



Surya Namaskar & Vinyasa Yoga

Description

The Business of Teaching

In this lesson, we introduce considerations related to the business aspect of yoga teaching.



Purchase

Ujjayi Pranayama

In this lesson, we systematically present Ujjayi Pranayama.



Anatomy of the Spine: Spinal Regions & Vertebrae

In this lesson, we introduce the anatomy of the spine.



Sanskrit: Introduction

In this lesson, we introduce the Sanskrit language.

My Courses

Koshas / Panchamayakosha Model: Introduction & Overview

In this lesson, we introduce the kosha model as a way of describing human beings and mapping our experience of the self.



History



Origins & Sources of Yoga

In this lesson, we introduce the source texts of yoga.

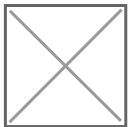


Subtle Body Foundations

More 

1. [Surya Namaskar & Vinyasa Overview](#)
2. [Inspiration & Devotion](#)
3. [Cautions & Alignment](#)
4. [Asana & Sequences](#)
5. [Pose & Sequence Variations](#)
6. [Associated Mantras & Chakras](#)
7. [Chandra Namaskar](#)

Surya Namaskar & Vinyasa Yoga Overview & History



Introduction

Surya Namaskar

SOOR-yah nam-ahs-KAHR

â??suryaâ?• = sun



â??namaskarâ?• = greeting of honor and respect to the divinity present in all

Sun Salutation

Overview

- Surya Namaskar is a particular sequence that features a â??marriage of breath and movement,â?
 - a series of postures and transitions coordinated with a phase of the breath.
- Surya Namaskar includes stretching, strengthening and warming poses that energize, revitalize and â??wake upâ?• the body. (See more in [Benefits](#).)
- The three primary forms of Surya Namaskar are Classical Surya Namaskar (Lunge Salutes), Surya Namaskar A and Surya Namaskar B.
- Each round of the sequences may begin and end with *anjali mudra* (palms together) at the heart. â??This placement is no accident; only the heart can know the truth.â?• (Richard Rosen)

Purpose

- Surya Namaskar is a celebration of the sun, a symbol of spiritual consciousness.
- The practice is designed to awaken oneâ??s â??inner sun,â?• or vital energy, to support spiritual awakening and growth.
- It is known to serve as a complete physical practice. In addition, it is often used for warm up and heat building sections of class.

Surya Namaskar & Vinyasa Yoga Inspiration & Devotion



Lesson Overview

In this lesson, we explore opportunities beyond the physical that may be associated with the practice of *Surya Namaskar*.

Objective

Be prepared to teach techniques that enhance the devotional or inspirational aspects of *Surya Namaskar*.



Description

Describe an opportunity beyond the physical that *Surya Namaskar* provides the practitioner. Provide specific ways to bring a devotional quality to practice. Describe how to incorporate a gratitude practice with *Surya Namaskar* and Vinyasa Yoga. Provide examples of ways to use intention, dedications and affirmations with *Surya Namaskar* and Vinyasa Yoga. Define a *yoga mala*. Explain the significance of the number 108.

[Surya Namaskar & Vinyasa Yoga Cautions & Alignment](#)

<https://yogateachercentral.com/wp-content/uploads/2017/03/urdhva-hastasana-nature-inspire-close->

Effects / Benefits

Full Practice On Its Own

One of the unique aspects of *Surya Namaskar* is that it is said to be a full practice on its own.

- Physically, the practice lengthens and strengthens many of the main muscles in the body.
- It affects the body, mind and soul, and experts deem it a “complete spiritual practice.”

[Surya Namaskar Asana & Sequences](#)

<https://yogateachercentral.com/wp-content/uploads/2017/02/ardha-uttanasna-half-way-lift-shuttersto>

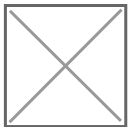
Asana Overview

The following poses are included in the traditional *Surya Namaskar* practices of Classical (Lunge Salutes), *Surya Namaskar A* and *Surya Namaskar B*.

[Surya Namaskar Pose & Sequence Variations](#)



[Surya Namaskar & Chandra Namaskar Associated Mantras & Chakras](#)



Deepening Your Practice with Sound

Initiating movement through sound vibrations can deepen your meditative state, boost your energy, and harmonize your brainwaves and heart rhythm. It's refreshing for modern practitioners to experience the power of sound! Moving with *mantra* is really satisfying, says Rea. Yoga Journal

[Chandra Namaskar \(Moon Salutations\)](#)



https://yogateachercentral.com/wp-content/uploads/2017/03/goddess-pose-anjali-shutterstock_5258

Sanskrit & Naming

Chandra Namaskar

- *chandra* = moon
- *namas* = bow to or adore
- *Moon Salutation*

Author

michaeljoelhall