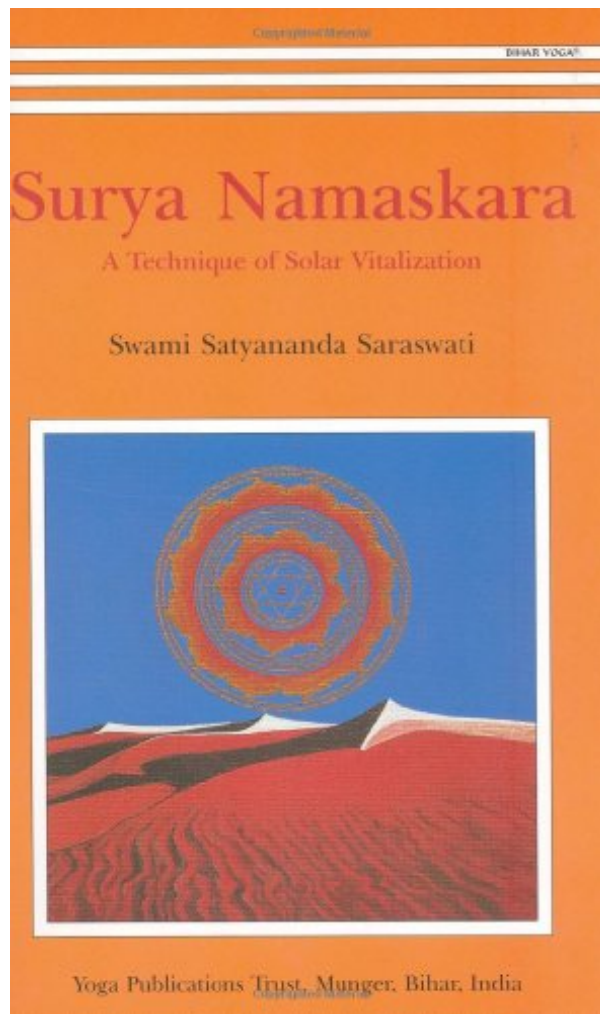


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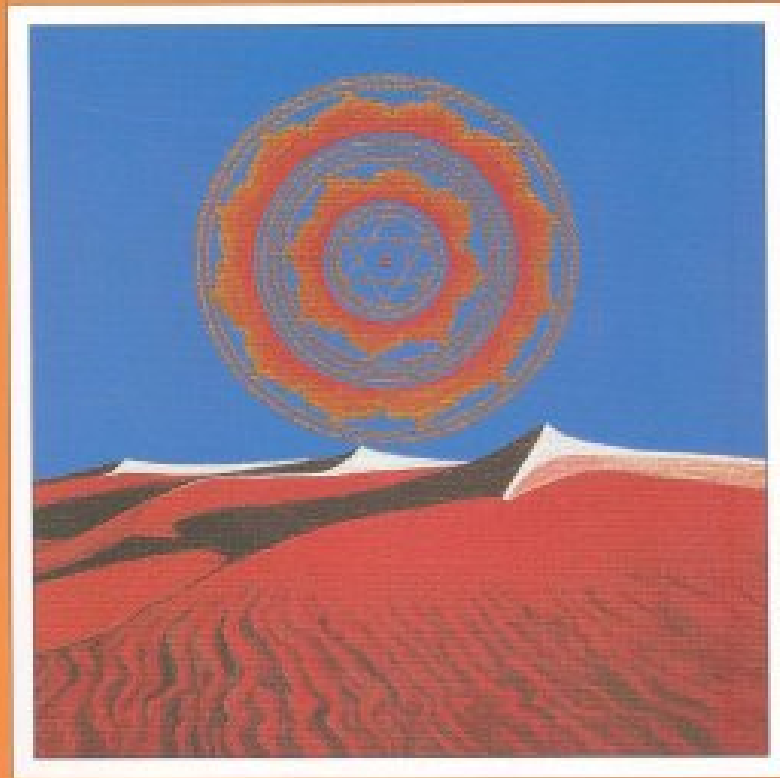
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# Surya Namaskara

A Technique of Solar Vitalization

Swami Satyananda Saraswati



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Swami Satyanada Saraswati is an authority on Yoga and more than anything else the popularity of his other Books Kundalini Tantra,Asana Prana Yama Mudra Bandha, Nawa Yogini Tantra,Prana/Prana Yama/Prana Vidya,Meditation From The Tantras, Sure Ways To Self-Realisation (All the Titles available on Amazon.com)more than prove his prowess in his intense knowledge and the easy to understand language style.

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Surya Namaskara, or salutation to the sun, is an important yogic practice which dates back to the ancient vedic period when the sun was worshipped as a powerful symbol of spiritual consciousness. From its esoteric origins Surya Namaskara has developed into a practice of twelve postures which weave together to generate prana (subtle energy), aiming towards the purification and rejuvenation of the practitioner.

This Book discusses in detail the full practice of Surya Namaskara, including the surya and bija mantras, points of concentration and extended guidelines to aid both practitioners and teachers. An in-depth physiological study of Surya Namaskara supports its present day use as a powerful therapeutic practice.

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He is the Founder of Bihar School of Yoga, the only school of its kind.

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I have been doing yogic practices for a while now and I don't think I have ever experienced anything so powerful. In only three practices I am feeling the cleansing.

I have always seen this technique done but never took to it because of the way it was done, as a workout, and did not understand what its purpose was. Until I read this book. The explanation of this set of asanas and its cause, effects and benefits is wonderful. I like to practice yoga making it more of a workout of connection and breath/body awareness, that is why I use Wai Lana's videos as my instructor. Here Swami Satyananda Saraswati, takes us on a journey of peace and love, for your body and mind. Doing this practice with others videos made me feel helpless as they were moving at a speedy pace. Satyananda slows you down with his calming and highly educational tone. He guides you lovingly through this practice, the asanas, the

meditations, the breathing, etc., so that you may achieve the full benefits of this series. If you own any of the other Bihar School of Yoga books that hosts this practice such as Asana, Pranayama, Mudra, Bandha - I suggest owning a copy of this as it is an indepth text on this program. It is wonderful... Enjoy.

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By Vijay Madhavapeddi

If you can spare only 15 minutes a day for exercise, then you should do Surya Namaskara. And this book is all you will ever need on this topic.

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Then, the physical (health and flexibility) and spiritual (chakras and prana) advantages of doing Surya Namaskara are mentioned clearly.

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Like most other Bihar books this one has solid information on the Sun Salutation. You get an orientation to the sun, the postures, associated mantras, breath coordination, the entire thing. The text is easy enough for a newbie to read and complete enough for the moderate level yogini. Still, you may find it difficult to keep up practice on your own without a yoga teacher so I'd recommend this to someone who has already done some yoga before. Very solid book and enjoyable to read in it's clarity.

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