10 TO 40 TIMES EVERY MORNING AND/OR EVENING ON EMPTY STOMACH.
 3. IN POSITION 4 AND 11 ALTERNATE BETWEEN LEFT AND RIGHT LEG IN ALTERNATE SETS
 4. IF REQUIRED, TAKE REST TO CATCH UP BREATH AFTER 5 OR MORE SETS

BENEFITS OF SURYANAMASKAR

Suryanamaskar is a Complete Exercise.

Suryanamaskar takes only ten to twenty minutes a day. Suryanamaskar is not limited in its action to any one part of the body; it acts on the organism as a whole.

Suryanamaskar costs nothing; there is no need of burdensome equipment. All you need is a space measuring two square meters. Suryanamaskar tones up the digestive system by the alternate stretching and compression of the abdominal region; it massages the viscera (the liver, stomach, spleen, intestines and kidneys), activates the digestion and gets rid of constipation and dyspepsia.

Suryanamaskar strengthens the abdominal muscles and, by so doing, holds the organs in place. Blood stoppages in the abdominal organs are banished.

Suryanamaskar synchronizes movement with breathing, thoroughly ventilates the lungs, oxygenates the blood and acts as a disinfectant, because it gets rid of the enormous quantity of carbon dioxide and other toxic gases through the respiratory tracts.

Suryanamaskar steps up cardiac activity and the flow of blood throughout the system, which is ideal for the health of the body. It combats hypertension and palpitations and warms the extremities. Suryanamaskar tones up the nervous system by successively stretching and bending the spinal column: it regulates the functions of the sympathetic and para-sympathetic systems and helps to promote, concentration, memory and sleep.

Suryanamaskar allays worries and calms anxiety. The cells of the nerves recuperate more slowly than the others. With regular and assiduous practice, it will gradually restore their normal functions. Suryanamaskar stimulates and normalizes the activity of the endocrine glands – the thyroid in particular – through those movements, which compress the neck.

Suryanamaskar refreshes the skin, so that it takes on a gloss. Toxic products are evacuated through the skin. During the exercise there is slight sweating and some sweat may appear on the skin. The exercise should be continued until a profuse sweat is induced. A few sets bring on sweating, irrigating the skin and improving the texture of the skin.

Suryanamaskar improves the muscle structure throughout the body; neck, shoulders, arms, wrists, back, abdominal wall, as well as the thighs, calves and ankles, without inducing hardening hypertrophy in the muscles. Many forms of backache are easily and effectively held at bay because it strengthens the back.

Suryanamaskar changes the appearance and deportment of the bust in women and girls. The bosom develops normally and becomes firm, regaining any lost elasticity, through stimulation of the glands and strengthening the pectoral muscles. Suryanamaskar controls activity in the uterus and ovaries, suppressing menstrual irregularity with its accompanying pain, and assists in childbirth. Suryanamaskar prevents loss of hair and reduces any tendency to graying. Suryanamaskar counterbalances the unfortunate effects of high-heeled or too tight shoes, belts, collars and other encumbering clothes. It prevents flat feet and strengthens the ankles.

Suryanamaskar is an excellent slimming exercise, without any diet control.

Suryanamaskar gets rid of any folds of fat, especially the surplus round the stomach, on the hip, thighs and on the neck and chin. Suryanamaskar reduces abnormal prominence of the Adam's apple: the neck in the exercise is bent forward, the thyroid region is subjected to a rhythmic pressure. Suryanamaskar eliminates unpleasant body odours since it gets rid of toxins naturally through the skin, lungs, intestines and kidneys. Suryanamaskar increases immunity to disease by strengthening its potential breeding grounds. Suryanamaskar refines the proportions of the human body without causing hypertrophia of the muscles and by reducing excess fat. Suryanamaskar lends grace and ease to the movements and prepares the body for sport of all kinds.

Suryanamaskar receives and maintains a spirit of youthfulness, an asset beyond price. It is wonderful to know that you are ready to face upto life and extract from it all the real joy it has to offer. To sum up, Suryanamaskar produces health and strength physically and mentally and contributes to quality of life.

Work through each position separately for a few days, attempting the easiest ones first. Do not strive for instant perfection. One of Suryanamaskar's main attraction is the constant potential of improvement you can bring to it. Best results are achieved when at least 20 sets are performed each day for a minimum of 5 days per week.

Women should not undertake exercise during the first days of menstruation. Expectant mothers may practice until the beginning of the fifth month: after the birth seek advise from the doctor and gradually reinstate the exercise.

Concentration is absolutely essential and the conscious mind must play an active part in every movement. You must not think of anything else and you should avoid all distractions and interruptions. Maintain an uninterrupted rhythm throughout the succession of salutations. The first ones, especially in the morning, may be slower and less developed, for the muscles will still be sluggish.

After Suryanamaskar everyday, Ardha Matsyendrasan and Savasan are recommended for executive health.

