



Yoga Mandir®

Student Upliftment & Rejuvenation through Yoga
(SURYA)

Yoga Ratna Dr. S.N. Omkar



Peace Through Practice



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Doing life-enriching things without fail is “abhyasa”

Not doing life-ditching things is “vairagya”

Discrimination of “abhyasa” and “vairagya” is “brahmacharya”

Dr. S. N. Omkar



Yoga Mandir[®]

**Student Upliftment & Rejuvenation through Yoga
(SURYA)**

Yoga Ratna Dr. S.N. Omkar
Dedicated to my father:



Dr. Subbarama Jois

Student Upliftment & Rejuvenation through YogA
(SURYA)

Dr. S.N.Omkar

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What is Yoga?

Yoga is the art and science of living. In the present day, the awareness about yoga is enormous and a lot of commentaries and other works on yoga are available. However, the works of Sage Patanjali dating back to 250 BC is a very fundamental and comprehensive treatise on yoga. Sage Patanjali's dissertation on yoga is a collection of 196 terse, which are clear, concise, accurate and unambiguous.

The path of practice proposed by Patanjali is a highly structured and scientific methodology called *astanga yoga* i.e., eight fold path. We provide a simple meaning of these as would be applicable to the young students. The eight rungs are:

1. Social discipline (*yama*) consisting of non violence, truth, non stealing, non coveting other's possessions as well as a moderate life style. This is a very important code of conduct, which makes not only a person better but also the society and through that the nation better. In this book, we briefly discuss the practical aspect of these.
2. Personal discipline (*niyama*) encompassing physical and psychological cleanliness, contentment, pursuing the set goals, self awareness and giving up ego. These personal codes are very essential if one wants to enjoy life in the true sense of the term. Hence, in this book we provide the basics of these codes.
3. Posture (*asana*) i.e., maintaining a physically and psychologically stable state of body. From time unknown, a number of postures are being mentioned in the texts. However, students find it useful to practice sun salutation, which is a combination of 7 postures. This book elaborates on this.
4. Art and science of breathing (*pranayama*). This is a subject by itself. However, the breathing methods along with the sun salutation, suggested in this book, should help the students in a big way.
5. Withdrawal of senses (*pratyahara*) so that mind can be ready to get focused. This is very essential for the students to improve their learning. One has to focus on the subject chosen for study at a particular time without getting distracted with various other things happening around him/her.

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6. Concentration (*dharana*) which provides one pointedness to the mind. Once you are able to withdraw the senses going in various directions, you need to focus on the chosen subject.
7. Meditation (*dyana*) providing a state of absorption with an object / thought. Concentrating just for a moment will not do much good. You need to hold on the attention for some good length of time. This is the essence of meditation.
8. Contemplation (*samadhi*) in which the distinction between the seer and the seen disappears. If you are able to get totally absorbed in your study and only the knowledge manifests, then you can experience this state.

These eight rungs of yoga need not be seen as independent steps; instead they are inter-dependent. The practice of all these rungs of yoga is very essential for Student Upliftment and Rejuvenation through YogA (SURYA).

From the Author

Dear Students,

Each and every student should possess a sound health and a good personality. In this book, I have attempted to record basics of Yoga that will help in this direction when put in to practice. I have explained the practice of “Sun Salutation” and have used it as a basis to introduce the social responsibilities and personal discipline which are important in anybody’s life.

‘Yama’ and ‘Niyama’ of the Yoga Sutra of Patanjali is the foundation behind this effort. ‘Yama’ describes the social responsibilities - non-violence, truth, non-stealing, non coveting other’s possessions as well as a moderate life style.

‘Niyama’ describes personal discipline; it encompasses physical and psychological cleanliness, contentment, pursuing the set goals, self awareness and giving up ego. These ‘Yama’ and ‘Niyama’ have been aptly explained with each posture of the Sun Salutation.

May the good health and happiness be yours with the practice of the Sun Salutation.

Students having medical problems are advised to consult their doctors before practicing sun salutation.

I am highly grateful to the revered Sri Siddeshwara Swamiji for his blessings. I am grateful to my respected Guruji Padmabhushana Dr.B.K.S.lyengar. Thanks are due to Mr. N. R. Subramanyam, Mr. Madhukara, Mr. Prasanna, Mr. N.M. Sivakumar who helped getting this book ready. I respectfully thank my mother Smt. T. N. Nagamma. My great debt is to my wife Vanishri. I also thank my daughter Sahana.

I am dedicating this book to my respectful father late Dr. Subbarama Jois who served as a teacher.

Dr. S. N. Omkar

Sun Salutation

Sun salutation is a part of yoga. It consists of a sequence of postures done with synchronized breathing. The practice of few cycles of sun salutation is known to help in maintaining good health and vigor. Also it is very much aerobic and invigorates the body and the mind.

Many metals when combined appropriately and in right proportion yield an alloy, which has better properties. Best of orchestra is a harmonious combination of various instruments. Likewise, a sequence of postures when performed in synchronization with breathing becomes sun salutation. This sequence consists of 10 postures performed in a contiguous, conscious, graceful flow. As the rays of the sun reaches every part of the globe, these sequence of postures ensures that the internal energy reaches every part of the body. Hence the name “Sun salutation”. It is in general good for most people. Sun salutation does not need any gadgets and can be done in a limited frame of time and space.

Suryanamaskar (Sun Salutation) is a sure and safe way of getting rid of obesity, which has direct bearing on hypertension, diabetes etc. However, one has to practice with patience and perseverance. Remember, nothing comes for free (No free lunch theorem).

Suryanamaskar or sun salutation is an excellent yogic method to improve the efficiency of lungs and heart. It has a deep impact on metabolism and helps one to keep fit in a safe way.

Suryanamaskar (sun salutation) is a complete body-mind program. It reaches most muscles and bones of our body. It helps the complete musculo-skeletal system. It also helps to keep the mind calm and focused.

Suryanamaskar (sun salutation) is a result of experience and wisdom of many great practitioners. The sequences designed are very scientific. Practice of this alone can be a panacea for a host of problems.

First, let us learn sun salutation posture-by-posture and then practice as a sequence.

We do not just learn the postures - with each posture, we also learn a principle to be followed in life. These principles are essentially the social tenets and personal discipline codes as enunciated by sage Patanjali.

1. ahimsa - Nonviolence:

- * Not committing violence is nonviolence.
- * Do not cause physical or mental suffering to anyone.
- * Becoming angry is nothing but violence self-imposed. Therefore, do not get angry.
- * May your talk be pleasant; may it not hurt others.
- * Show respect towards your parents, teachers and elders. Be polite in your behaviour.
- * Wish good to everybody.
- * Do not blame anything; do not hate anybody.
- * Love all and hate none.
- * May we become embodiment of nonviolence, free from hatred and salute the world with a smile.

The first posture of Surya Namaskara, *namaskarasana* - posture of salutation, aptly signifies this.

1. Namaskarasana



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1. Join the heels and big toes and stand erect. Stretch the toes and firmly place both the feet on the floor.
 - a) If the thighs are locking with each other, spread both the feet about 2-3 inches apart.
 - b) The inner edges of the feet should be parallel to each other.
2. Pull both the knee caps, tighten the thigh muscles and roll them slightly inward.
 - a) The four corners at the back of the knee should be kept as much apart as possible.
 - b) The heels and the soles, the inner and the outer edges of both the feet should experience even weight.
3. Squeeze the hip muscles inward and tuck the tail bone into the body.
4. Contract the abdominal muscles slightly and lift the navel up. Lift the chest upwards and forward.
5. Torso, neck and head should be held firmly in a straight line. Look forward with deep and slow breathing.
6. Flex the elbows and join both palms as in salutation
 - a) Do not lift the shoulders up; keep them at the same level.
 - b) The forearms should be parallel to the floor.
 - c) Join the fingers, press both the palms firmly with the back of thumb touching the sternum (centre of the chest)
7. Stay for 10-20 seconds with deep slow breathing and then relax.

Focus:

Watch the expansion and contraction of the rib cage with every inhalation and exhalation.

Purpose:

Heels, knees, hips, spine and the shoulder joints get rejuvenated in this posture. The posture provides good alignment for the complete body.

2. satya - Truth

- * Do not lie.
- * Do not deceive.
- * Talk the truth; talk not the untruth.
- * Learn with perseverance and patience - do not copy from others in the examination.
- * Truth is the greatest wealth.
- * Let us welcome the truth which is attributed such a high value by lifting the folded palms high up.

Second posture of Surya Namaskara, *urdhvasana*, signifies this.

2. Urdhvasana



1. Stand in namaskarasana.
2. With a slow and deep inhalation, stretch both hands upwards and look up.
 - a) Stretch the upper and lower arms.
 - b) Firmly press the base of the palm and all the fingers.
3. With a slow exhalation bend back from the waist along with the arms and the head.
 - a) Arms and legs should be held straight.
 - b) Do not tilt to a side.
 - c) The pressure on the feet should not vary.
 - d) In particular, eyes, tongue and throat should be kept relaxed.
 - e) Line of sight should be towards the palm.
 - f) Never hold the breath.
4. Well open the shoulders and the chest; bend back to a comfortable level.
5. Stay for 10-20 seconds with deep slow breathing.
6. Slowly come up as you inhale and relax.

Focus:

Feel the pressure on the foot. Become aware of the stretch in the anterior (front) portion of the trunk with every inhalation and exhalation.

Purpose:

The posture provides good backward bending for the entire spinal column. It also helps the arms and the shoulder complex.

3. *asteya* - Non-stealing

- * *steya* means stealing; *asteya* is non-stealing.
- * Do not yearn for things that are not yours.
- * Copying from others in examinations is equivalent to stealing. Therefore, do not copy in examinations.
- * Study with persistence.
- * Not longing for others' belongings is the aim of non-stealing. Being proud about what you have is also the idea of *asteya* (non-stealing).
- * Non-stealing enhances your ability to work better. Keeping hand and head closer to the ground of hard work is the essence of non-stealing.

The third posture of Surya Namaskara, *uttanasana* symbolises this philosophy.

3. Uttanasana



1. Get into posture 1, *namaskarasana*. Inhale, stretch both arms up
 - a) Arms and legs straight
 - b) Look forward.
2. Separate both the palms such that the distance between them is equal to the shoulder width, with the palms facing forward.
3. With an exhalation, bend forward.
 - a) Bend from the hips so that the low back does not hunch.
 - b) Ensure to pull both the knee caps, tighten the thigh muscles and roll them slightly inward.
 - c) Keep both palms on the floor by the side of the corresponding foot such that the fingers are in line with the toes. Middle finger should point forward.
 - d) Elbows can be bent; relax the neck.
 - e) Maintain even pressure on the entire feet.
4. In an attempt to keep the palms on the floor, do not:
 - a) Create undue stress at the low back,
 - b) Bend the knees,
 - c) Squeeze the abdominal area,
 - d) Tighten the neck muscles.

5. Stay for 20-30 seconds with slow and deep breathing.
6. Inhale as you come up and relax.

Modified Uttanasana



Hunching the low back will cause undue and undesirable stress. Keep the thigh muscles tight and stretched. Bend more from the hips. Keep the spinal column straight and bend forward treating the spine as an integral unit. There should be no folding in the abdominal region and breathing should not be disturbed or constrained. To begin with, palms need not be placed on the floor. Forward bending should be done carefully to ensure that the low back is not hurt. For this one must learn to bend forward from the hips keeping the legs straight. In this process, one must educate the muscular and neural system to keep the spinal column straight and recruit the hamstring muscles (back of the thigh) and hip muscles properly. Gradually learn to place the palms on the floor.

Focus:

Do not create any compression in the trunk; feel the involvement of the thigh and the hip muscles in bending forward.

Purpose:

The posture helps the muscles in the lower back and hip complex. The shoulder blades also get a good movement.

4. brahmacharya - Self-restraint

- * Leading a moderate lifestyle is the principle of *brahmacharya*
- * Eat healthy food. Eat healthily.
- * Eat not non-nutritious food. Eat not to satiate your tongue. Eat only when you are hungry.
- * Do not watch the television in excess. Changing the television channels may be addictive.
- * Do not get addicted to computer games and internet games.
- * Do not smoke; do not drink unhealthy stimulants; do not consume illicit drugs.
- * Have restraint on the organs of perception - the eyes, the ears, the nose, the tongue and the skin.
- * Restraining the senses does not mean turning away from responsibility.
- * Do not do anything in excess; this applies to sleep and play as well.
- * Knowing where to place the foot firm and where to withdraw is the essence of *brahmacharya*.

Fourth posture of Surya Namaskara, *eka-pada prasaranasana*, signifies this principle.

4. Eka Pada Prasaranasana



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1. Perform posture 3, *uttanasana*. If this is difficult, perform the modified *uttanasana*.
2. If you cannot completely place the palms on the floor, bend the knees and then keep the palms on the floor with middle finger in the same line as the toes.
 - a) Middle fingers should point forward.
 - b) Distance between the palms should equal the shoulder width.
3. Keep the palms firmly pressed on the floor. Flex the left knee and as you exhale stretch the right leg backward.
 - a) Right leg should be stretched with correct orientation, i.e., the hip, thigh, knee and the foot should all be in the same straight line.
 - b) Rest the right knee on the floor and place the top of the foot on the floor with toes pointed out.
 - c) The gap between the left thigh and the calf muscle should be as minimum as possible.
 - d) Press the entire left foot firmly.
5. Well open the shoulders keeping the arms stretched. Lift the chest and navel up and look forward.
6. Stay with slow deep breathing for 20-30 seconds.
7. Take the right leg forward and switch side.
8. As you exhale, come back to posture 3 and then to posture 1, and relax

Focus:

Feel the stretch in the hips, back and the thigh. On the right thigh, the quadriceps muscle (front of the thigh) gets the stretch, while on the left leg the hamstring muscles (back of the thigh) gets the stretch.

Purpose:

This posture is good for the hip flexors and the thigh muscles. The stiffness at the root of the spinal column is relieved. The foot and ankle also stand to gain.

5. aparigraha - Non-covetousness

- * Amassing things that are not necessary and beyond necessity is covetousness - *parigraha*. Not doing this is non-covetousness, *aparigraha*.
- * Do not accumulate things that are not necessary for you.
- * Even the necessary things should not be stored in excess.
- * Share what you have with others and create a balanced society.
- * Do not be possessive of everything.
- * Wish good to all life forms.
- * Do not waste food.

aparigraha - non-covetousness can be best seen in four-legged animals.

The fifth posture of Surya Namaskara, *dvi-pada prasaranasana*, where you stand on four supports with your back held parallel to the ground, epitomizes this principle.

5. Dwipada Prasaranasana



1. Perform posture 4, *eka pada prasaranasana*.
2. As you exhale fold the toes of the right foot inward and move the left leg also back.
 - a) Keep both the legs straight.
 - b) Position the left foot by the side of the right.

3. Pull the knee caps; tighten the thigh muscles. Keep both the arms straight.
 - a) Arms should be perpendicular to the floor
 - b) Ideally elbows should face each other
 - c) Spinal column parallel to the floor
 - d) The base of the toes to the heels should be perpendicular to the floor
5. Keep the shoulders and hips in balance and stay for 20-30 seconds with slow deep breathing.
6. Slowly descend and then relax.

Focus:

Notice that the spinal column is like a suspension bridge in this posture rather than like a tent pole in our standing and sitting posture.

Purpose:

The wrist and the foot are highly benefited. The arms also get good strength.

6. shoucha - Cleanliness

- * Being clean physically and mentally is cleanliness.
- * Wake up daily before the sunrise.
- * Brush your teeth cleanly; wash your face with cold water.
- * Clear your bowels; bathe everyday.
- * Sit with the eyes closed for at least five minutes and pray within.
- * Be pleasant and silent while consuming food.
- * Be friendly with everybody.
- * Do not curse anybody.
- * Surrender to the supreme with the four supports of simplicity, humanity, humbleness and politeness.

The sixth posture of Surya Namaskara, *chaduranga dandasana* exemplifies this.

6. Chaduranga Dandasana



1. Lie down on your chest. Keep the palms below the shoulders.
2. Fold the toes in, straighten the legs and raise the knee, hip and trunk off the floor.
 - a) Keep the elbows closer to the trunk.
 - b) Press the palms firmly.
3. The neck, trunk and the legs should be in the same plane parallel to the ground.
 - a) Pull the knee caps and tighten the thigh muscles.
 - b) Keep the neck relaxed.
 - c) The base of the toes to the heel should be perpendicular to the floor.
4. Stay for 20-30 seconds with slow and deep breathing.
5. Slowly descend and relax.

Focus:

Keep the spinal column parallel to the floor. Sensitize the abdominal cavity to breathing.

Purpose:

The elbows and shoulders are strengthened. The wrist and foot are also benefited.

7. santosha - Contentment

- * Being satisfied with what you have is contentment.
- * Do not crib or crave about beautiful things others' may have.
- * Buy things only if necessary. Do not possess things just because others' have them too.
- * Do not get attracted towards crafty advertisements that appear in newspapers and televisions.

Scare away the unwanted attractions like a hooded serpent.

bhujangasana - The serpent posture - seventh in the Surya Namaskara sequence, signifies this.

7. Bhujangasana



1. Lie down on your chest. Keep the palms by the side of the rib cage.
2. As you exhale,
 - a) Straighten the hands, raise the trunk up and bend backwards.
 - b) Take the hips down.
 - c) Stretch the foot with toes pointing backwards.
3. Well open the shoulders, thrust the chest up and forward.

- a) Keep the legs straight.
 - b) Keep the arms straight and perpendicular to the floor.
 - c) The scapulae should move inward and closer to each other.
4. Lift the neck up, stretch it backwards and look up.
 5. Relax the eyes, nose, throat and the jaws.
 6. Stay in the posture for 20-30 seconds with slow deep breathing.
 7. Slowly come down and relax.

Focus:

Feel the expansion of the chest cavity and the stretch in the abdominal cavity. Feel the expansion and contraction of the chest as you inhale and exhale.

Purpose:

This posture is very useful for the complete spinal column. The shoulder complex also gets well nourished. The elbows and wrist are also benefited.

Note: If you have difficulty performing the posture, you can flex the elbows so that the amount of backward bending gets reduced.

8. tapas - Penance

- * Having a right goal, and striving to reach the goal with persistence, perseverance is *tapas*.
- * Be tenacious at your study, and practice to do well in the examinations.
- * Participate in extra-curricular activities. For example, yoga, music, arts, sports, etc.
- * There is no equivalent to practice and perseverance.
- * Accomplishment can be attained in any field if you are equipped with a focused mind, a firm foundation of practice and persistence.

adho-mukha shvanasana - a posture where the hands and the legs are held firmly in place like the practice and perseverance of an achiever is the eighth posture of Surya Namaskara.

8. Adhomukha Swanasana



1. Sit on your knees and the palms (all-fours). Keep the knees hip-width apart and the palms shoulder-width apart.
2. Spread the fingers, align the middle finger forward and press the palms.
3. As you exhale, lift the hips up and move the head down.
 - a) Increase the height of the posture by raising the hips up.
 - b) Stretch the entire spine and move the head towards the floor.
 - c) Thrust the centre of the chest towards the knee.
4. Press both palms firmly and straighten both arms.
 - a) Do not flex the elbows.
 - b) Lift the scapulae upwards along the arms.
5. Straighten both legs.
 - a) Pull the knee caps and press the heel to the floor.
 - b) Activate the thigh muscles by stretching the spine from the hips.
6. Relax the neck muscles.
7. Stay for 20-30 seconds with slow deep breathing.
8. Slowly descend and relax.

Focus:

As you inhale feel the expansion of the abdominal cavity and as you exhale contract the same little more than normal.

Purpose:

This posture is highly beneficial for the spinal column, arms and the legs. The chest and abdominal cavities not only experience a good stretch but also an inversion of blood flow.

9. svadhyaya - Self-awareness

- * Knowing one self is self-awareness.
- * Know your body anatomy and its functions.
- * Have an inclination to understand the mind.
- * Have an inclination to know about the primal energy, also called as the soul.
- * Read the books that aid in your personality development. Listen to the learned ones.
- * Have an inclination to gain the information that helps in developing your mind.
- * More often than not, information media such as the internet, books, mobile phones, and televisions are full of programmes that are harmful to one's development. You should be selective about the information you seek.
- * Being thoughtful about where to take your step and where not to is very important.

Representative of this principle is the ninth posture of Surya Namaskara, *eka-pada prasaranasana*.

9. Eka-pada Prasaranasana



This posture is similar to 4th posture

10. Ishvara pranidhana - Giving up the ego

- * Performing your job with dedication, not being attached to the results is the principle of *Ishvara pranidhana*.
- * The summary of the principle is - giving up the ego.
- * Being freed from the attitude that you are the doer is *Ishvara pranidhana*.
- * We tend to think of the result while doing the work. This unnecessarily causes worry and stresses us mentally. Job can be well done when one is not conscious about the results.
- * There is a saying in Sufism:
'Do good; then forget it'. This is also *Ishvara pranidhana*.
- * Submitting everything to the supreme, after performing the job, without having attachment to the results is *Ishvara pranidhana*.







The tenth posture of Surya Namaskara, *uttanasana*, signifies this.

10 . Uttanasana








This posture is similar to the 3rd posture.

These are the postures that are encountered in Sun Salutation. Now let us look at the sequence in which these postures are combined along with the breathing pattern.

No.	Photo	Method	Remarks
I		<p>Stay with slow deep inhalation and exhalation.</p>	<p>Start with a pleasant state of mind.</p>
II		<p>Inhale stretch both hands upward, exhale and bend back.</p>	<p>Avoid excessive bending.</p>
III		<p>Inhale come up; exhale bend forward; inhale.</p>	<p>You can perform modified forward bend. Remember - how you bend is more important than how much you bend.</p>
IV		<p>Exhale, stretch right leg back; inhale.</p>	<p>Watch the movement at the hip. For all odd numbered cycles take right leg back and for all even numbered cycles take the left leg back.</p>
V		<p>Exhale take the left leg also back ; inhale.</p>	<p>Observe the loading on the wrist and shoulders.</p>
VI		<p>Exhale, flex the elbows and slowly descend down ; inhale.</p>	<p>Watch the loading on the elbow & change in the direction of loading at the wrist.</p>

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VII		<p>Exhale, rest the knee on the floor and bend back; inhale.</p>	<p>Watch the complete trunk.</p>
VIII		<p>Exhale, raise the hips up and stretch the spine downward; inhale-exhale-inhale.</p>	<p>Feel the stretch in the arms and the legs.</p>
IX		<p>Exhale, take the right leg forward to assume the posture similar to posture IV; inhale.</p>	<p>Similar to posture IV For all even numbered cycles take the right leg forward and for all odd numbered cycles take the left leg forward.</p>
X		<p>Exhale, take the other leg forward to assume posture III.</p>	<p>Same as posture III.</p>
XI		<p>As you inhale, come to posture I.</p>	<p>Same as posture I.</p>

Note:

- To begin with, practice the sequence of postures slowly.
- Initially, practice each posture individually and then get into the sequence.
- The postures should be performed with proper breathing coordination.
- Start with 12 cycles of Sun Salutation. Gradually increase the number to reach at least 48 cycles.
- Increase the number of cycles based on practice and your overall feel. Some practitioners practice as much as 108 cycles every day.
- Move slowly from one posture to the next. Do not hurry through the postures.
- Relax in shavasana after the practice.

SURYA is a programme conducted as a service by Yoga Mandir Trust®. The main objectives of this programme are to inculcate moral values in students and to impart holistic health.

OBJECTIVES OF THE PROGRAM:

To educate the students about their social responsibilities

To inculcate personal discipline

To teach few basic postures that helps them to be fit

To create awareness about healthy breathing

To teach techniques for attention & concentration

To inculcate ways to experience an unalloyed bliss

To promote healthy habits

To develop good citizens

To help them to cope with competition in life

To face life better

To learn efficiently



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Yoga consultant, National Cricket Academy

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Has conducted more than 1500 Yoga programmes in Udaya and Zee-Kannada channels
Principal Research Scientist, Aerospace Engineering, Indian Institute of Science.

This book by Dr. S. N. Omkar is a compilation of Yoga practices that are essential for a holistic health. For the benefit of the student community, Yoga Mandira has brought out this book and is distributing it at free of cost. I wish students make full use of the book and develop into responsible citizens.



Anil Kumble

President – Yoga Mandir
Member of Indian Cricket Team

The book by Dr. S. N. Omkar is really very beneficial for the student community. The practice of Sun Salutation and the moral values given in this book, beyond any doubt, helps each and every student in transforming into a healthy and responsible citizen. We are please to know that the Yoga Mandir Trust is distributing this book at free of cost. Please make use of the book for a healthy and prosperous future.



Rahul Dravid

Member of Indian Cricket Team



Sachin Tendulkar

Member of Indian Cricket Team