

## *Surya Namaskar 12 Steps*



**1. Prayer Pose**



**2. Raised arm Pose**



**3. Hand to Foot Pose**



**4. Equestrian Pose**



**5. Mountain Pose**



**6. Ashtanga Namaskara**



**7. Cobra Pose**



**8. Mountain Pose**



**9. Equestrian Pose**



**10. Hand to Foot Pose**



**11. Raised arm Pose**



**12. Prayer Pose**

## Surya Namaskar 12 Steps



1 प्रार्थना  
मुद्रा



2 हस्त-  
उत्तनासना



3 हस्त-  
पादासन



4 अश्व-  
संचालन



5 चतुरंग  
दंडासन



6 अष्टांग  
नमस्कार



7 भुजंगासन



8 पर्वतासन



9 अश्व-  
संचालन



10 हस्त-  
पादासन



11 हस्त-  
उत्तनासना



12 प्रार्थना  
मुद्रा



ॐ मित्राय नमः

om mitrāya namaḥ

*Prostration to Him who is affectionate to all.*



ॐ रवये नमः

om ravaye namaḥ

*Prostration to Him who is the cause for change.*



ॐ सूर्याय नमः

om sūryāya namaḥ

*Prostration to Him who induces activity.*



ॐ भानवे नमः

om bhānave namaḥ

*Prostration to Him who diffuses Light.*



ॐ खगाय नमः

om khagāya namaḥ

*Prostration to Him who moves in the sky.*



ॐ पूष्णे नमः

om pūṣṇe namaḥ

*Prostration to Him who nourishes all.*



ॐ हिरण्यगर्भाय नमः

om hiraṇyagarbhāya namaḥ

*Prostration to Him who contains everything.*



ॐ मरीचये नमः

om marīcaye namaḥ

*Prostration to Him who possesses rays.*



ॐ आदित्याय नमः

om ādityāya namaḥ

*Prostration to Him who is God of gods.*



ॐ सवित्रे नमः

om savitre namaḥ

*Prostration to Him who produces everything.*



ॐ अर्काय नमः

om arkāya namaḥ

*Prostration to Him who is fit to be worshipped.*



ॐ भास्कराय नमः

om bhāskarāya namaḥ

*Prostration to Him who is the cause of lustre.*