



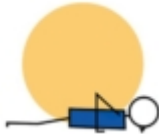









Sun Salutations C

 <p>Mountain</p>	 <p>Standing Forward Fold</p>	 <p>Upward Salute</p>	 <p>Lunge Right Foot Back</p>	 <p>Plank</p>	 <p>Knees Chest Chin</p>
 <p>Upward Facing Dog</p>	 <p>Down Dog</p>	 <p>Lunge (right foot forward)</p>	 <p>Upward Salute</p>	 <p>Forward Bend</p>	 <p>Mountain</p>

Lesson Plan Description:

THEME: Salute To Yourself

The Sanskrit for Sun Salutation is Surya Namaskara, which means "*salute to the sun*". It is the most common sequence of asanas. Its origins lie in India where its large Hindu population worships Surya, the Hindu solar deity. Symbolic Sun Meanings: *life, power, strength, energy, force, clarity, and self*. When practicing Sun Salutations, you are also saluting yourself because practicing it provides you with the energy and clarity.

Mantras

Mountain: Om Ravaye Namaha (The shining One)

Forward Bend: Om Suryaya Namaha (Dispeller of darkness)

Upward Salute: Om Bhaanave Namaha (One who illumines)

Lunge: Om Khagaya Namaha (Who is all-pervading)

Plank: Om Pooshne Namaha (Giver of nourishment)

Knees Chin Chest: Om Hiranyagarbhaaya Namaha (Who has golden colour)

Upward Facing Dog: Om Mareechaye Namaha (The giver of light)

Downward Facing Dog: Om Aadityaaya Namaha (Son of cosmic divine Mother)

Lunge: Om Khagaya Namaha (Who is all-pervading)

Upward Salute: Om Bhaanave Namaha (One who illumines)

Forward Bend: Om Suryaya Namaha (Dispeller of darkness)

Mountain: Om Ravaye Namaha (The shining One)

Audio of the Mantras: <http://youtu.be/p80XF309o-Q>

Warm Up

Sun Salutation C- is a sequence of poses that are used to warm up for a yoga practice. It helps get the body ready for Sun Salutations A or B. -

Benefits

As a moving meditation, Surya Namaskar develops focus and peace of mind. Let the breath guide each movement, and extend the movement over the entire length of each inhalation or exhalation. Your gaze follows the direction of movement, linking your mental energy with your physical action.

Sun Salutation helps focus the mind and heart on gratitude for life.

Sun Salutation is a great way to energise the body first thing in the morning. It improves blood circulation, purifies blood, and strengthens the body. The lungs, digestive system, muscles, and joints will all benefit from practicing Sun Salutations.

Practice At Different Speeds

- Quickly
- Normal pace
- Slowly savouring each pose (Yin Yoga)