

Sun Salutation by Brad L. Surette, BA, RMT, RYT

Looking for a great way to begin or end the day?

Try Surya Namaskara.

Surya Namaskara is translated as "salute to the sun" or even more commonly expressed by yoga practitioners as Sun Salutation.

Sun Salutation can awaken you in the morning as well as wind you down in the evening.

Sun Salutation is not one pose but actually a series of twelve poses.

This flow is designed to increase

circulation. In fact, it welcomes blood flow to all 72,000 energy channels in the human body.

Sun Salutation should always be performed on an empty stomach. A two hour gap after eating and before performing the practice is advised.

For best results, Sun Salutation should be practiced early in the morning (before breakfast) or in the evening before retiring to bed. For additional comfort, Sun Salutation should be performed on a yoga mat.

A full round of Sun Salutation is thought to consist of two sets of the twelve poses.

The second set incorporates moving the opposite leg first through the series.

When performing Sun Salutation as demonstrated in the example below, each pose or asana is completed with alternate focused inhaling and exhaling.

Let your breath be your guide as you calm the mind of thought and ease the body of tension. - Brad L. Surette, BA, RMT, RYT



In 2008, Brad L. Surette completed a 200 hour Kripalu Yoga certification with the Atlantic Yoga Teacher Training led by Jody Myers and Silver Frith. Brad is also a Registered Yoga Teacher with Yoga Alliance.