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SURYA NAMASKAR

A Technique in Solar Vitalisation



1. EXHALE
Om mitraya
namah
om hrām
• Heart centre
Anahata



2. INHALE
Om rayaye
namah
om hrīm
• neck centre
vishuddhi



3. EXHALE DEEPLY
Om Sūryāya
namah
om hrūm
• behind the
genital organs
Swadhistana



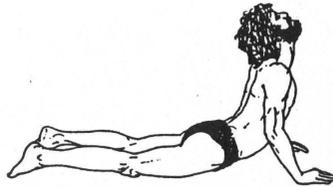
4. INHALE DEEPLY
Om bhānave namah
om hrām
• eyebrow centre
Ajna



5. EXHALE DEEPLY
Om khagāya namah
om hraum
• neck centre
Vishuddhi



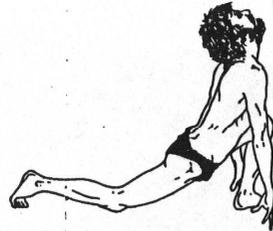
6. RETAIN BREATH OUTSIDE
Om pushpē namah
om hrah
• behind navel
Manipura



7. INHALE DEEPLY
Om hiranyagarbhāya namah
om hrām
• behind the genital organs
Swadhistana



8. EXHALE DEEPLY
Om marīchāye namah
om hrīm
• neck centre
vishuddhi



9. INHALE DEEPLY
Om ādityāya
namah
om hrūm
• eyebrow centre
Ajna



10. EXHALE DEEPLY
Om savitre
namah
om hrām
• behind the genital organs
Swadhistana



11. INHALE
om arkāya
namah
om hraum
• neck centre
Vishuddhi



12. EXHALE
om bhāskarāya
namah
om hrah
• heart centre
Anahata

• denotes concentration on psychic centres (chakras).