



Surya Namaskar

Benefits of Sun Salutation



Pranamasana or Prayer Pose

- ❖ Establishes a sense of grounding and centering
- ❖ Calms the mind
- ❖ Invokes a feeling of gratitude and humility
- ❖ Promotes focus
- ❖ Cultivates mindfulness and awareness
- ❖ Enhances concentration



Hasta Uttanasana or Raised Arms Pose

- ❖ Stretches the abdomen and chest
- ❖ Improves flexibility in the spine and shoulders
- ❖ Promotes digestion
- ❖ Alleviates mild backaches and discomfort
- ❖ Improves posture
- ❖ Energizes and uplifts mood and reduces stress



Padahasthasana or Standing Forward Bend Pose

- Stretches the spine and hamstrings
- Promotes blood flow to the brain
- Calms the mind and nervous system
- Relieves stress and tension in the neck and shoulders
- Aids in digestion
- Grounds your energy introspection
- Fosters a sense of introspection



Ashwa Sanchalanasana or Lunge Pose

- ❖ Strengthens the quadriceps and glutes
- ❖ Engages the core muscles, fostering stability
- ❖ Stretches and opens the hip flexors
- ❖ Enhances flexibility in the hip joint
- ❖ Challenges balance, promoting concentration
- ❖ Develops a sense of focus and mental steadiness



Dandasana or Plank Pose

- Strengthens the core, shoulders, and arms
- Tones the abdominal muscles and improves posture
- Challenges the entire body, building physical stamina and endurance
- Improves mental focus and concentration



Ashtanga Namaskar or Eight-Limbed Pose

- ❖ Enhances spinal flexibility
- ❖ Tones the muscles of the shoulders, arms and legs
- ❖ Balances the flow of energy in the body
- ❖ Promotes a sense of equilibrium and stability
- ❖ Fosters mental clarity and focus
- ❖ Deepens breath and enhances lung capacity
- ❖ Promotes a sense of vitality and rejuvenation



Bhujangasana or Cobra Pose

- Strengthens and flexes the spine
- Tones the buttocks and helps relieve back pain
- Expands the chest, activating the heart chakra
- Promotes feelings of openness and compassion
- Enhances lung capacity and deepens breath
- Stimulates the organs in the abdomen



Adho Mukha Svanasana or Downward Facing Dog

- ❖ Full-Body Stretch
- ❖ Stretches and lengthens the entire spine
- ❖ Enhances arm and shoulder strength
- ❖ Builds endurance in the upper body
- ❖ Relieves tension in the spine
- ❖ Energizes the body while calming the mind
- ❖ Improves focus and concentration

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