

# Yoga Education Teacher Training

2024

Module 1: Week 12

Surya Namaskar

Eight Types



ॐ ॐ ॐ  
श्री गुरुभ्यो नमः हरिः ॐ

Om Om Om  
Sri Gurubhyo Namah Harih Om

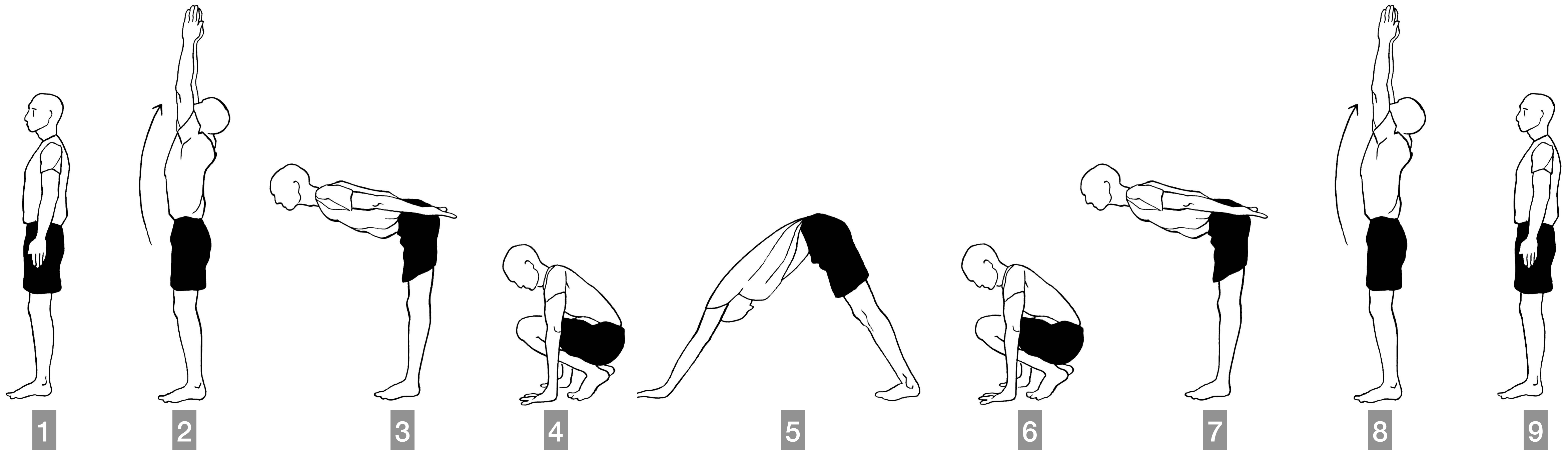
Salutations to the Gurus!

ॐ सह नाववतु ।  
सह नौ भुनक्तु ।  
सह वीर्यं करवावहै ।  
तेजस्वि नावधीतमस्तु मा विद्विषावहै ।  
ॐ शान्तिः शान्तिः शान्तिः ॥

oṃ saha nāvavatu saha nau bhunaktu  
saha vīryaṃ karavāvahai  
tejasvi nāvadhītam astu mā vidviṣāvahai  
oṃ śāntiḥ śāntiḥ śāntiḥ

May that Brahman protect us together. May it nourish us together. May we both gain great vitality. May our learning be brilliant. May we never argue. Om peace, peace, peace.

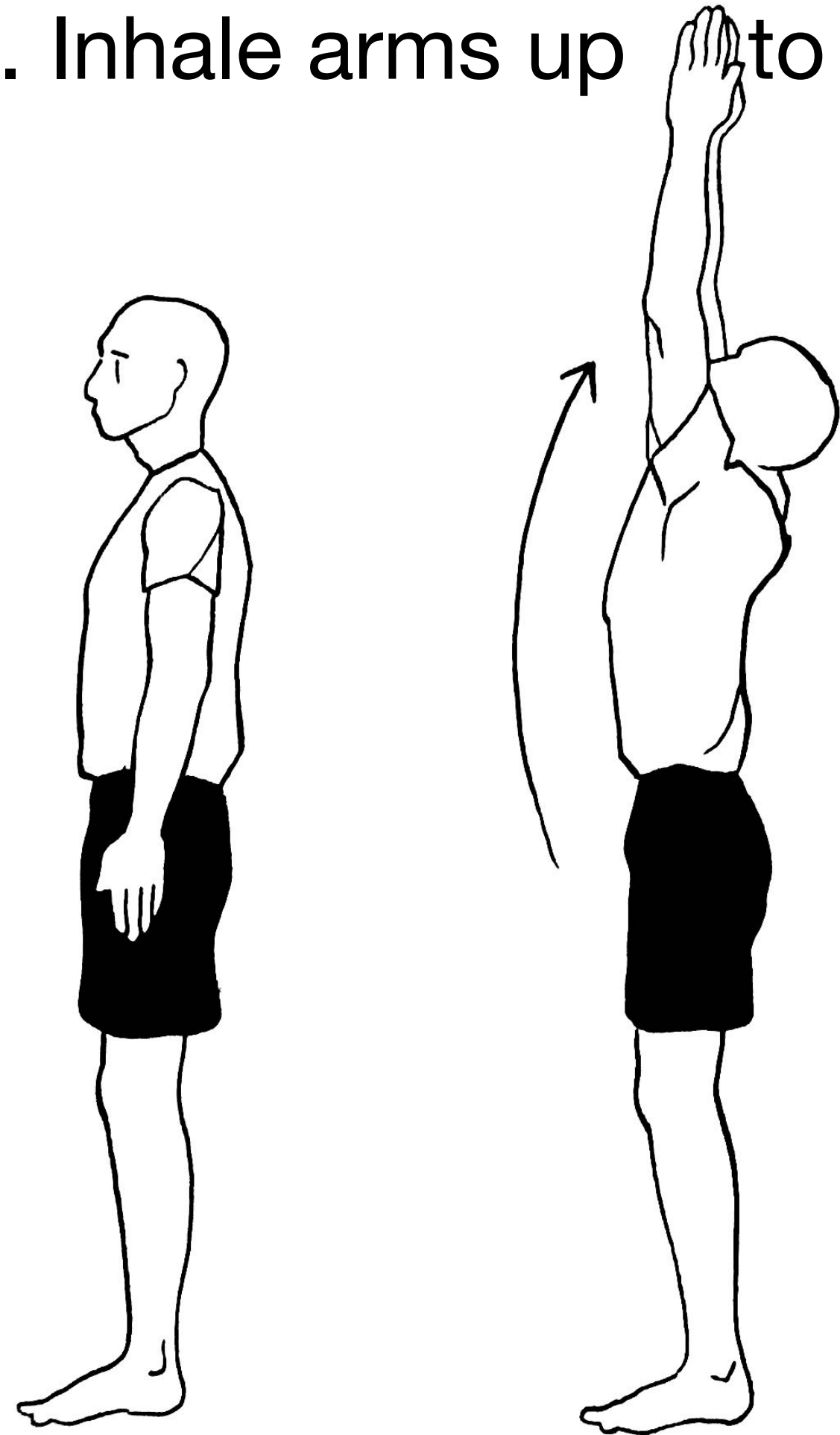
# Surya Namaskar Type 1



# Surya Namaskar Type 1

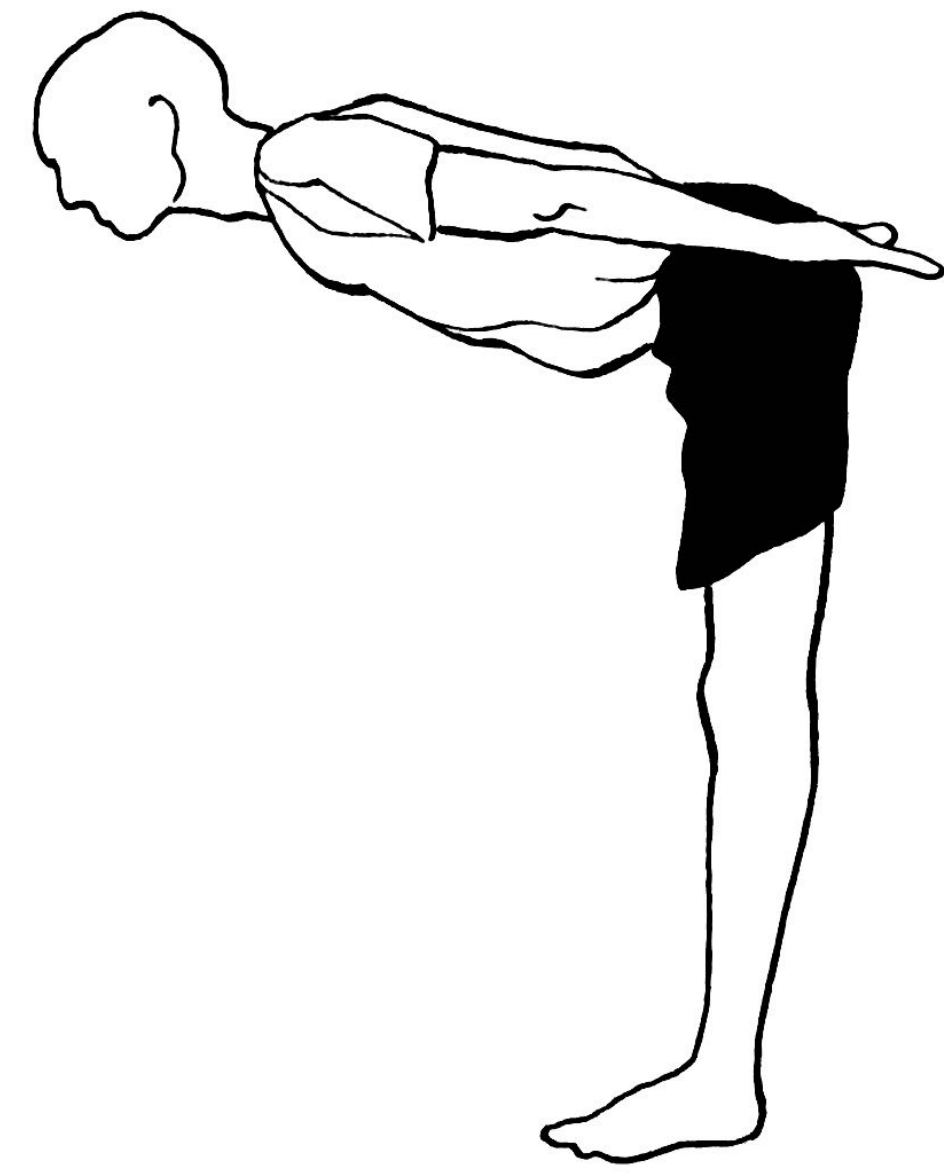
1. Samasthiti

2. Inhale arms up to urdhva hastasana



samasthiti

urdhva hastasana

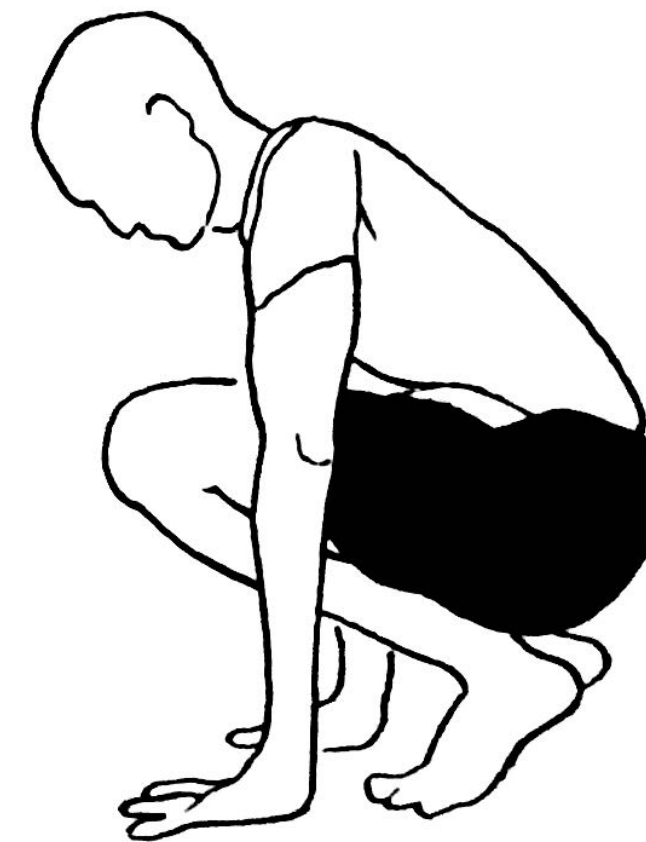


ardha uttanasana

3. Exhale to ardha uttanasana

4. Inhale squat on toes

5. Exhale step or jump to adho mukha svanasana and breathe 5 times



adho mukha svanasana

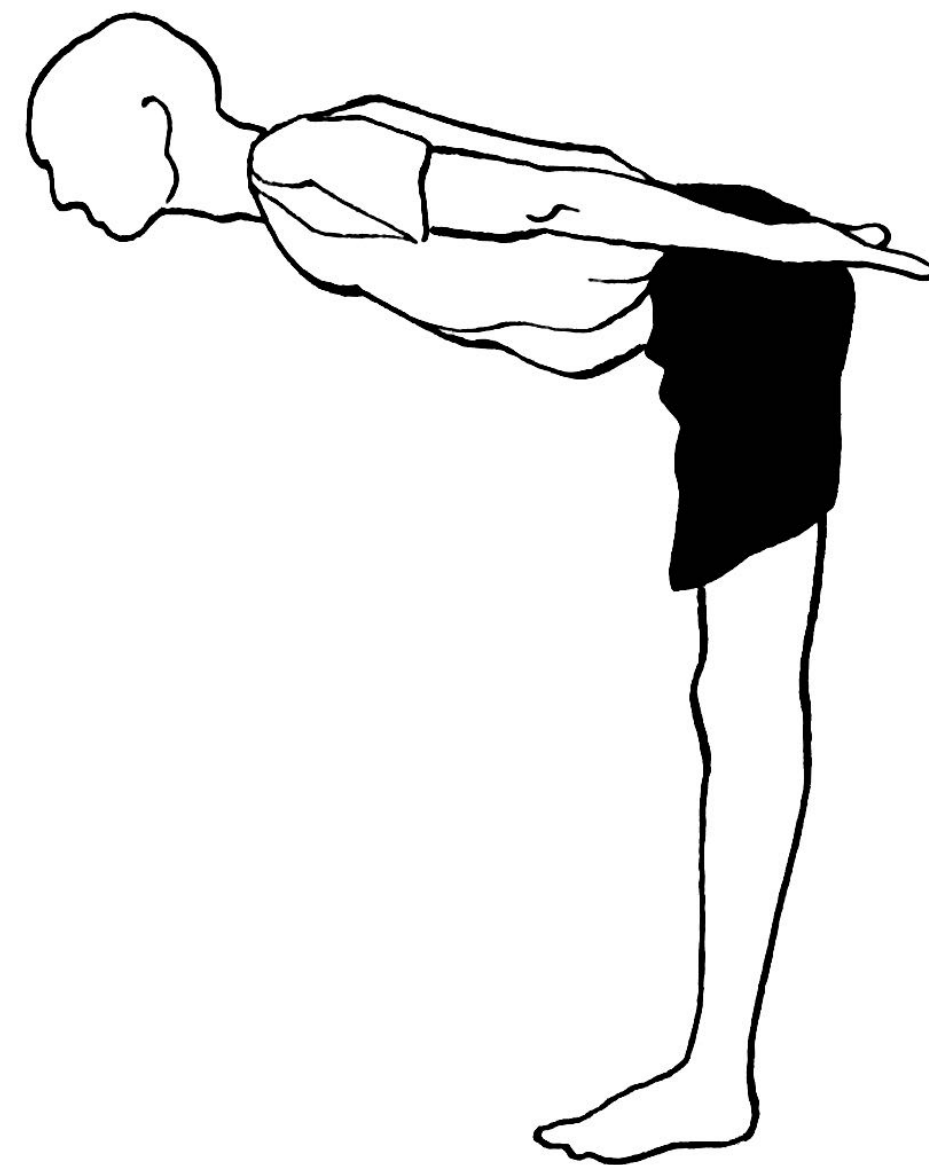
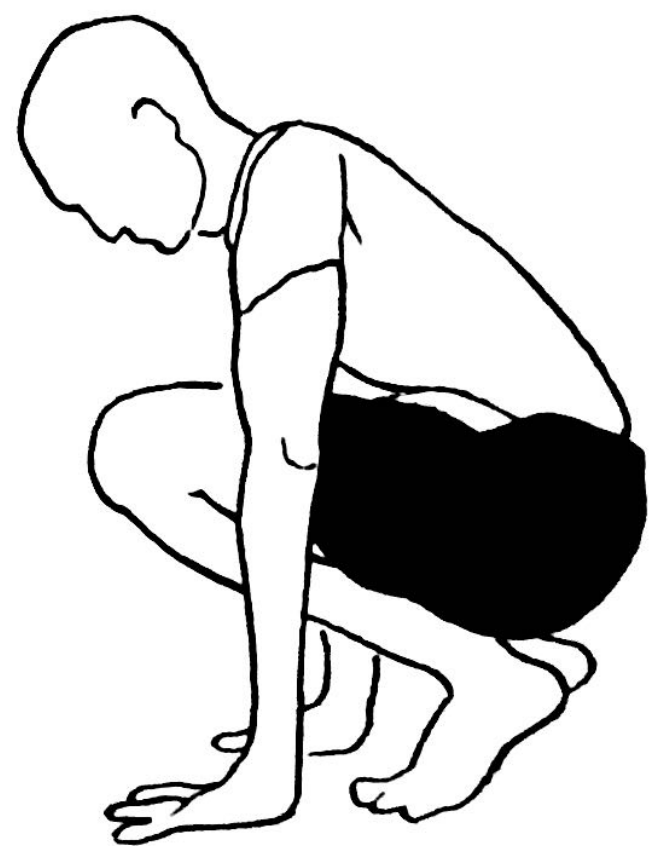
# Surya Namaskar Type 1

6. Inhale & jump or step to squat on toes

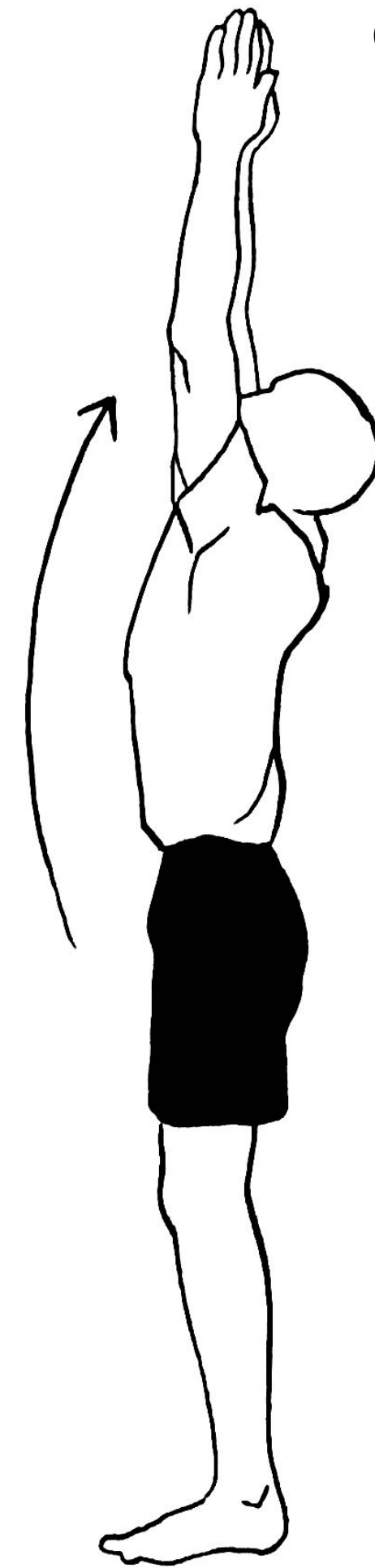
7. Exhale ardha uttanasana,

8. Inhale urdhva hastasana

9. Exhale Samasthiti



ardha uttanasana

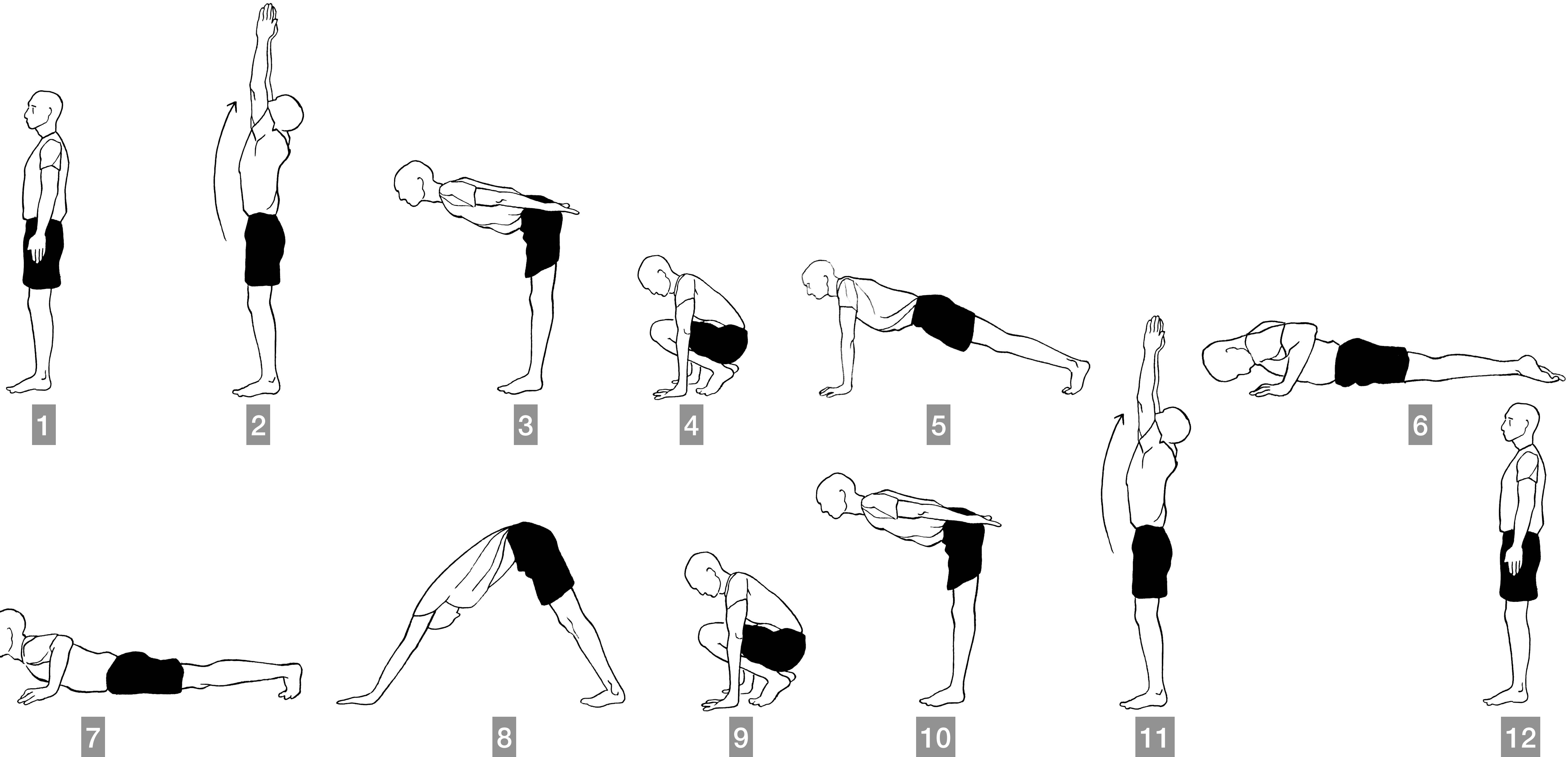


urdhva hastasana



samasthiti

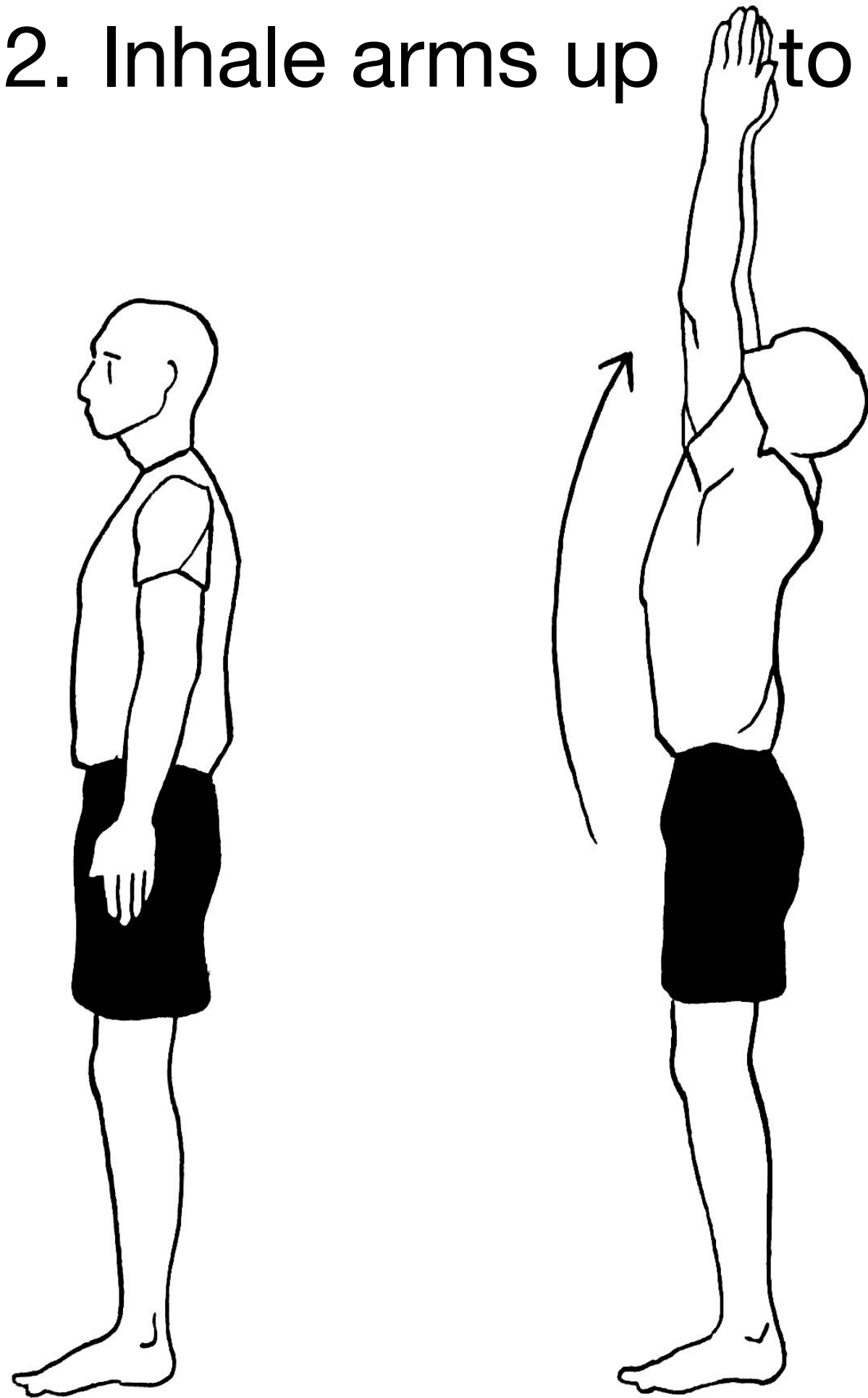
# Surya Namaskar Type 2



# Surya Namaskar Type 2

1. Samasthiti

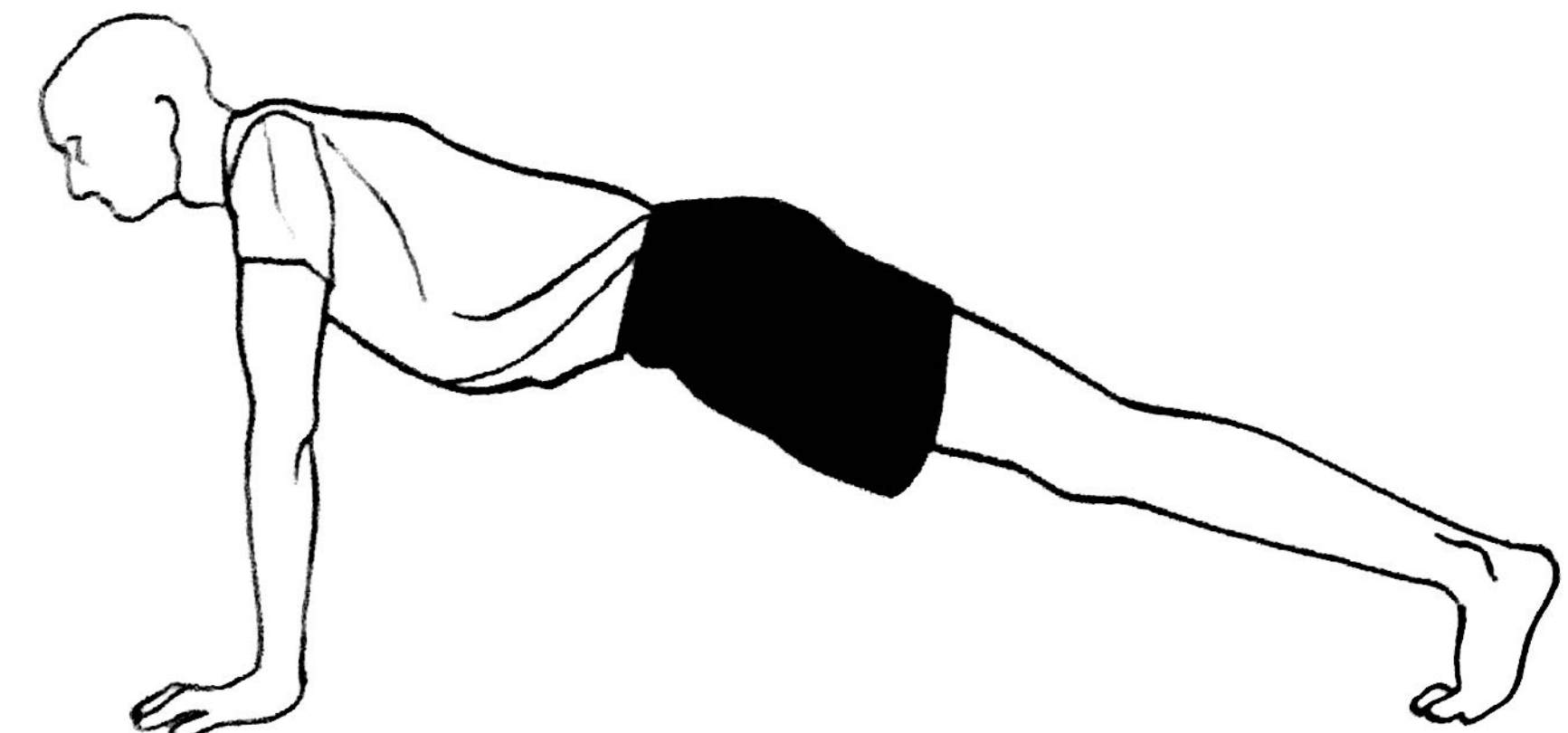
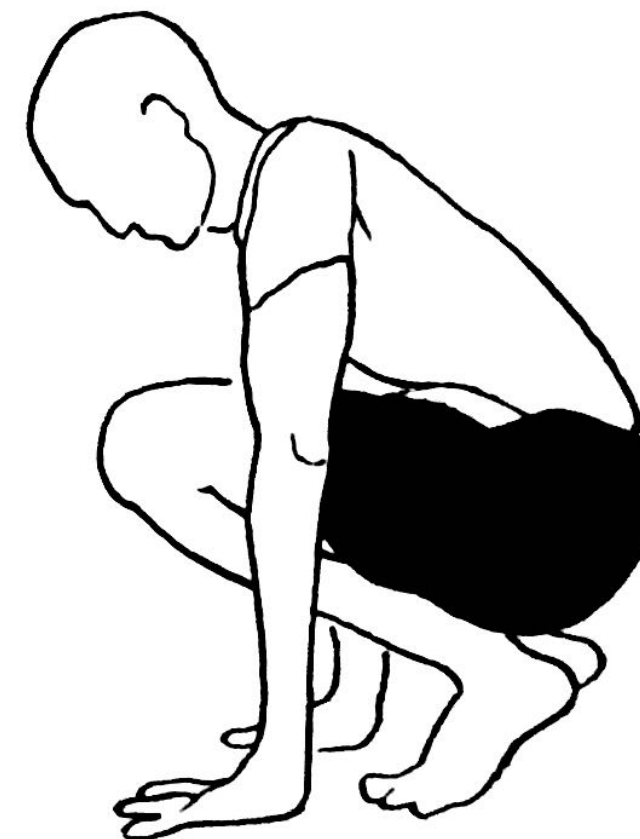
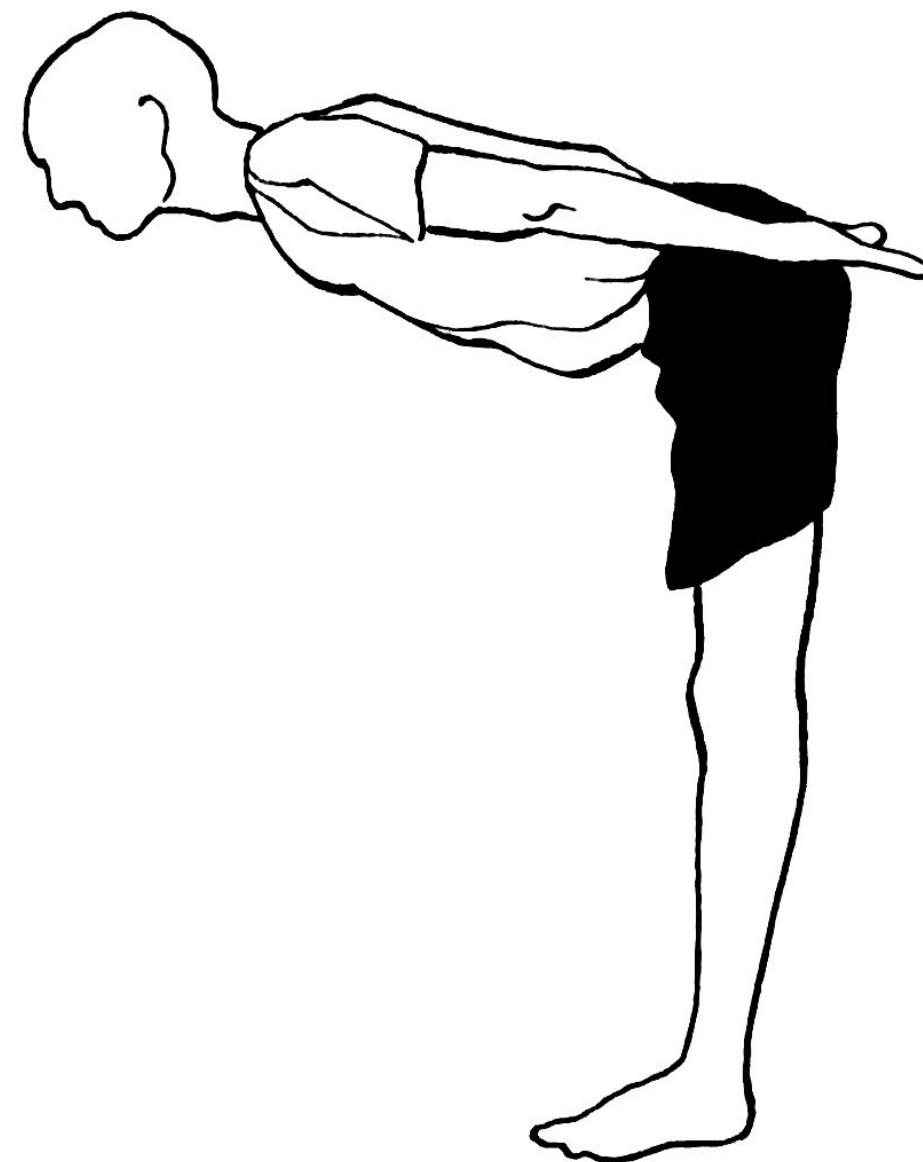
2. Inhale arms up to urdhva hastasana



3. Exhale to ardha uttanasana

4. Inhale squat on toes

5. Exhale step or hop to chatushpada pitham (*high plank*) and then inhale



samasthiti

urdhva hastasana

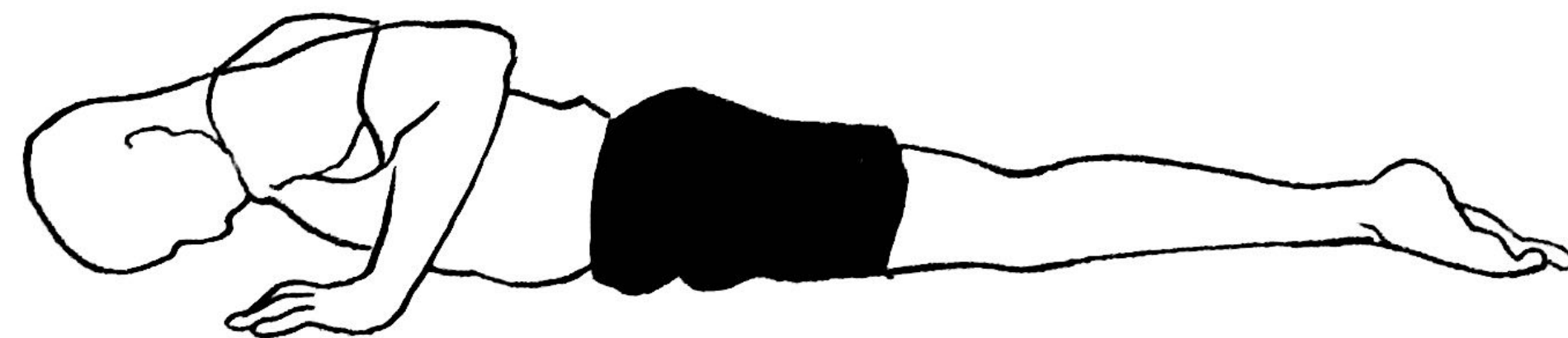
ardha uttanasana

chatushpada pitham



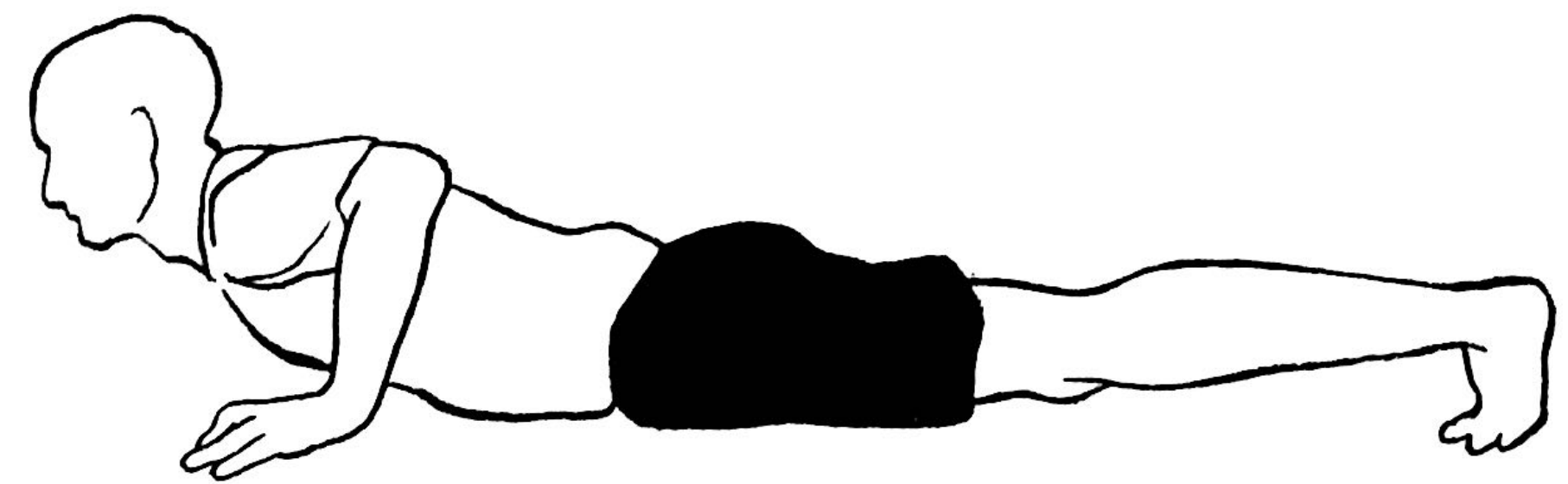
# Surya Namaskar Type 2

6. Exhale to pranamasana, point the toes, forehead on the mat, take one breath



pranamasana

7. Inhale to bhujangasana with the toes flexed under and the knees tight and straight



bhujangasana

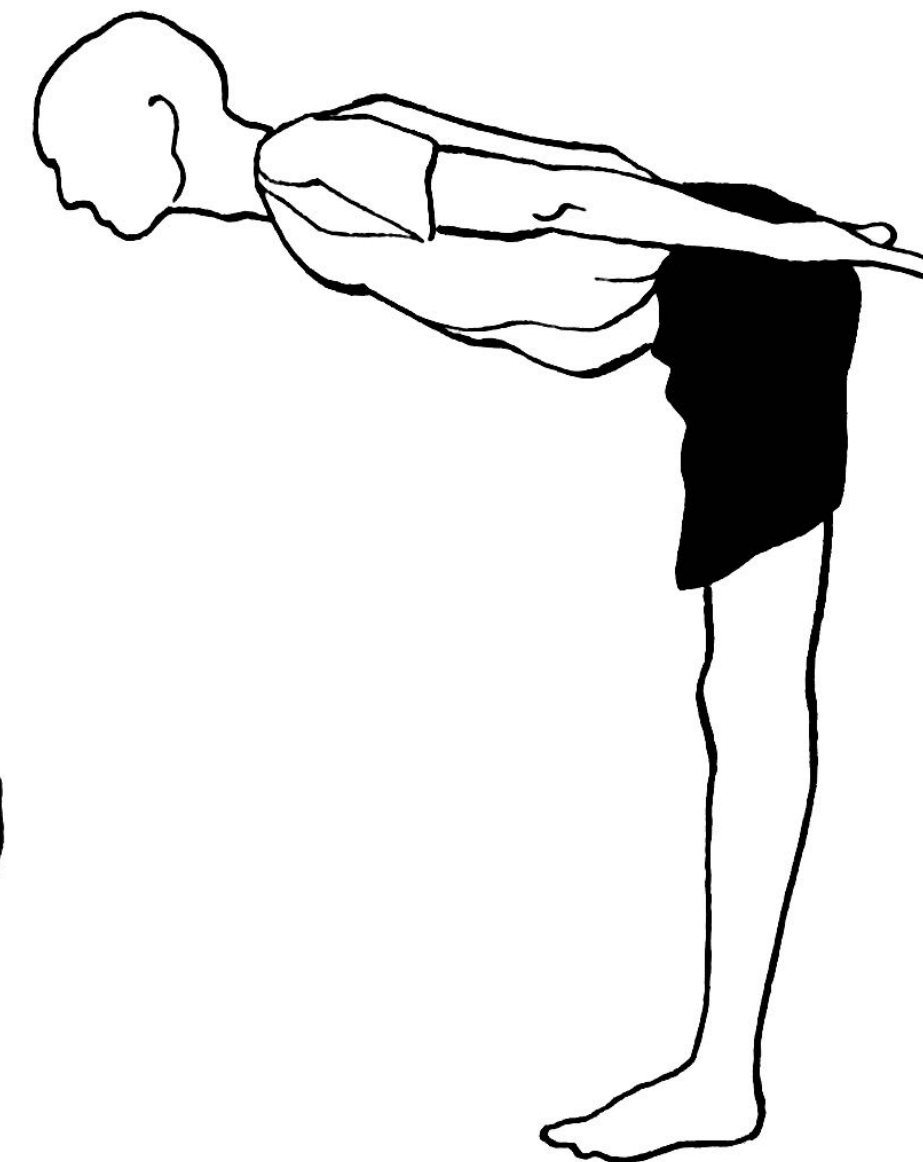
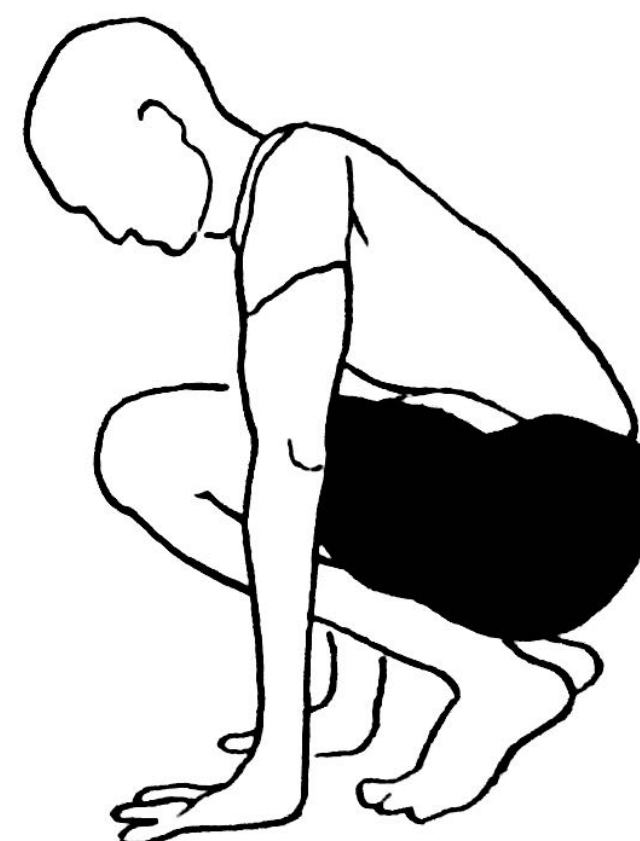
# Surya Namaskar Type 2

- 8. Exhale to adho mukha svanasana, breathe five times
- 9. Inhale & jump or step to squat on toes

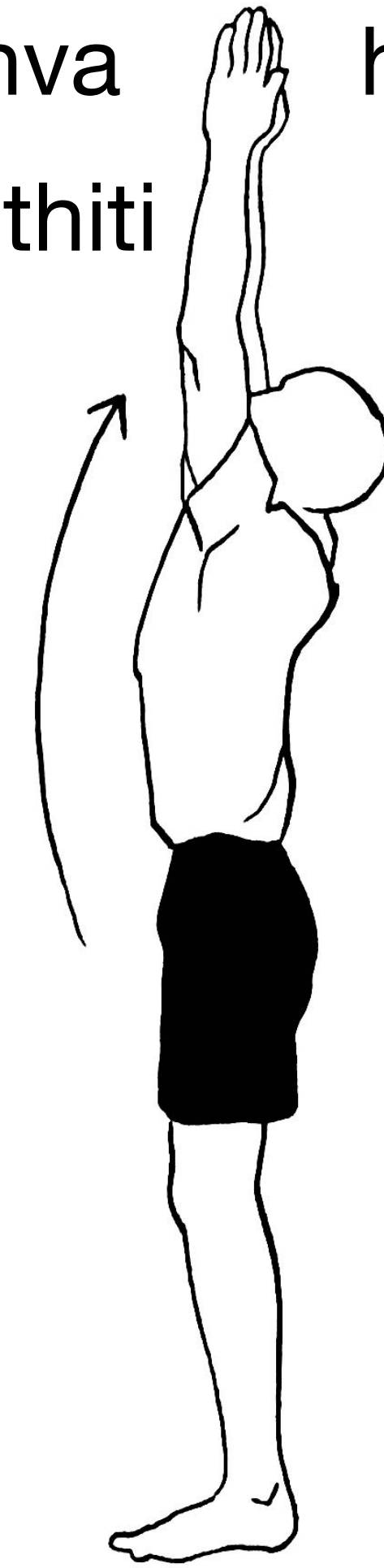
- 11. Exhale ardha uttanasana,
- 12. Inhale up to urdhva hastasana
- 13. Exhale to samasthiti



adho mukha svanasana



ardha uttanasana

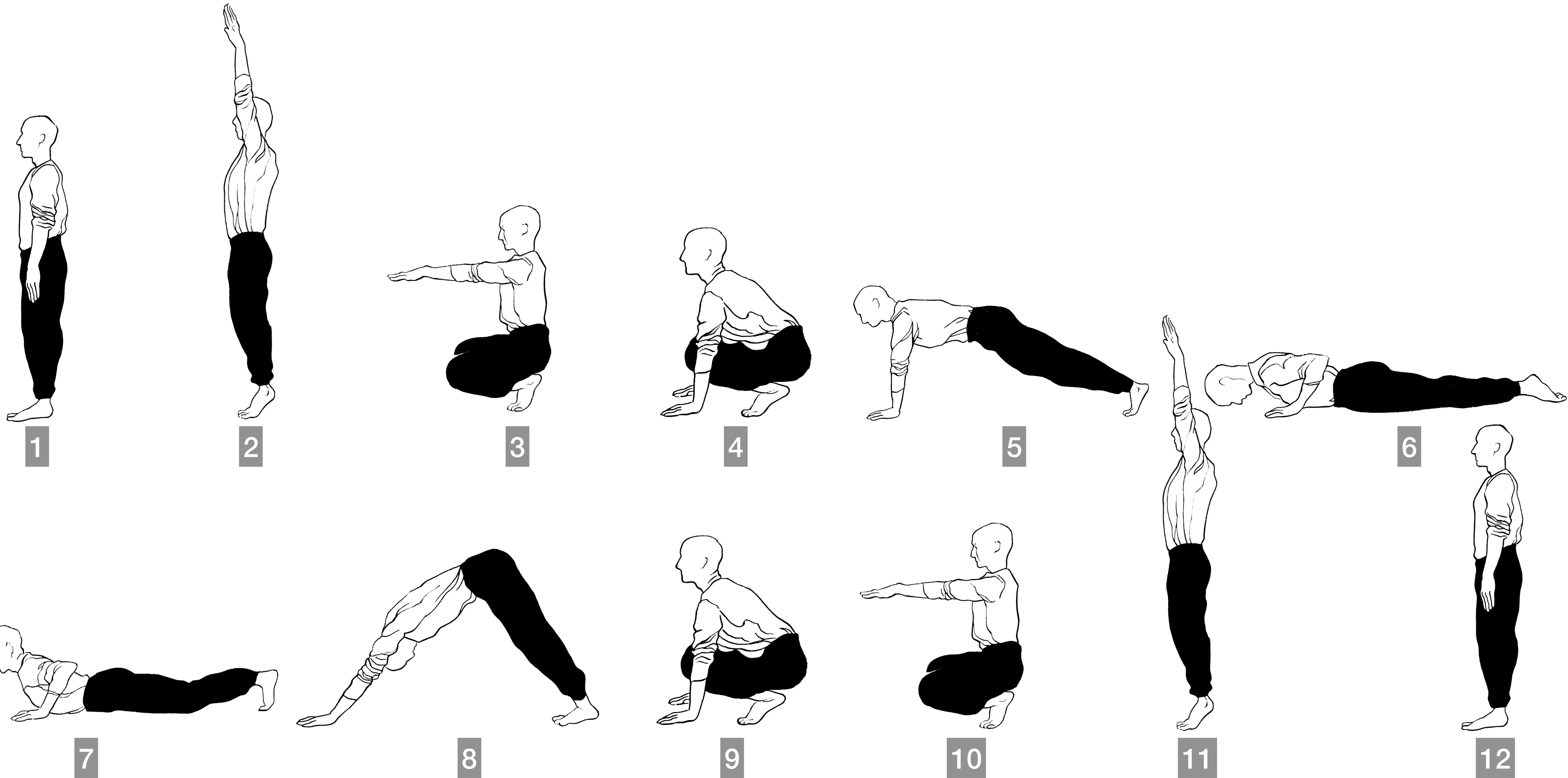


urdhva hastasana



samasthiti

# Surya Namaskar Type 3



# Surya Namaskar Type 3

1. Samasthiti
2. Inhale the arms up,  
rise up on your toes

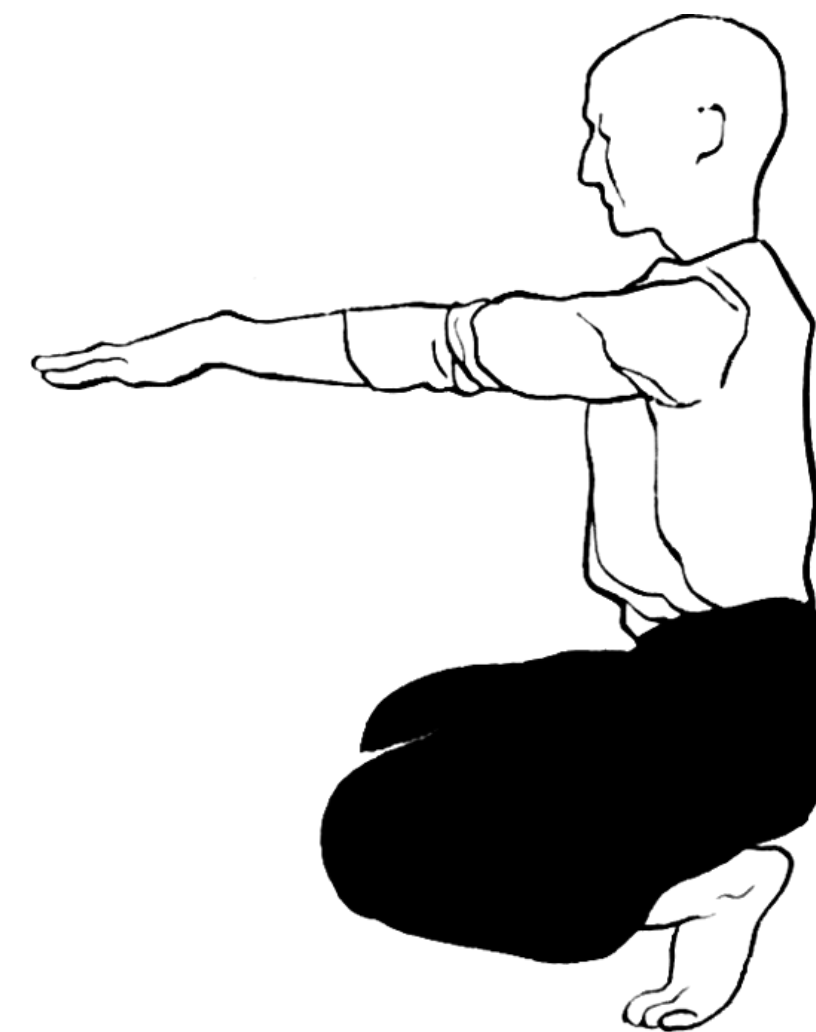


samasthiti

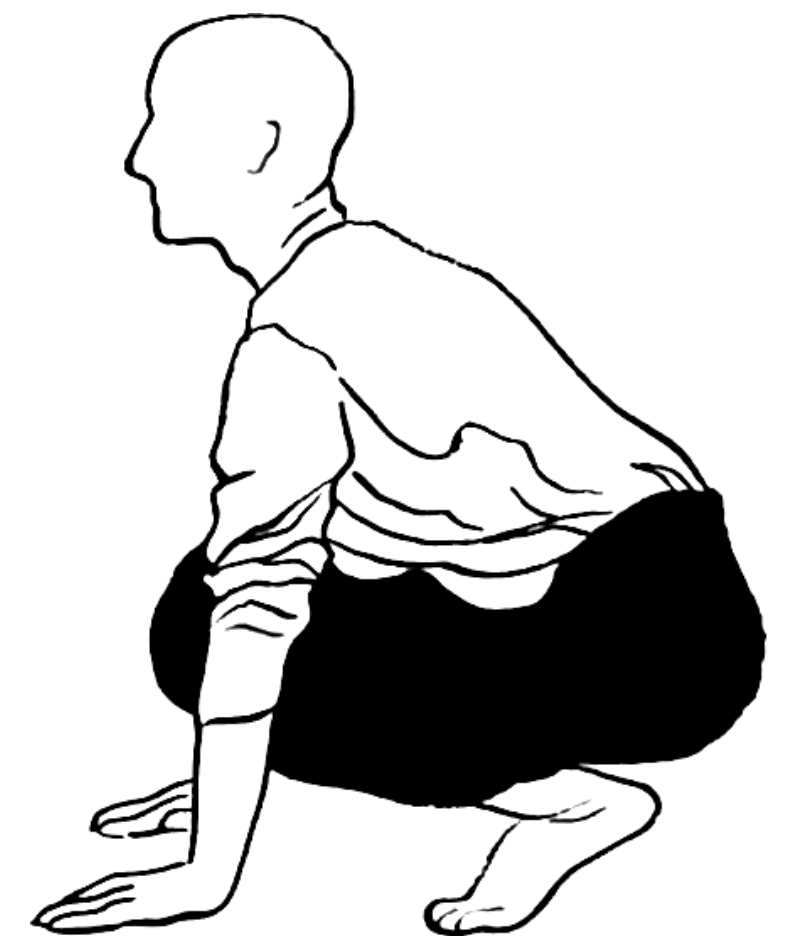


urdhva hastasana on toes

3. Exhale to low utkatasana on the toes,  
arms forward
4. Inhale the hands on the floor to prepare  
to step or jump back



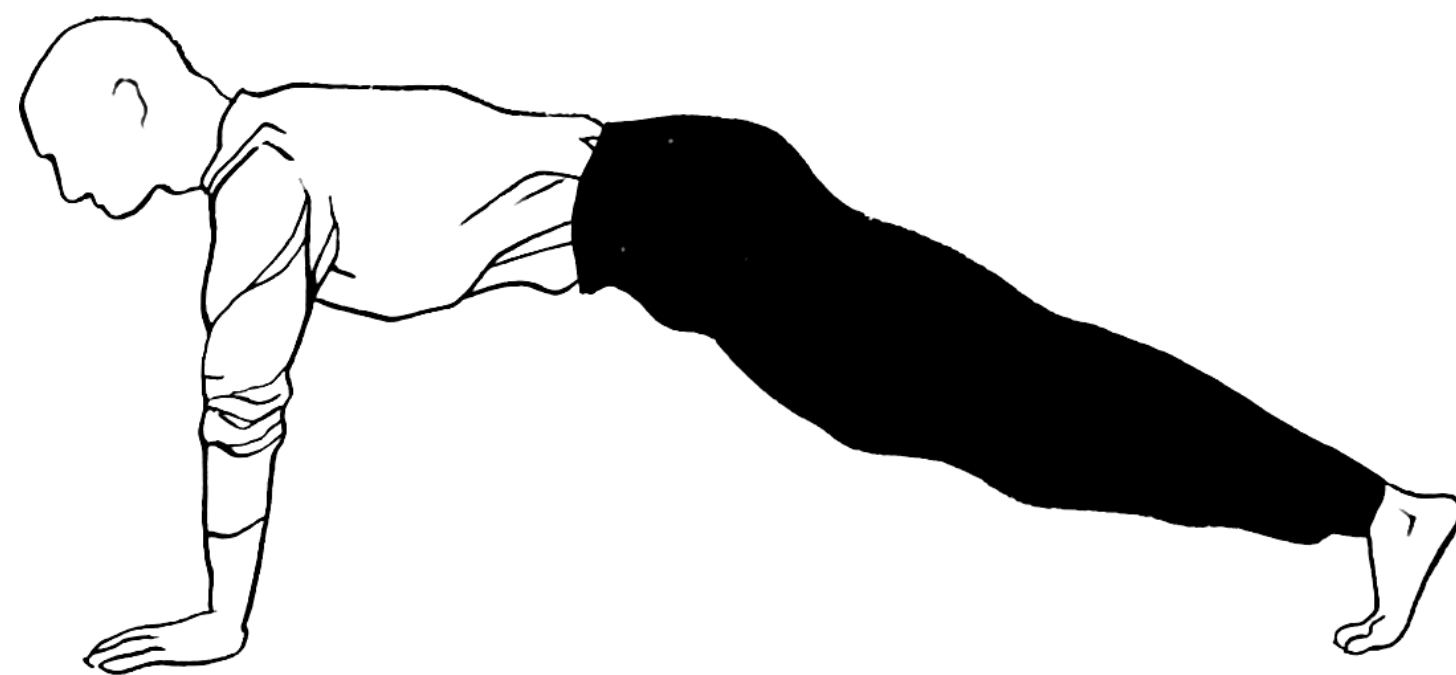
low utkatasana



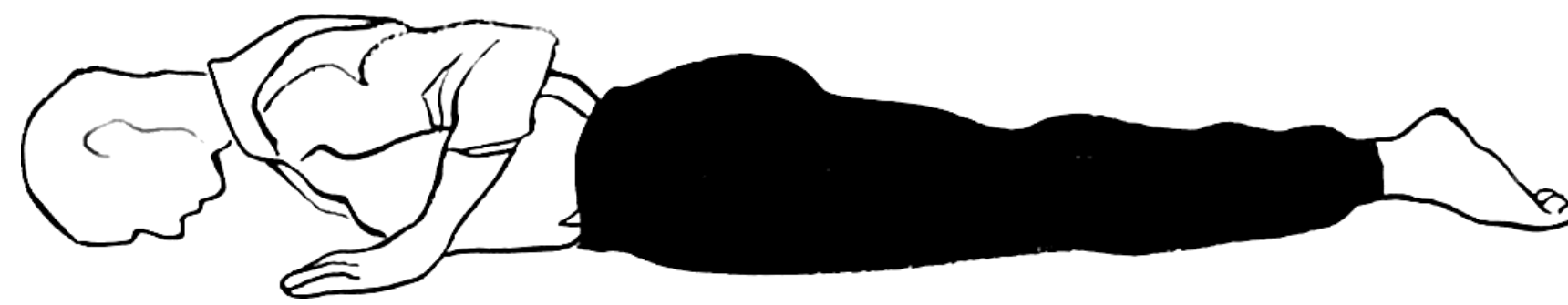
# Surya Namaskar Type 3

5. Exhale to chatushpada pitham and inhale again
6. Exhale to pranamasana, hands under the shoulders, forehead on the mat and point the toes

7. Inhale to bhujangasana with the toes flexed under and the knees tight and straight



chatushpada pitham



pranamasana



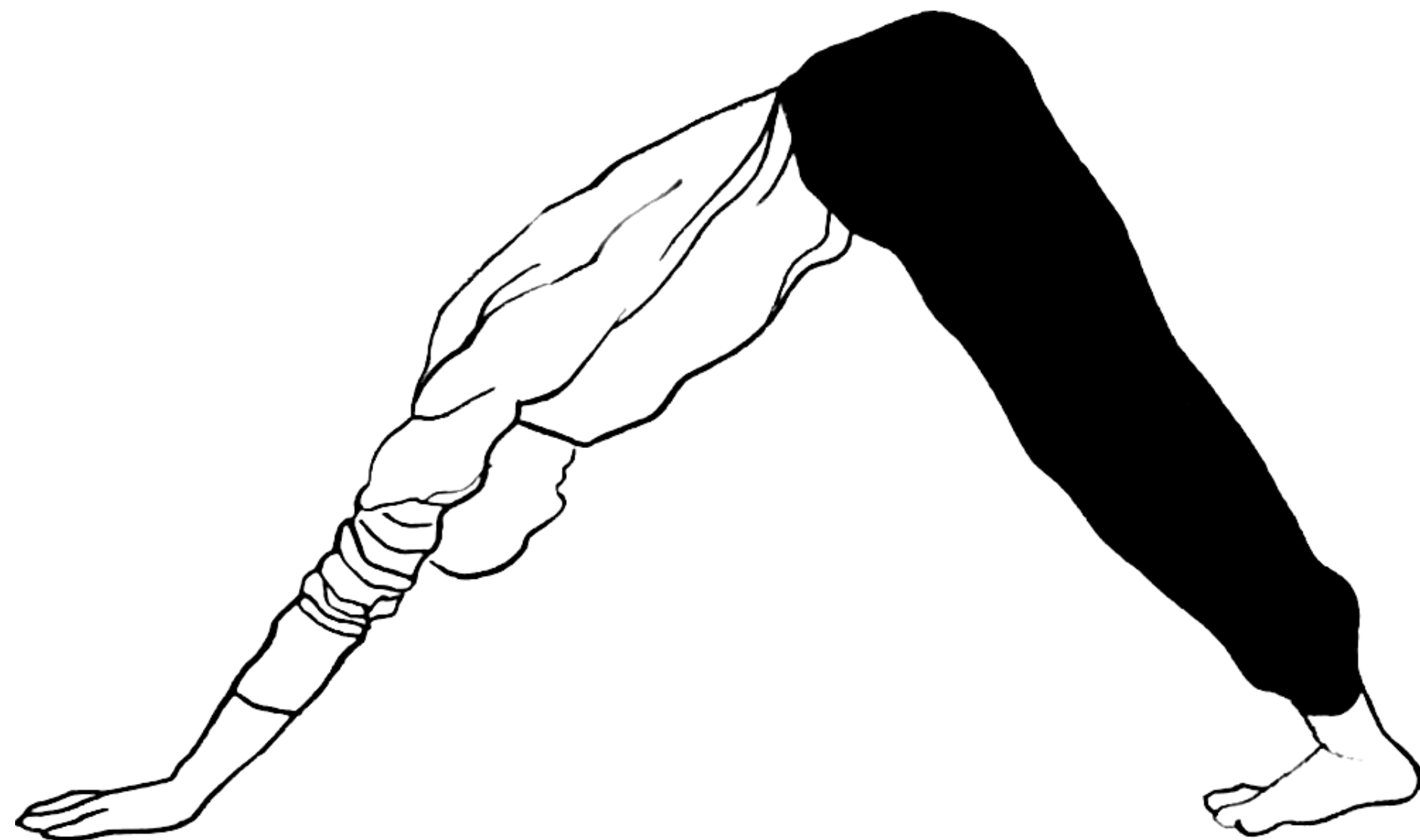
bhujangasana

# Surya Namaskar Type 3

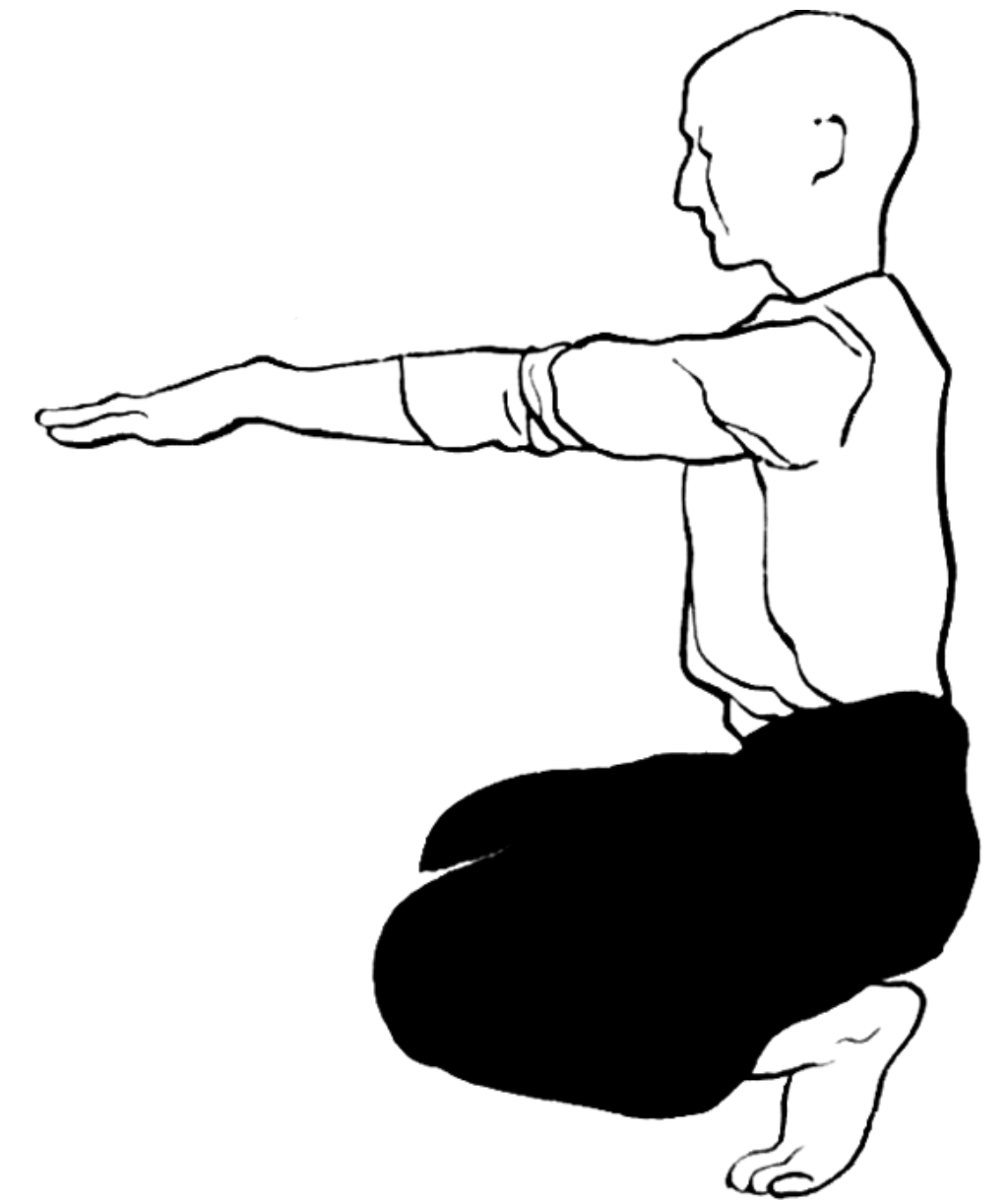
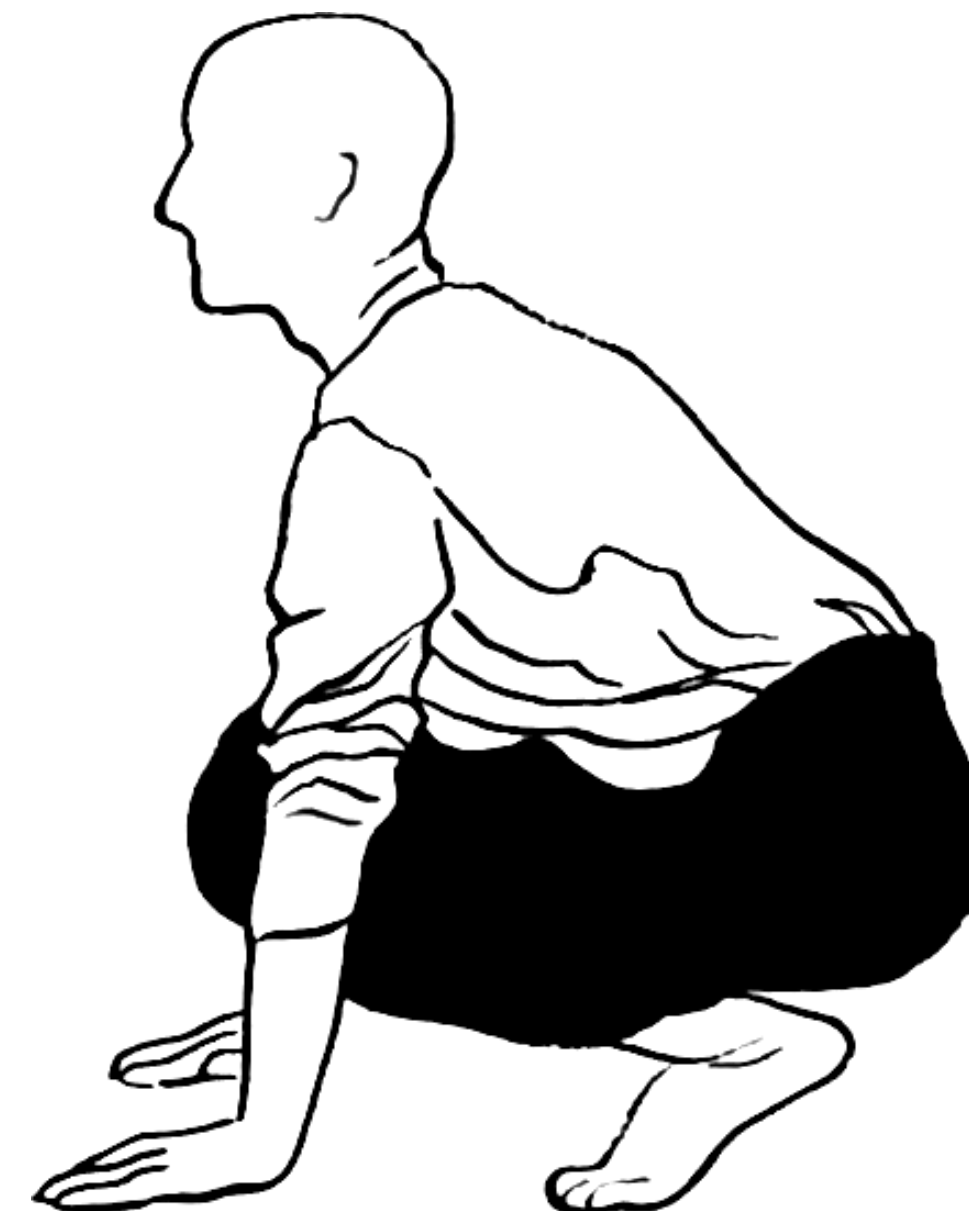
8. Exhale to adho mukha svanasana,  
breathe five times

9. Inhale & jump or step to squat on toes

10. Exhale to low utkatasana on the toes,  
arms forward



adho mukha svanasana



low utkatasana

# Surya Namaskar Type 3

11. Inhale the arms up, rise up on your toes to urdhva hastasana

12. Exhale to samasthiti

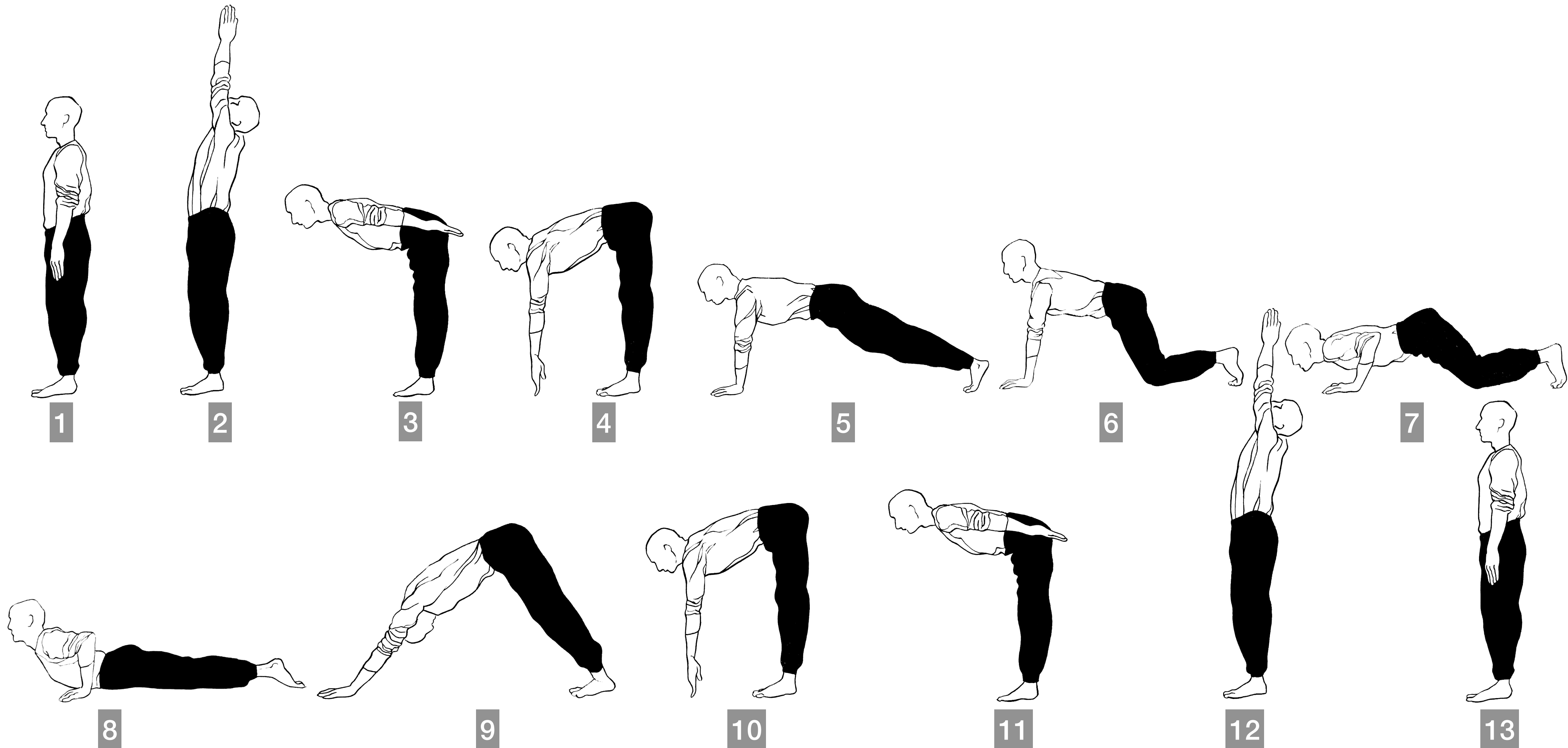


urdhva hastasana on toes



samasthiti

# Surya Namaskar Type 4





# Surya Namaskar Type 4

1. Samasthiti

2. Inhale arms up to urdhva hastasana



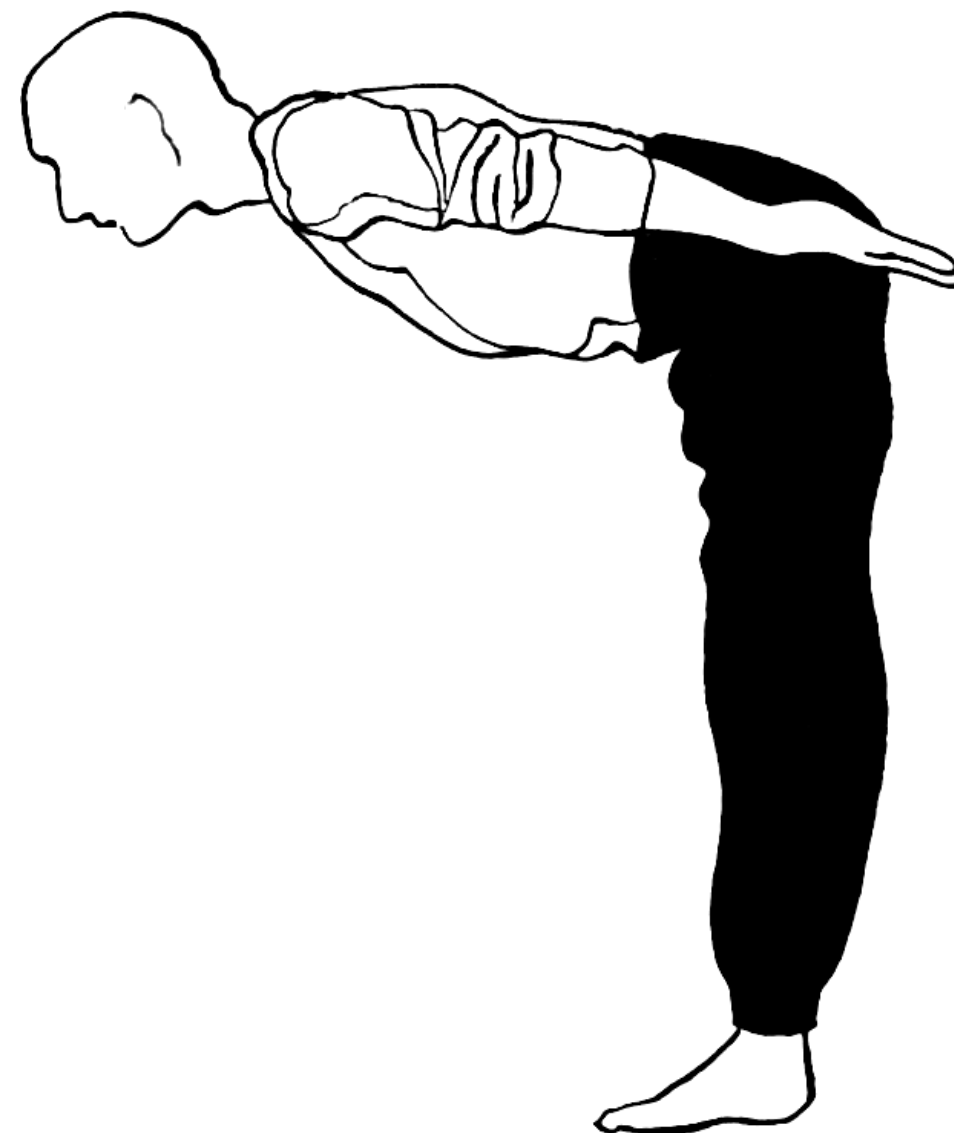
samasthiti



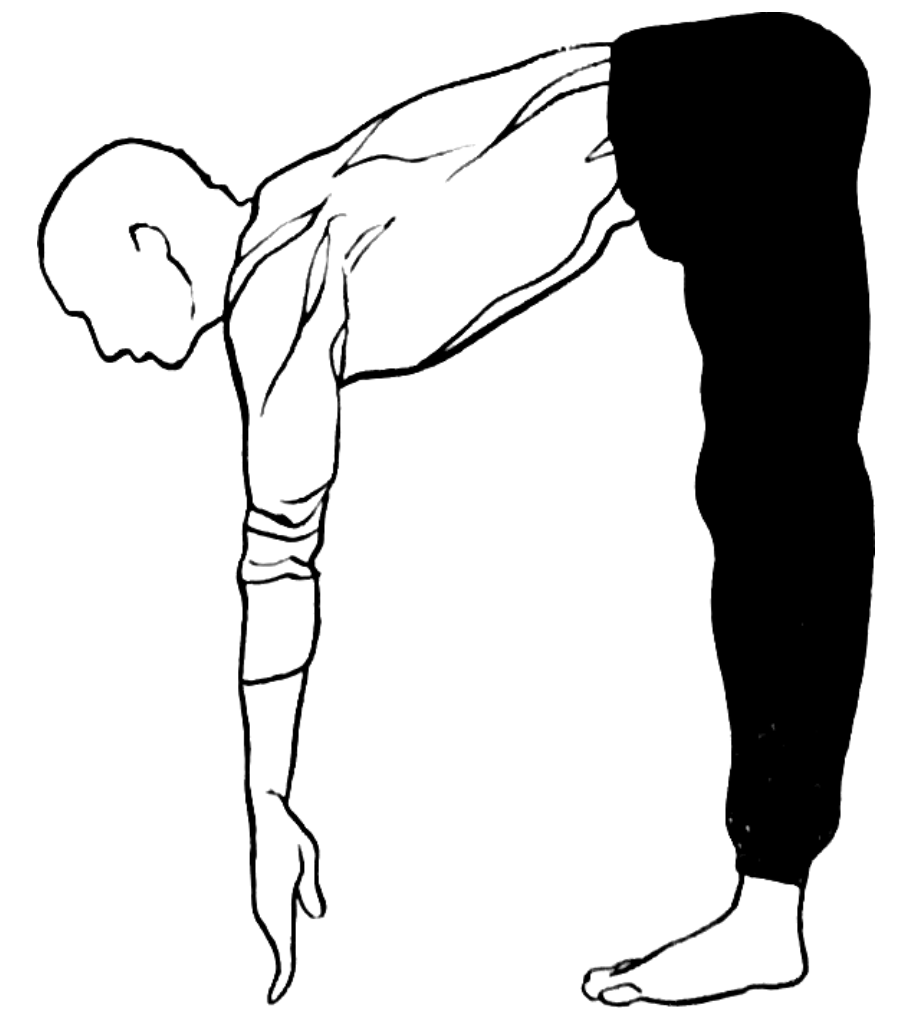
urdhva hastasana

3. Exhale to ardha uttanasana

4. Inhale to extended uttanasana, finger tips on the floor, chest extended forward



ardha uttanasana

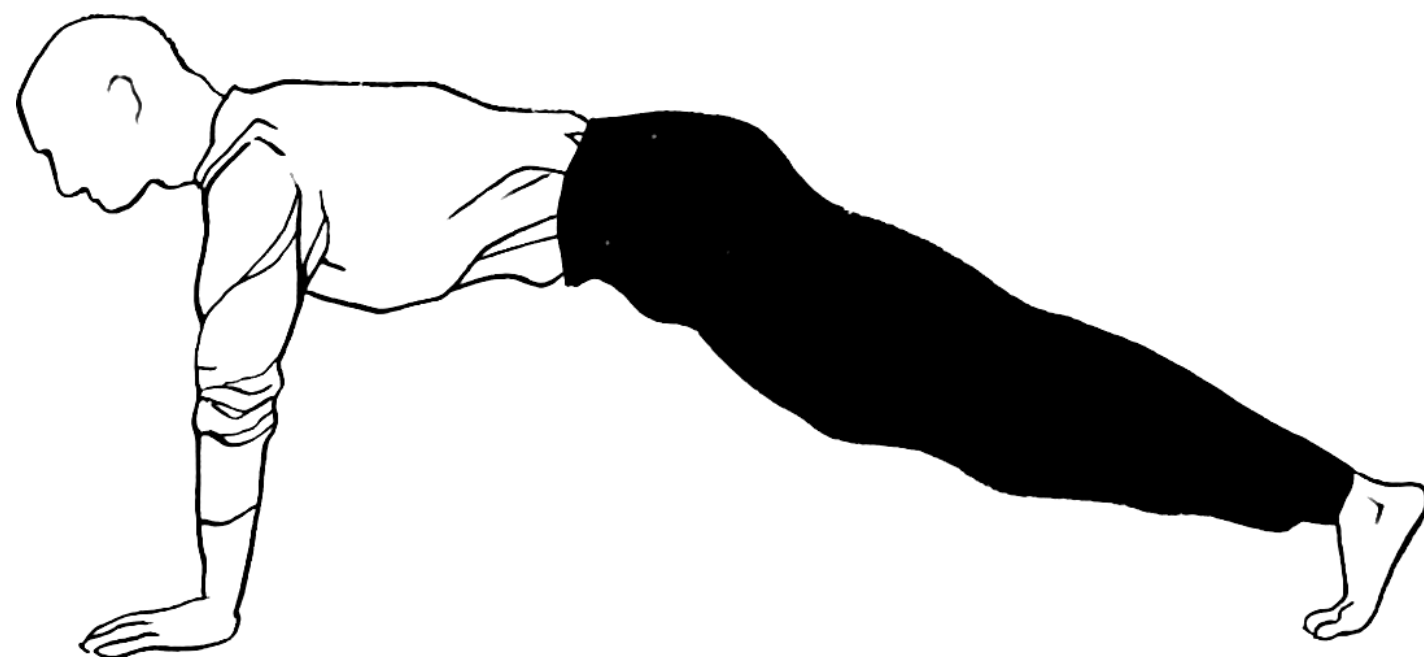


extended uttanasana

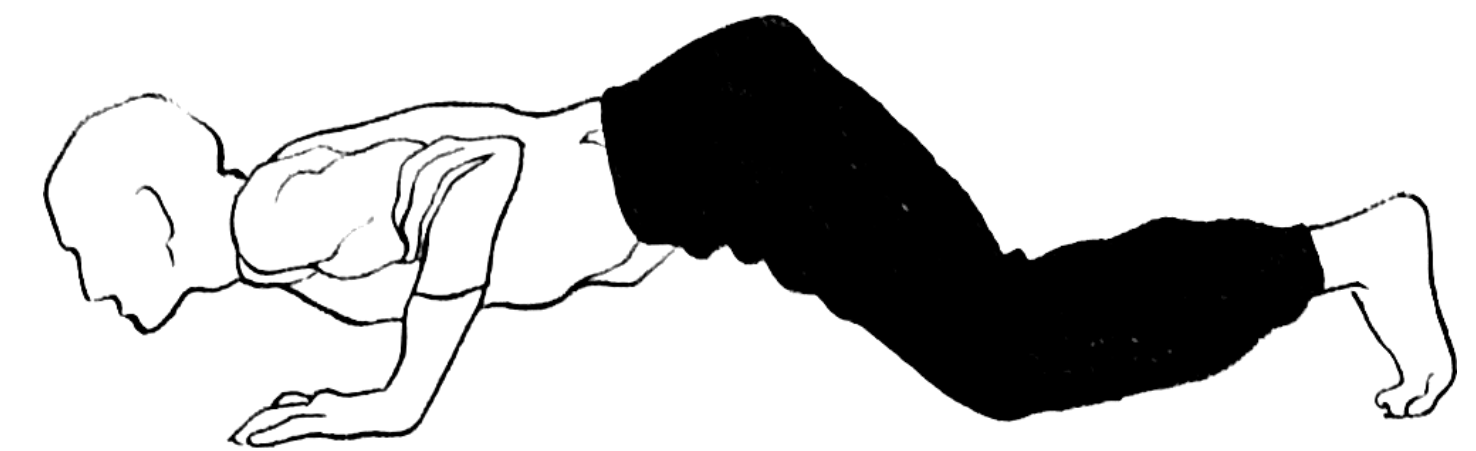
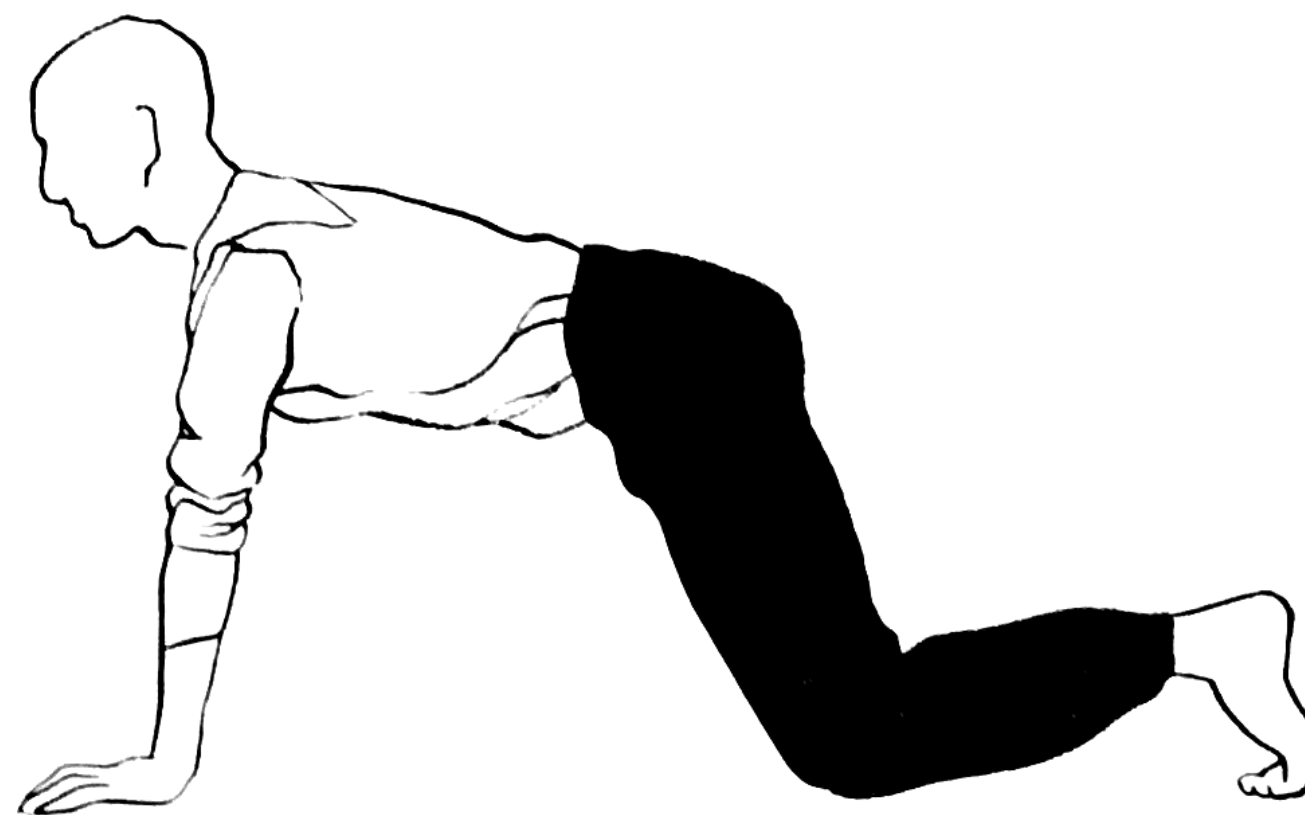
# Surya Namaskar Type 4

5. Exhale step or hop to chatushpada pitham, breathe one time
6. Exhale and lower knees to the mat for bitilasana

7. Followed by the chest and chin for ashtanga pranam



chatushpada pitham

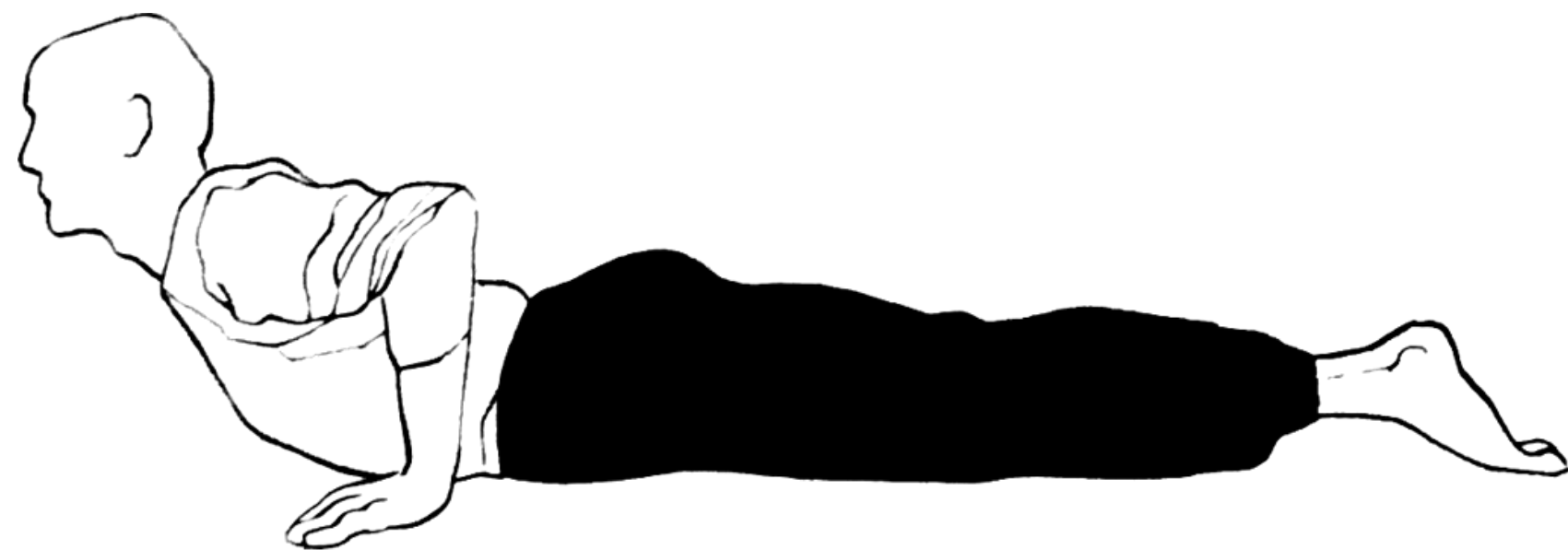


# Surya Namaskar Type 4

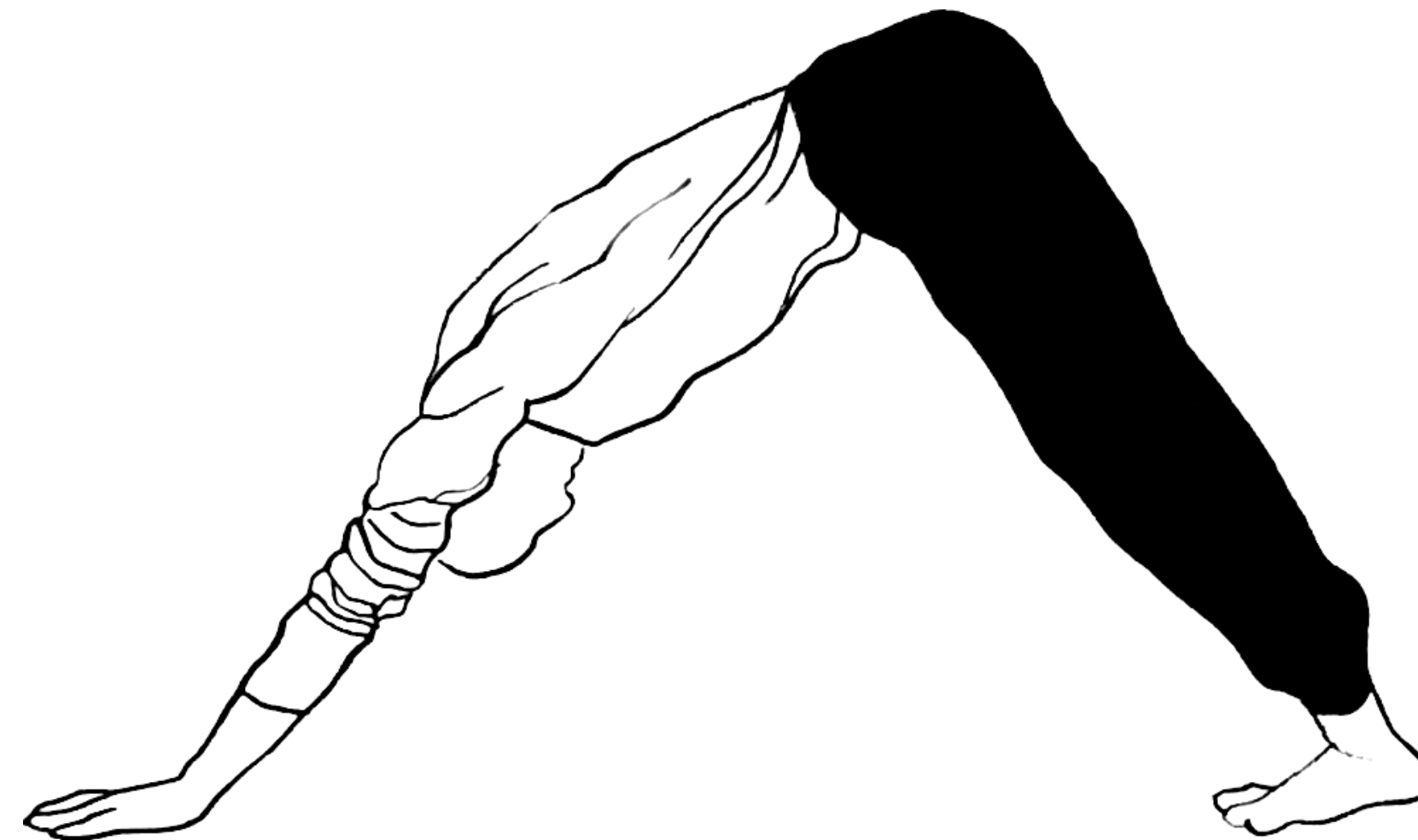
8. Inhale to bhujangasana

9. Exhale to adho mukha svanasana and breathe five times

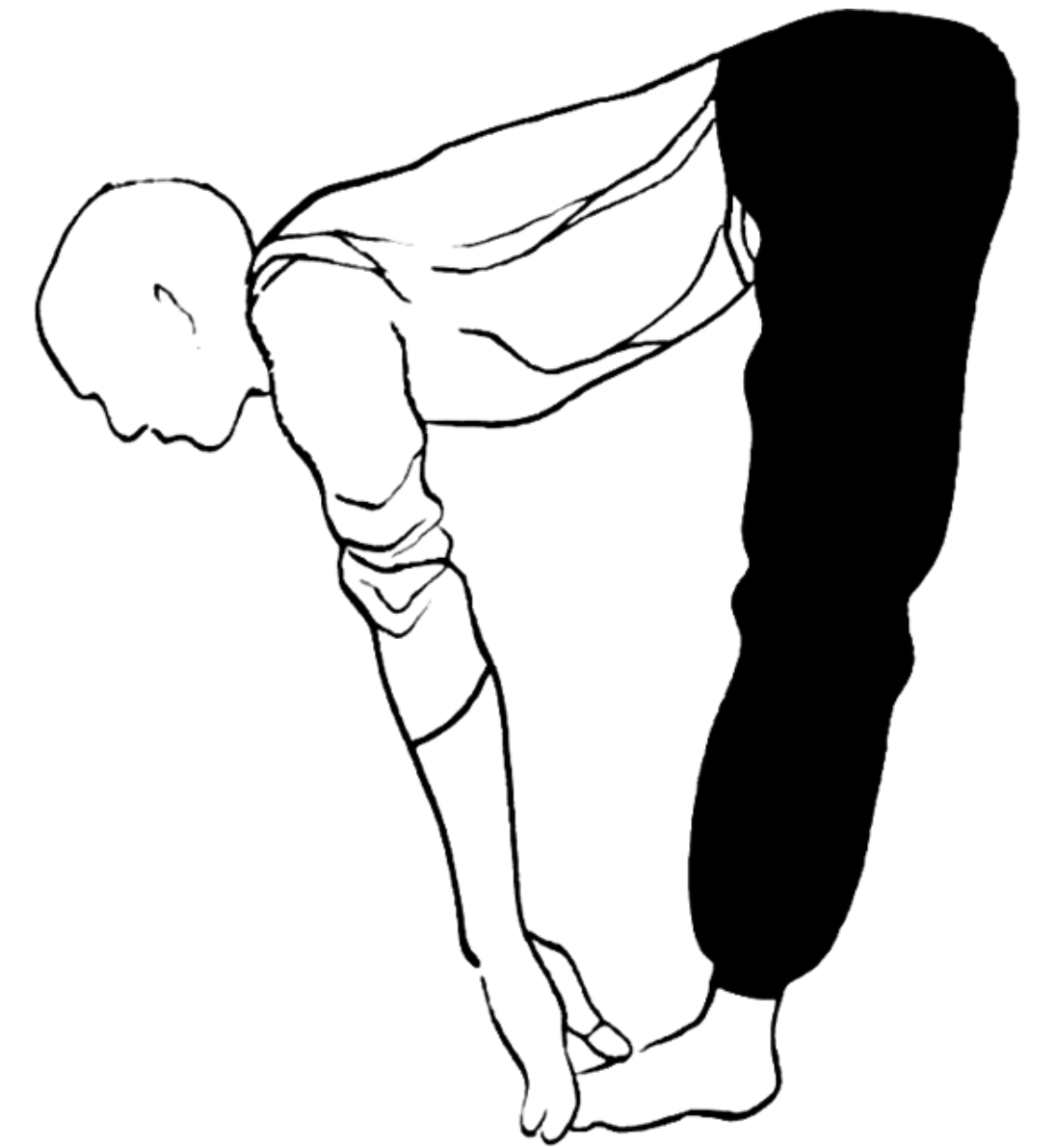
10. Inhale and hop or step to extended uttanasana



bhujangasana



adho mukha svanasana



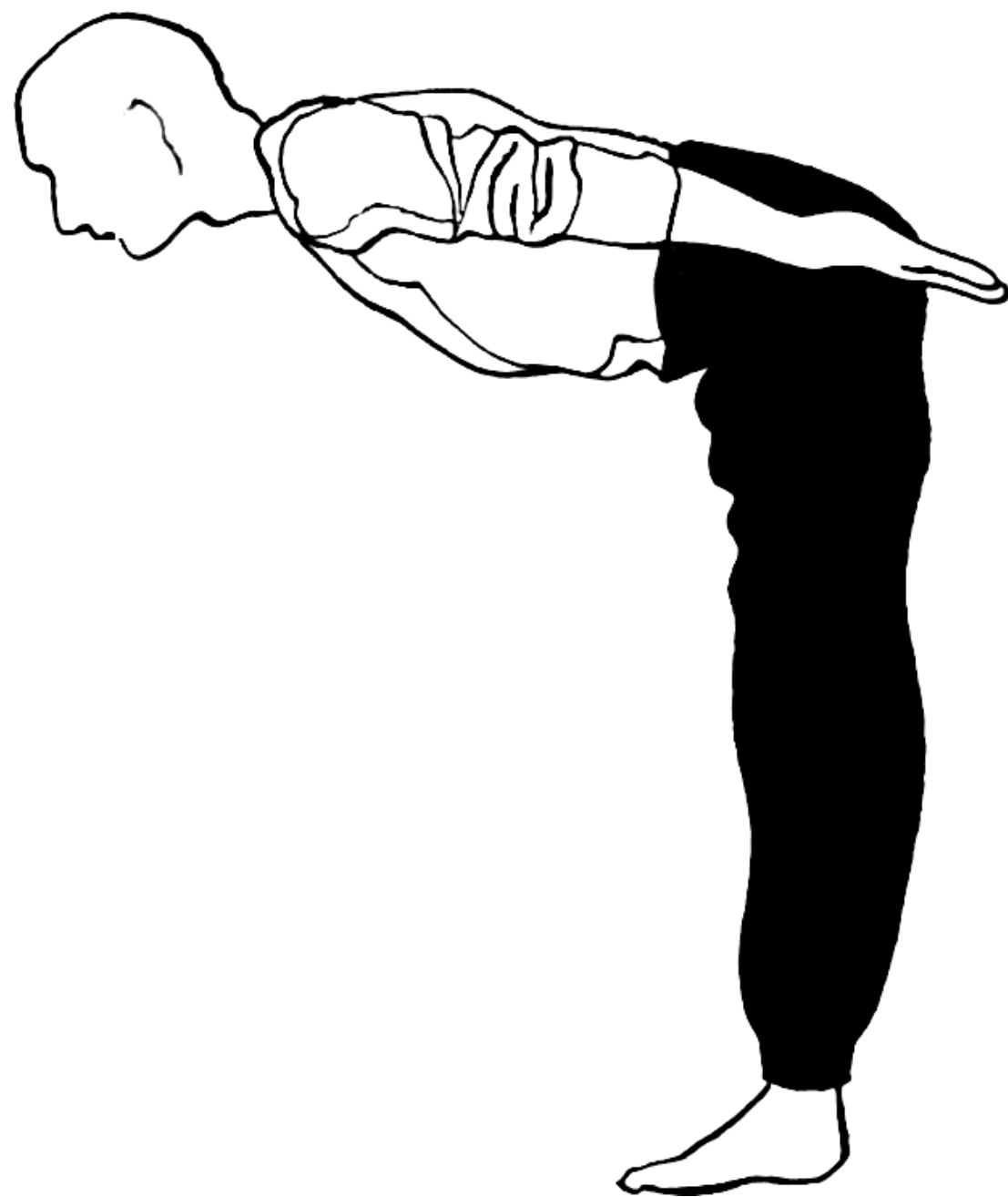
extended uttanasana

# Surya Namaskar Type 4

11. Exhale to ardha uttanasana

12. Inhale to urdhva hastasana

13. Exhale to samasthi



ardha uttanasana

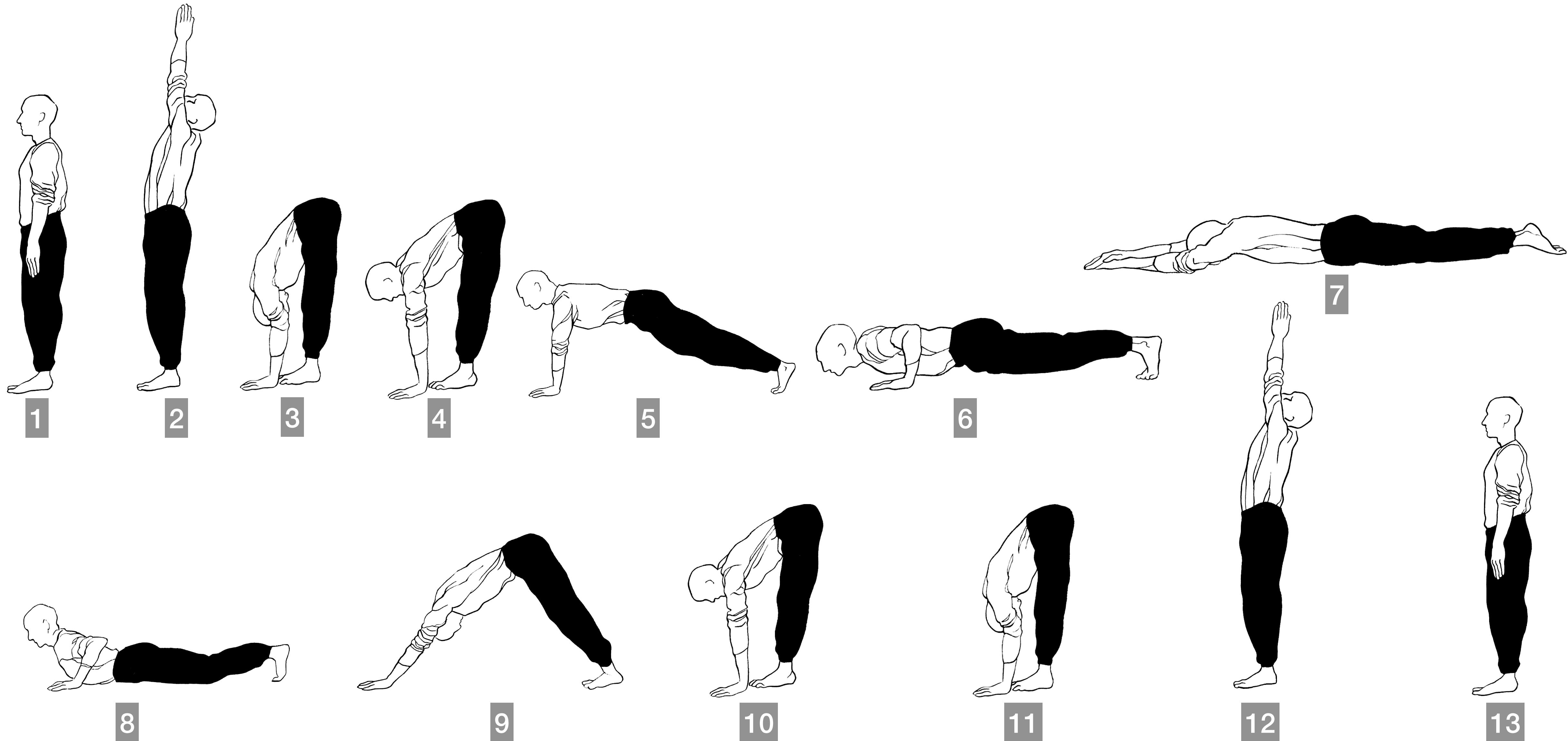


urdhva hastasana



samasthi

# Surya Namaskar Type 5



# Surya Namaskar Type 5

1. Samasthiti

2. Inhale arms up to urdhva hastasana



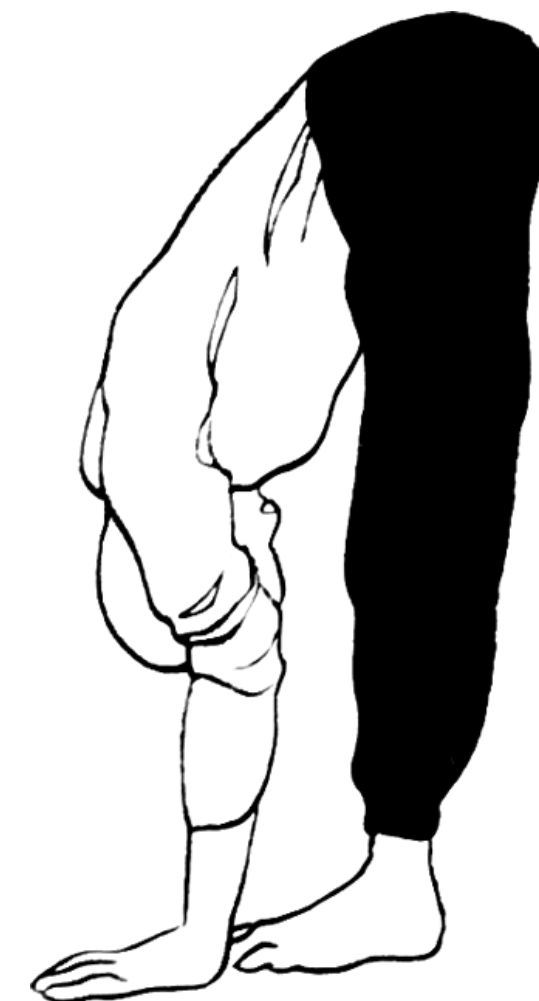
samasthiti



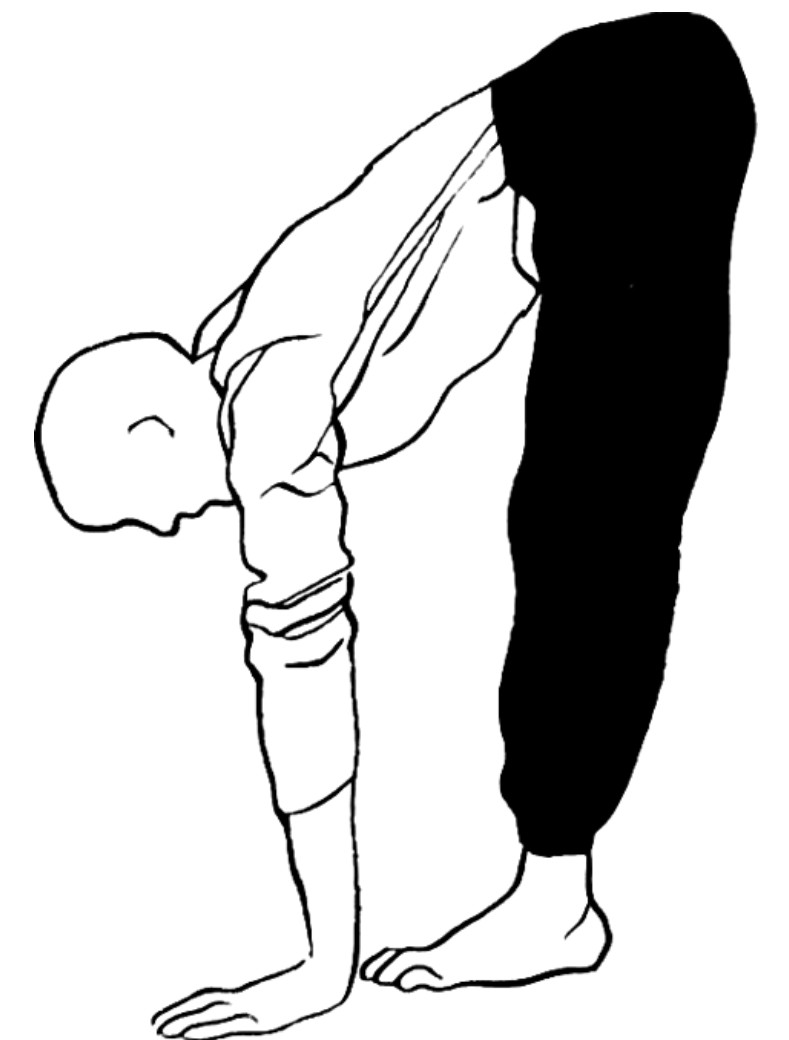
urdhva hastasana

3. Exhale to uttanasana

4. Inhale to extended uttanasana, hands flat on the floor, chest extended forward



uttanasana

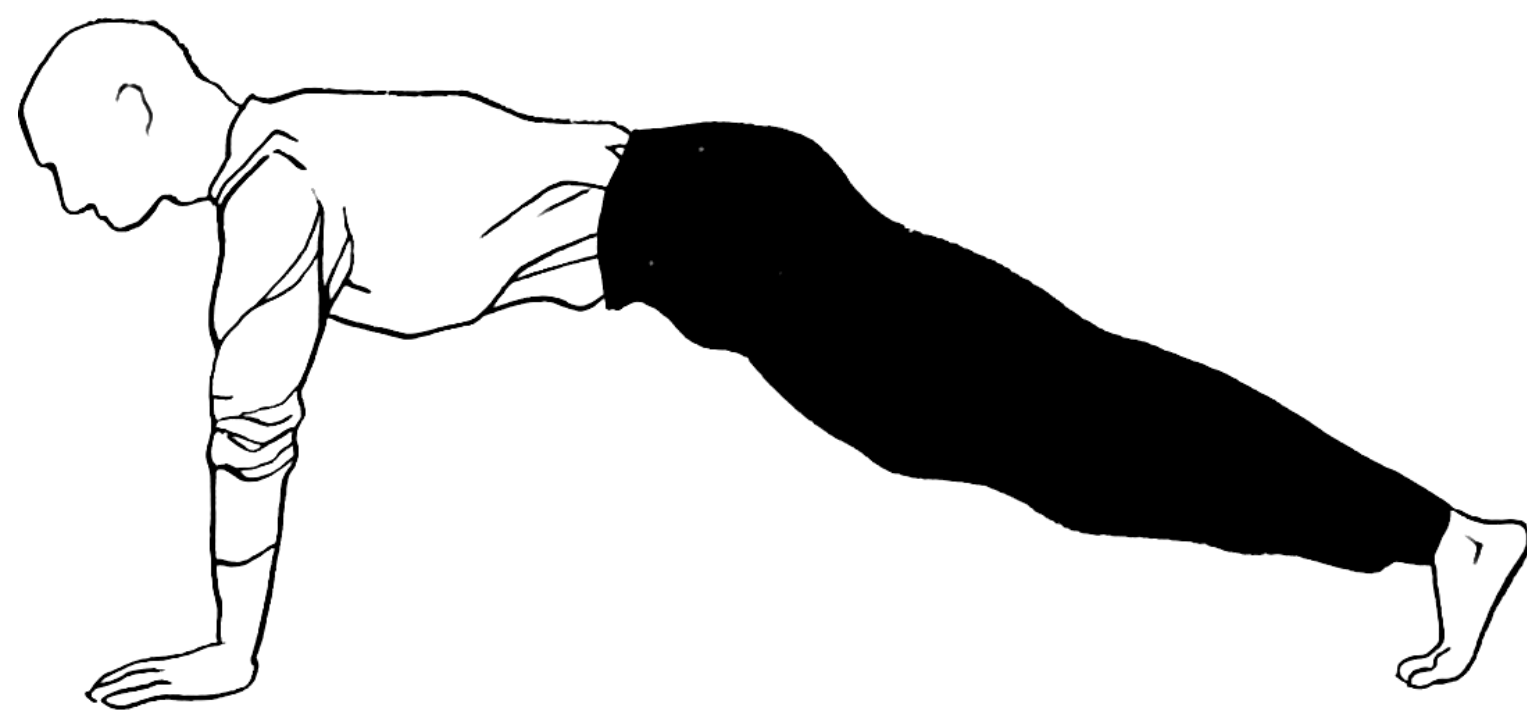


extended uttanasana

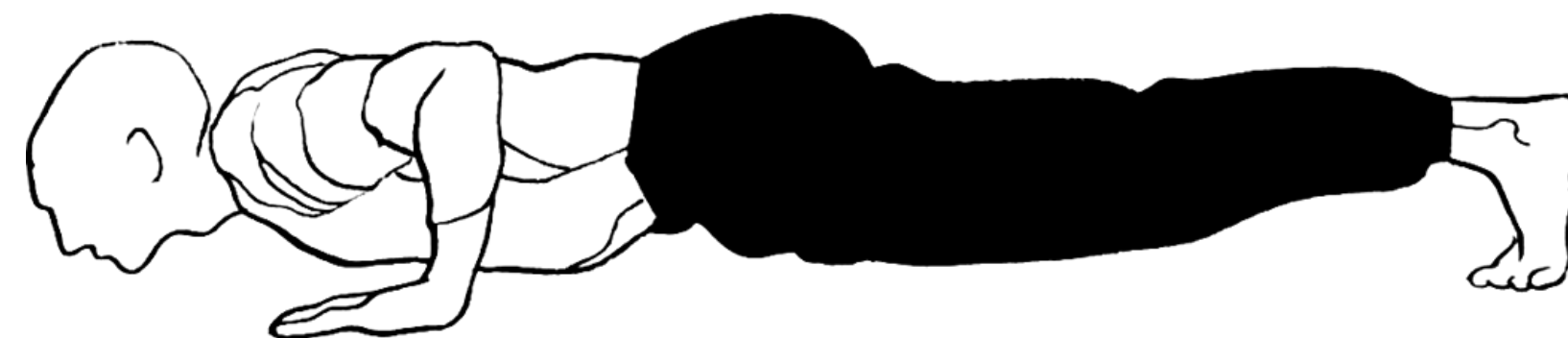
# Surya Namaskar Type 5

5. Exhale and step to hop to chatushpada pitham and inhale again
6. Exhale and lay on the floor for chaturanga dandasana

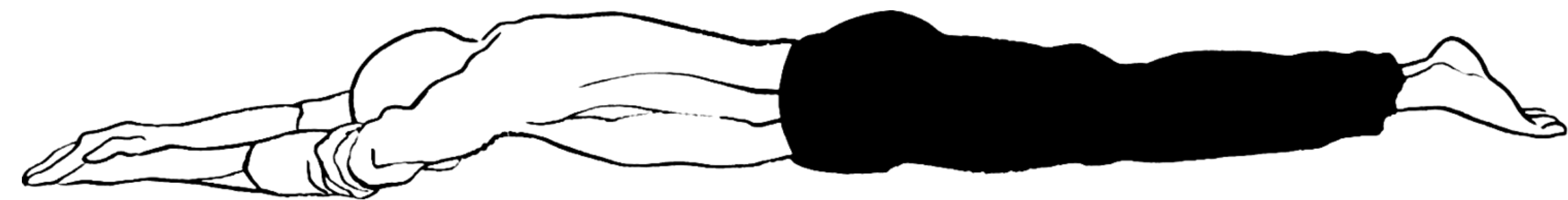
7. Inhale extend the arms forward in dandavat pranam, remain here two breaths, then exhale and tighten the legs



chatushpada pitham



chaturanga dandasana



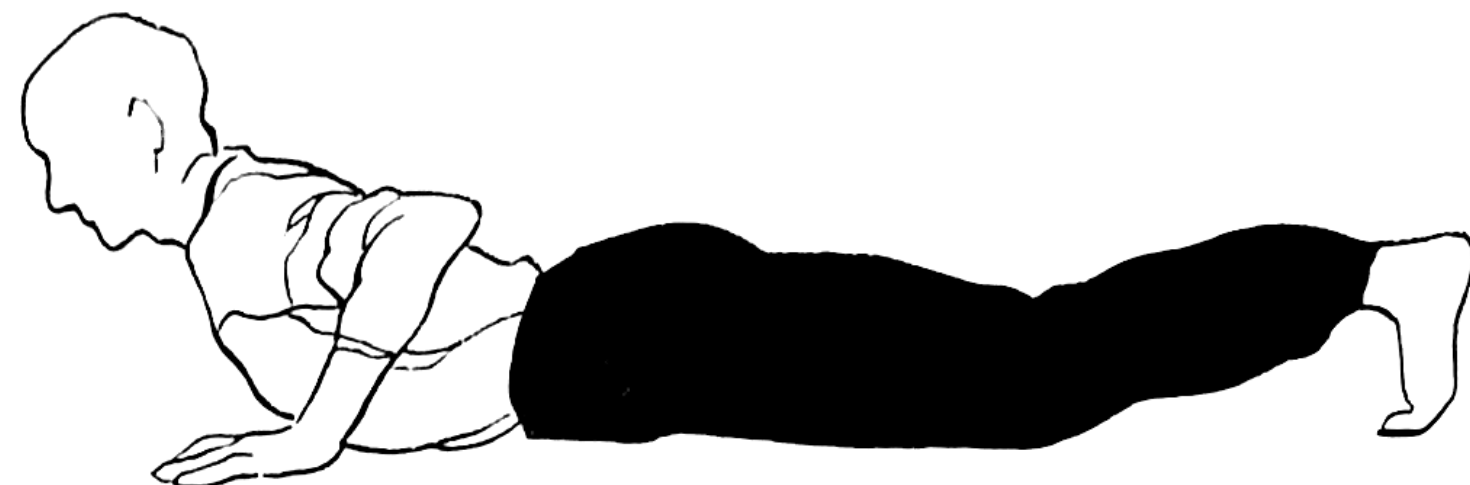
dandavat pranam

# Surya Namaskar Type 5

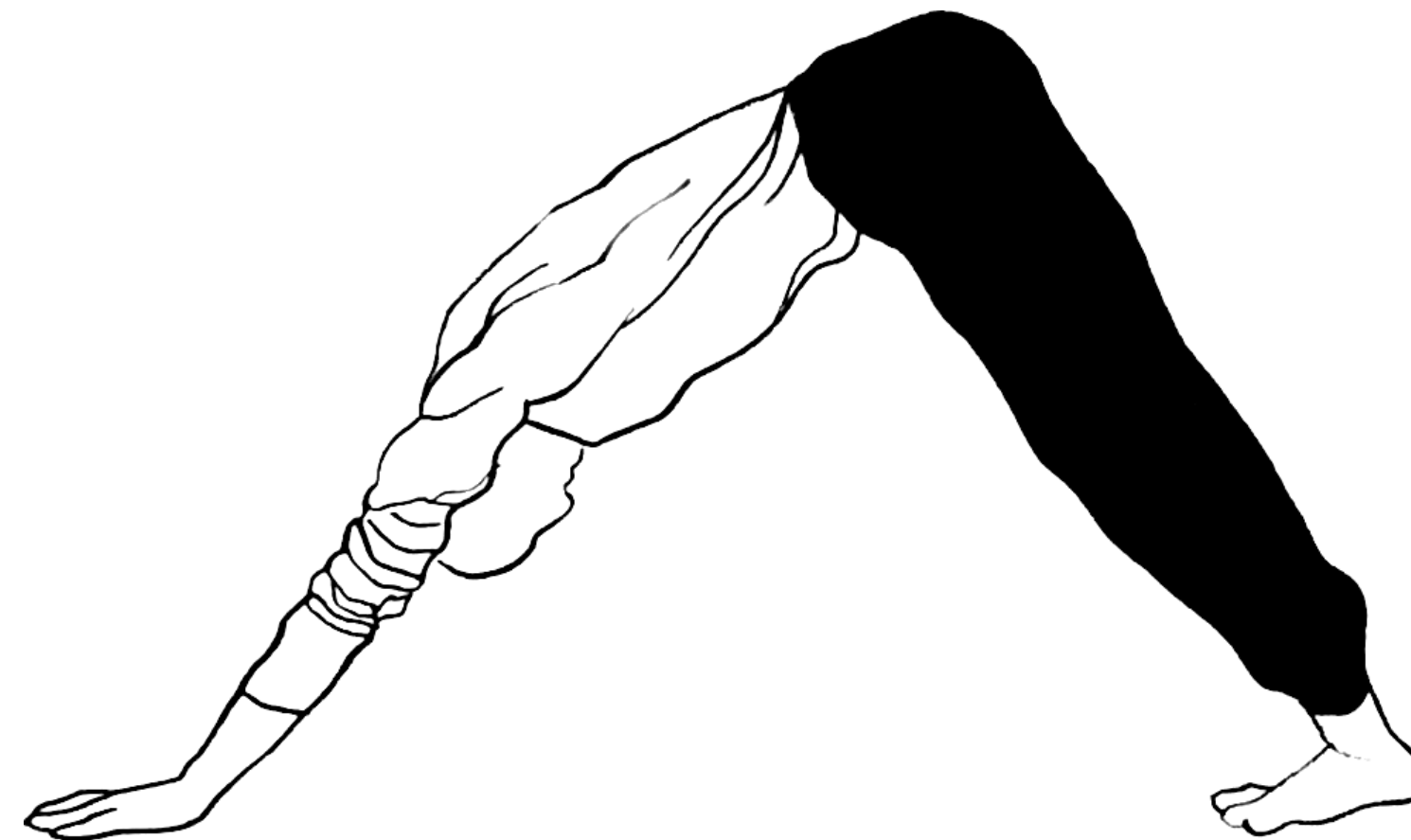
8. Inhale to bhujangasana

9. Exhale to adho mukha svanasana and  
breathe 5 times

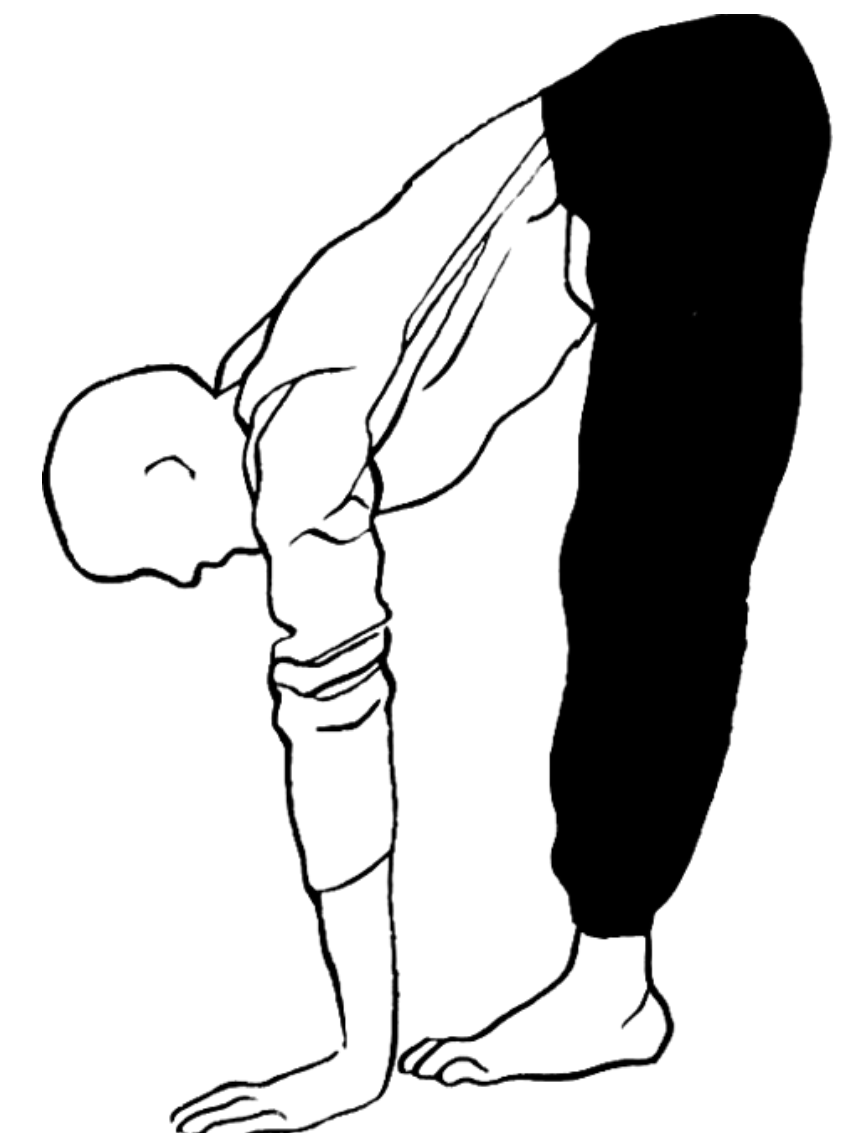
10. Inhale and hop or step to extended  
uttanasana



bhujangasana



adho mukha svanasana



extended uttanasana

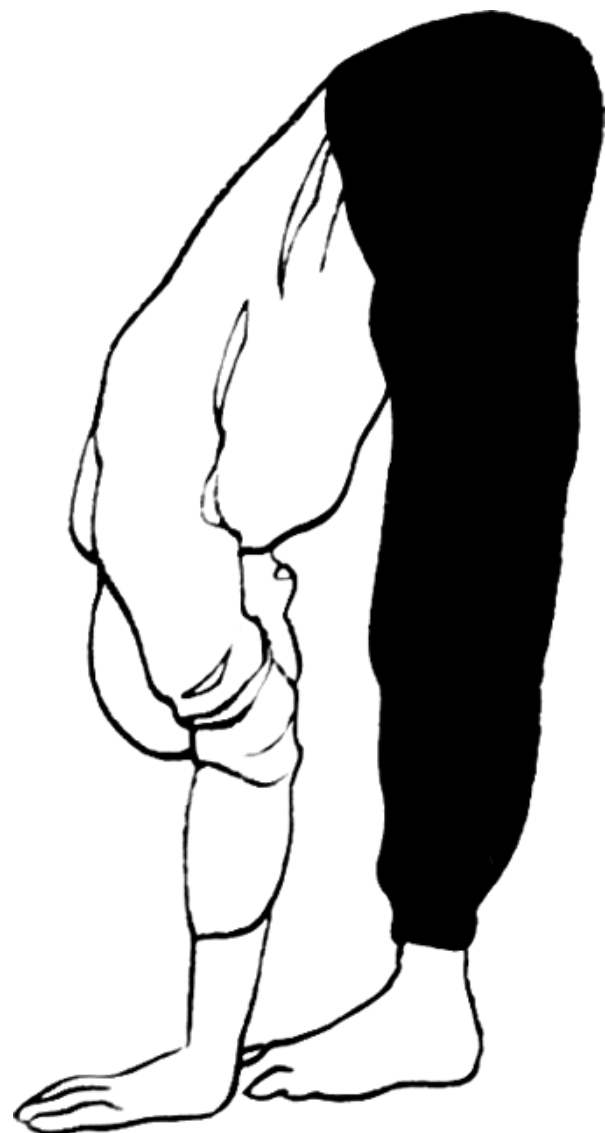


# Surya Namaskar Type 5

11. Exhale to uttanasana

12. Inhale to urdhva hastasana

13. Exhale to samasthiti



uttanasana

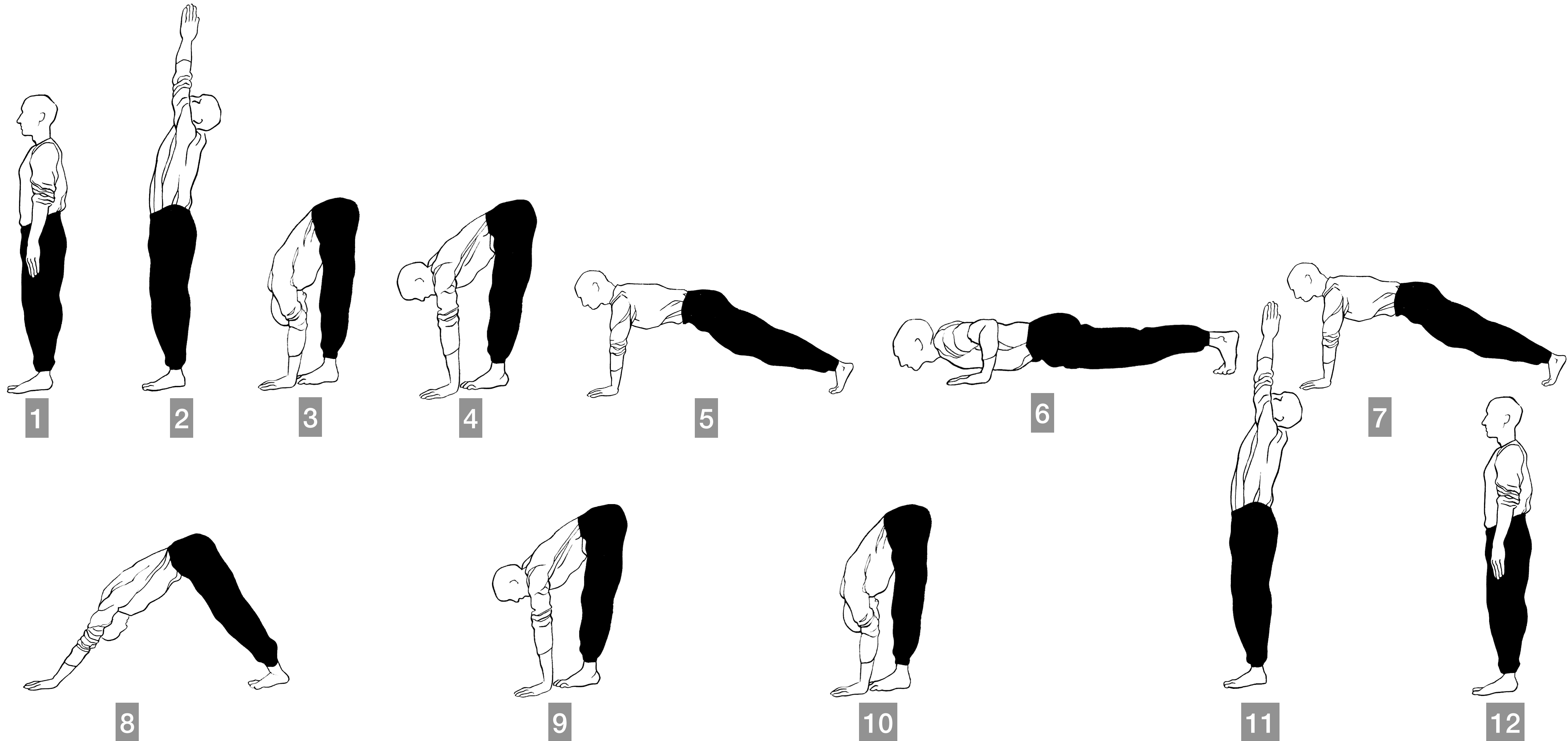


urdhva hastasana



samasthiti

# Surya Namaskar Type 6



# Surya Namaskar Type 6

1. Samasthiti

2. Inhale arms up to urdhva hastasana



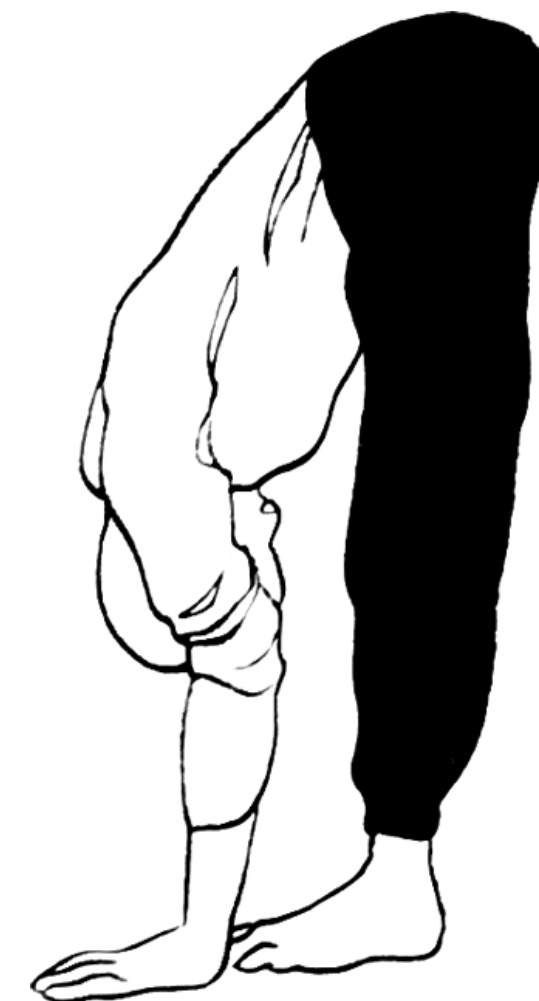
samasthiti



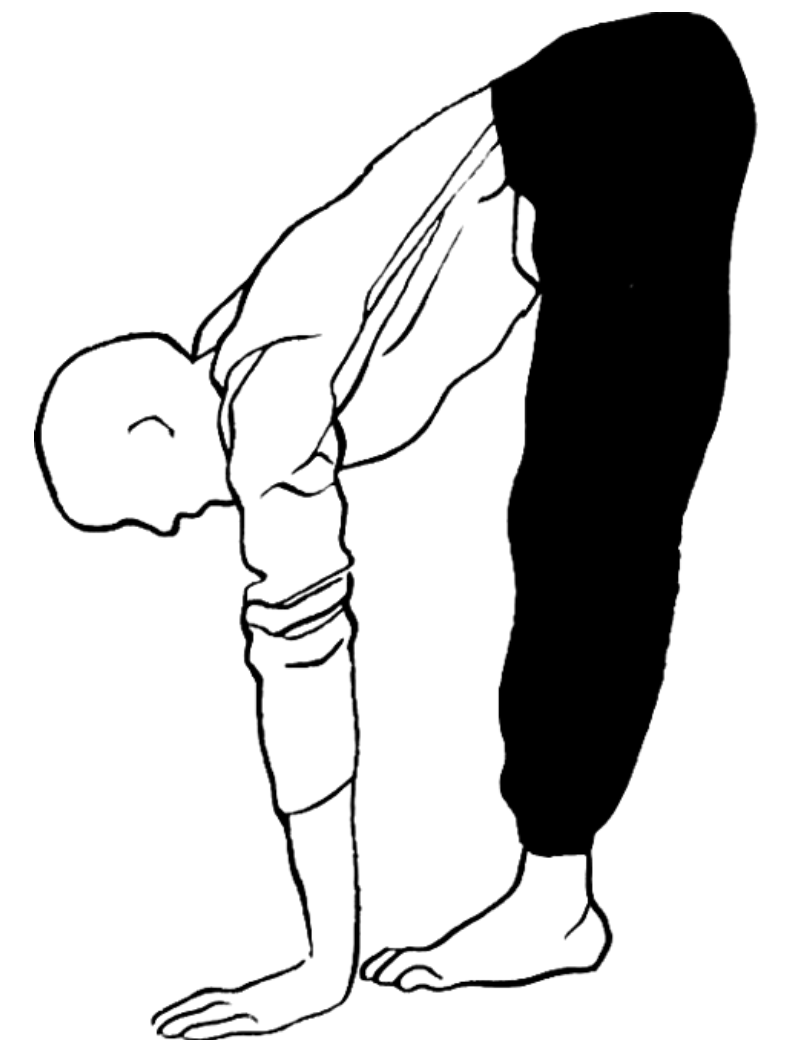
urdhva hastasana

3. Exhale to uttanasana

4. Inhale to extended uttanasana, hands flat on the floor, chest extended forward



uttanasana



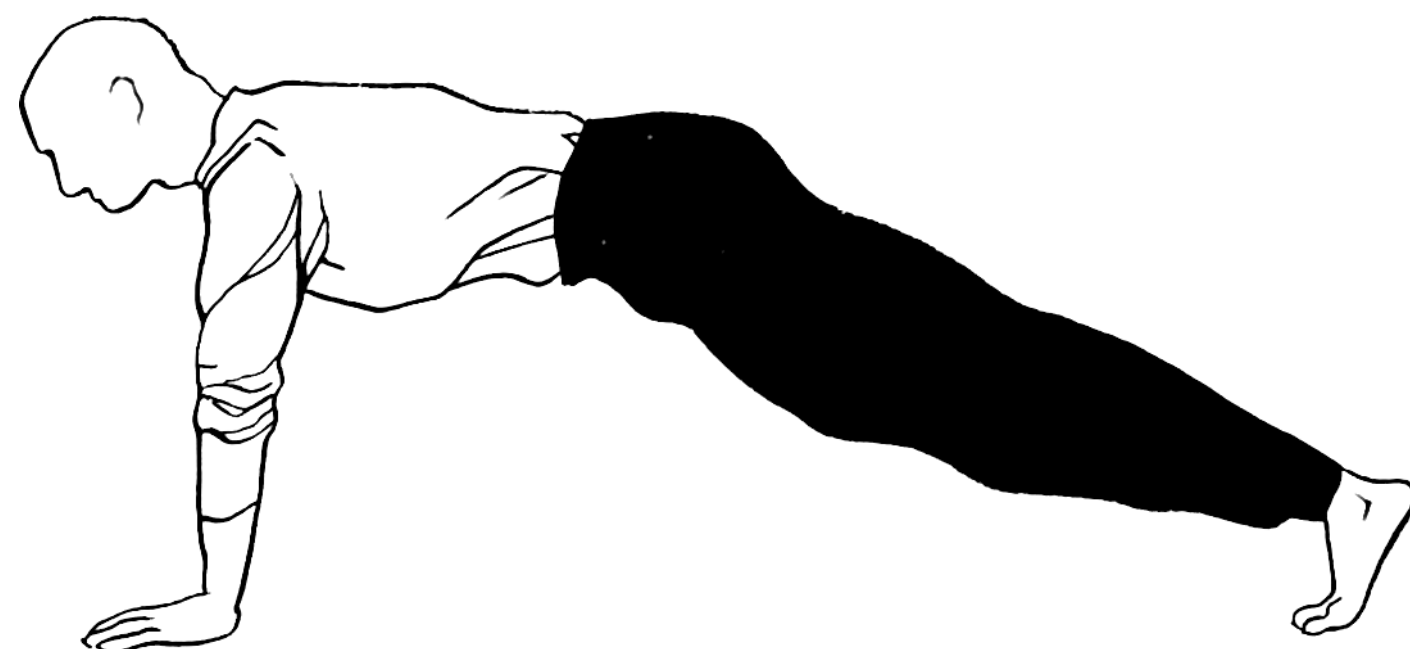
extended uttanasana

# Surya Namaskar Type 6

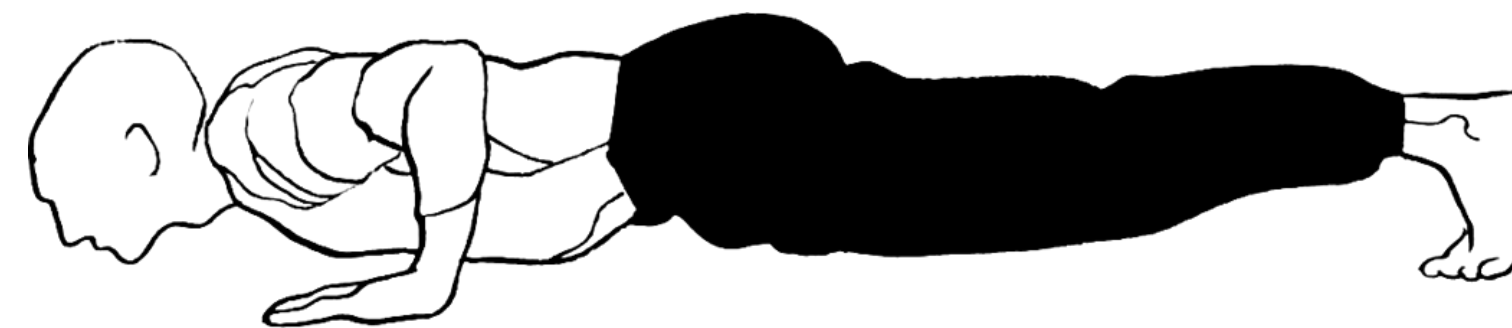
5. Exhale to chatushpada pitham, and inhale again

6. Exhale to a chaturanga dandasana

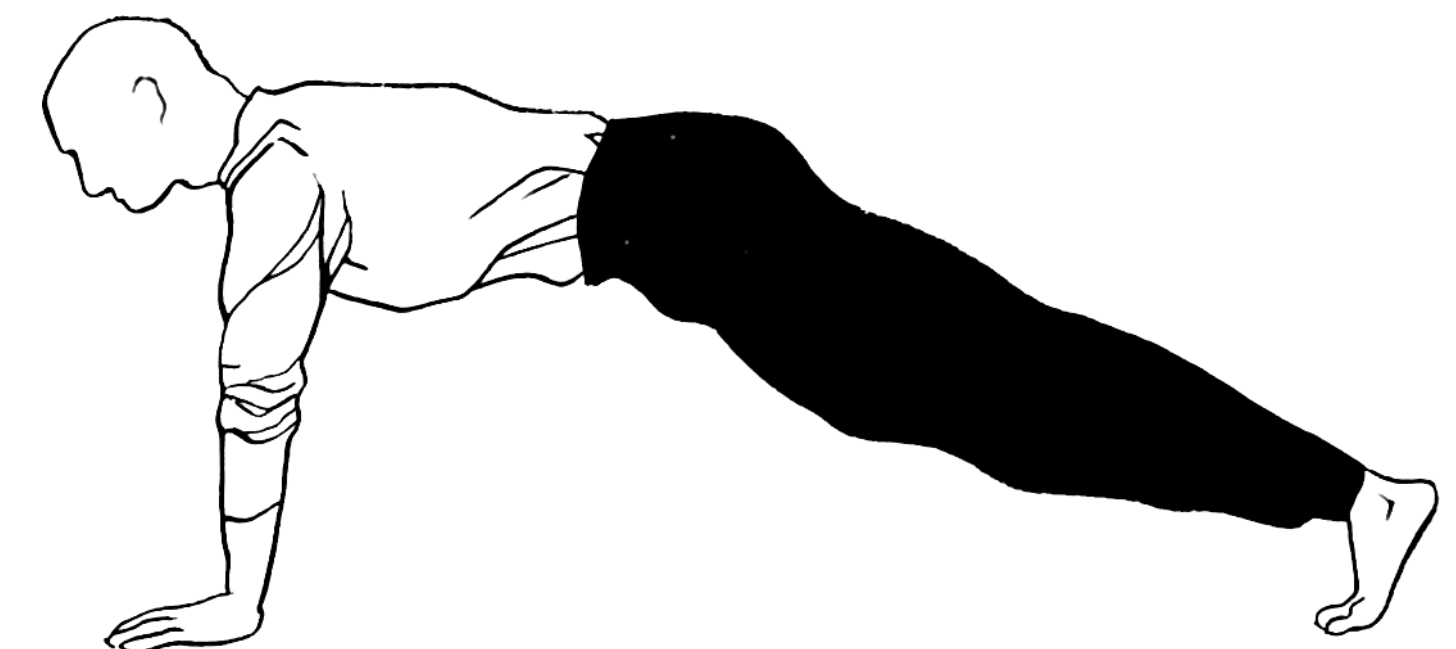
7. Inhale to chatushpadam



chatushpada pitham



chaturang dandasana



chatushpadam

# Surya Namaskar Type 6

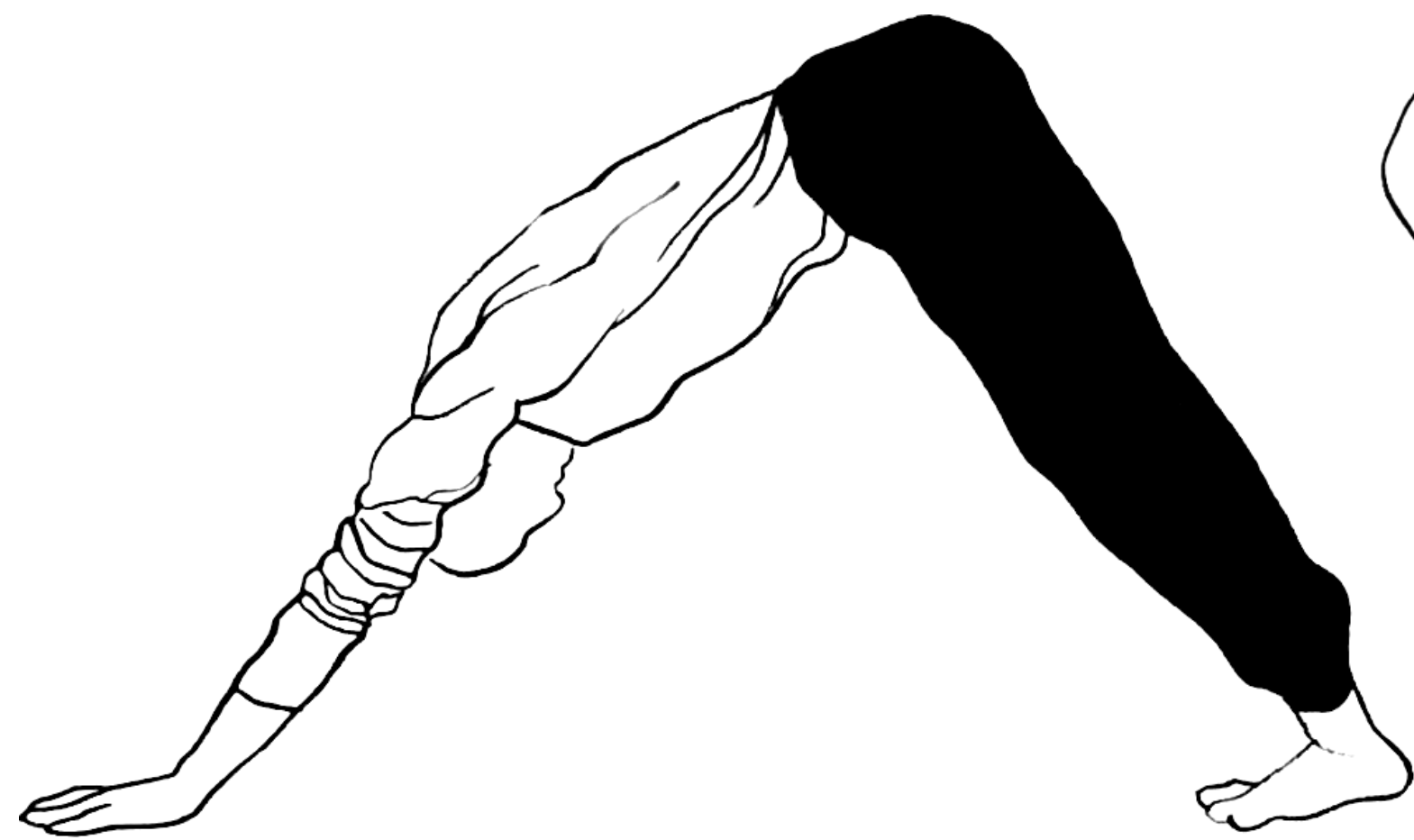
8. Exhale to adho mukha svanasana and breathe 5 times

9. Inhale and hop or step to extended uttanasana

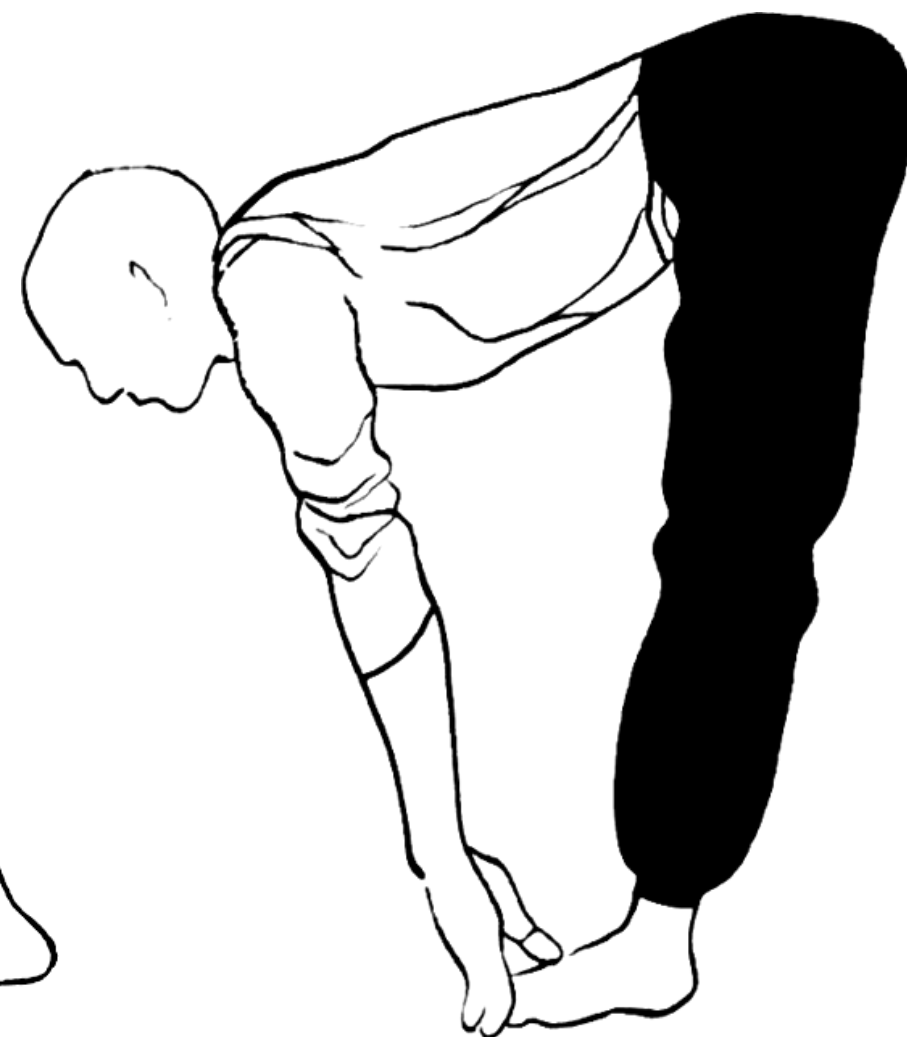
10. Exhale to uttanasana

11. Inhale to urdhva hastasana

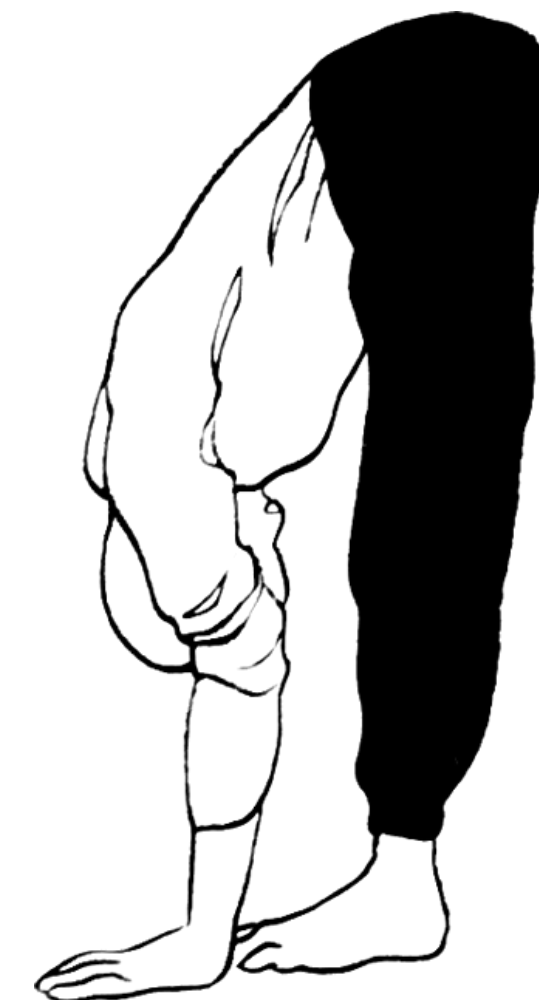
12. Exhale to samasthiti



adho mukha svanasana



extended uttanasana



uttanasana

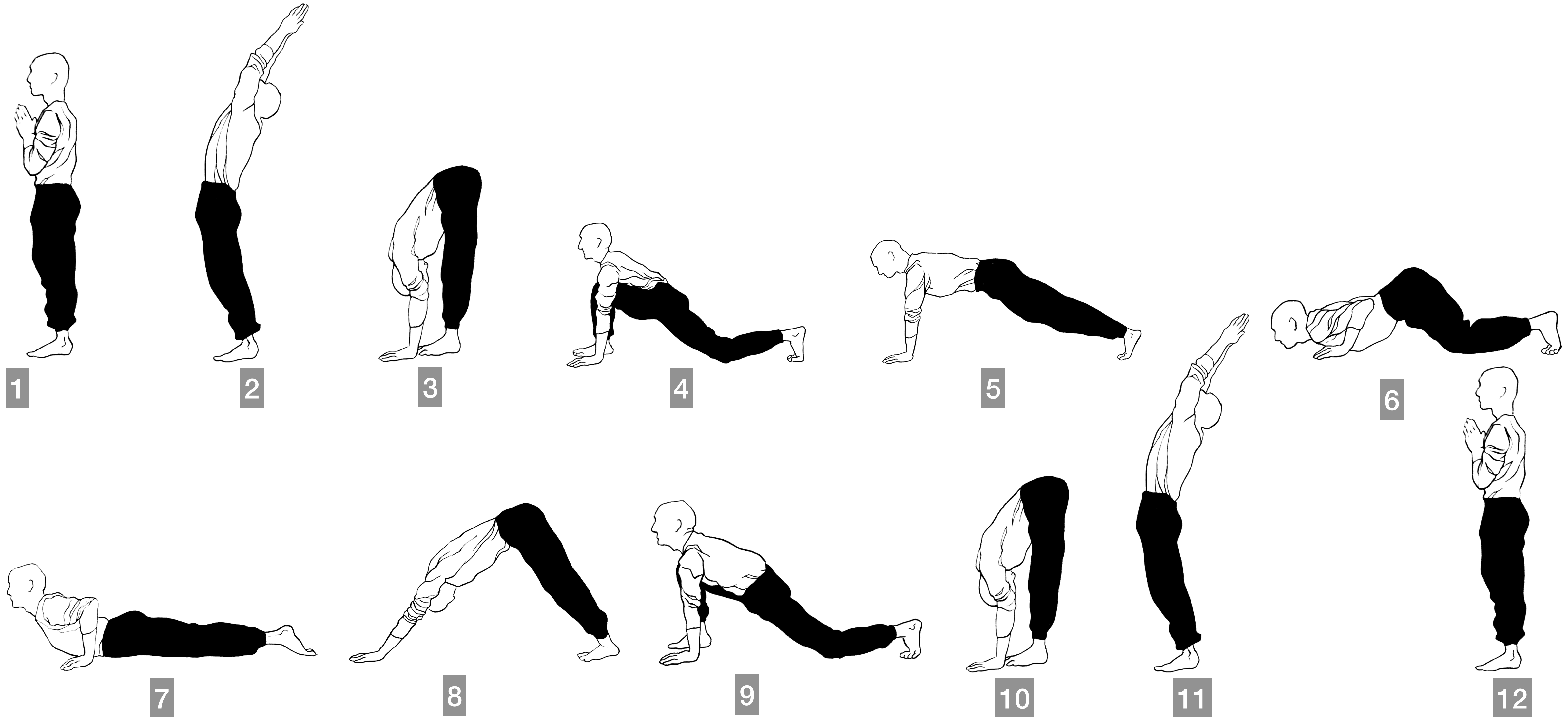


urdhva hastasana



samasthiti

# Surya Namaskar Type 7



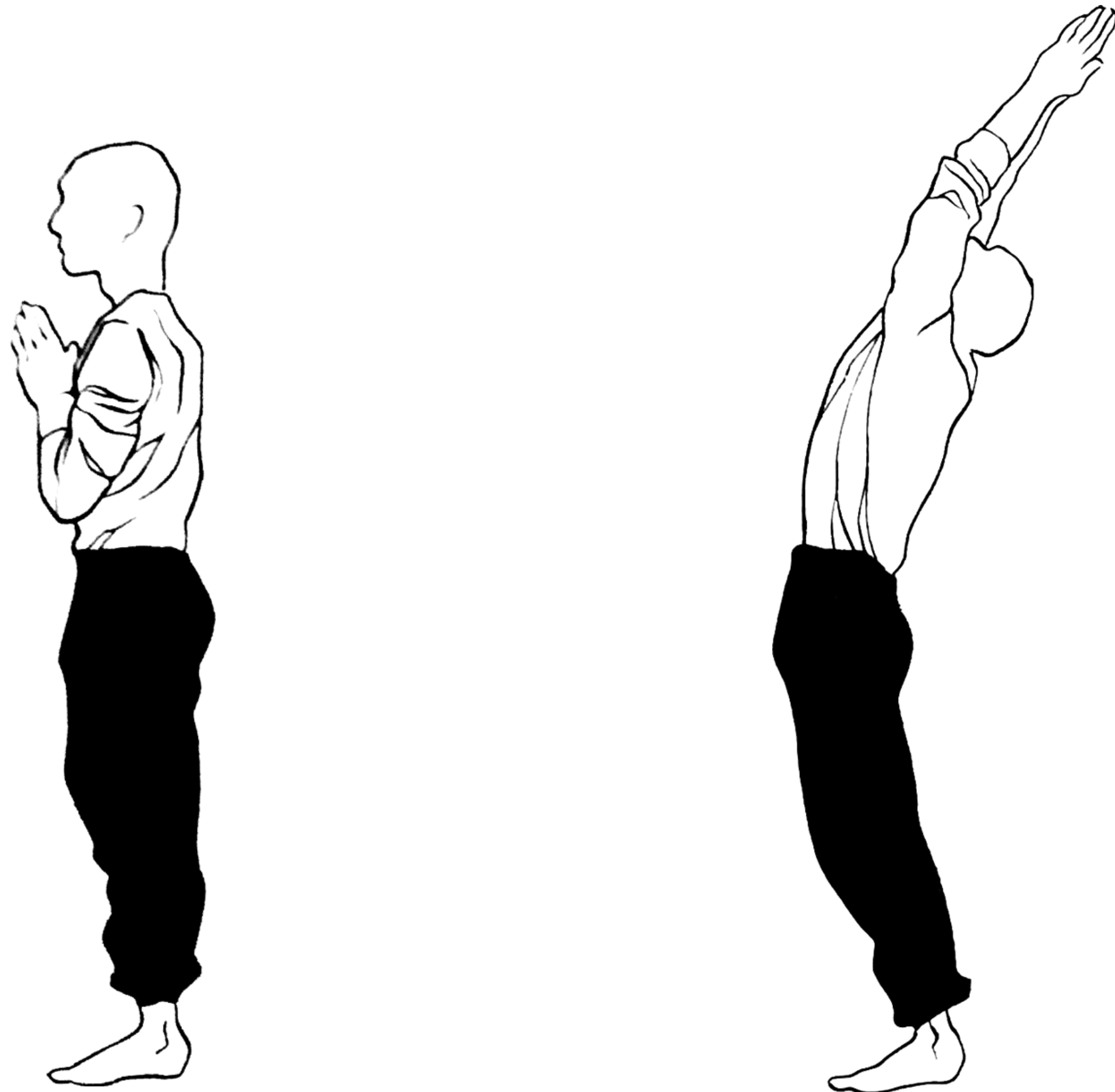
# Surya Namaskar Type 7

1. Namaskara Mudra

2. Inhale to ardha chakrasana

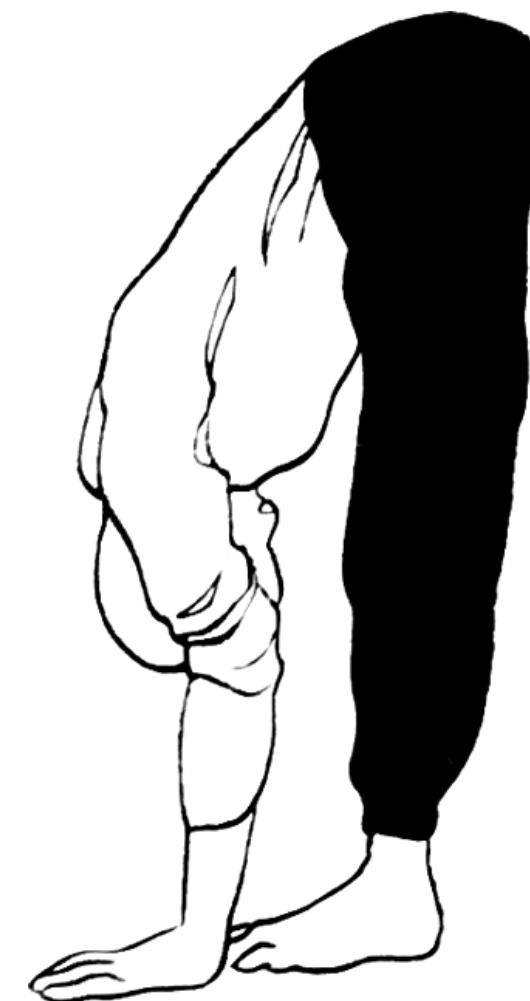
3. Exhale to uttanasana

4. Inhale right leg back to a lunge



namaskar mudra

ardha chakrasana



uttanasana

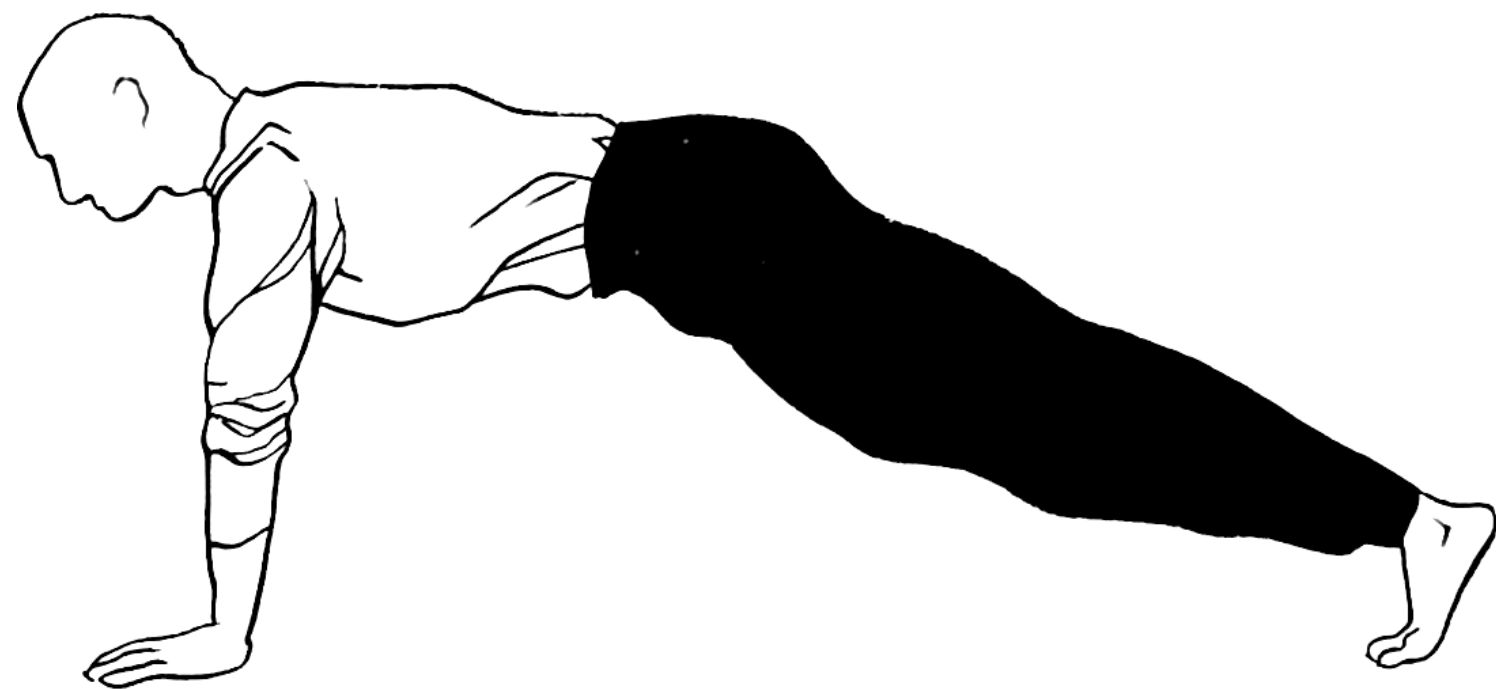


# Surya Namaskar Type 7

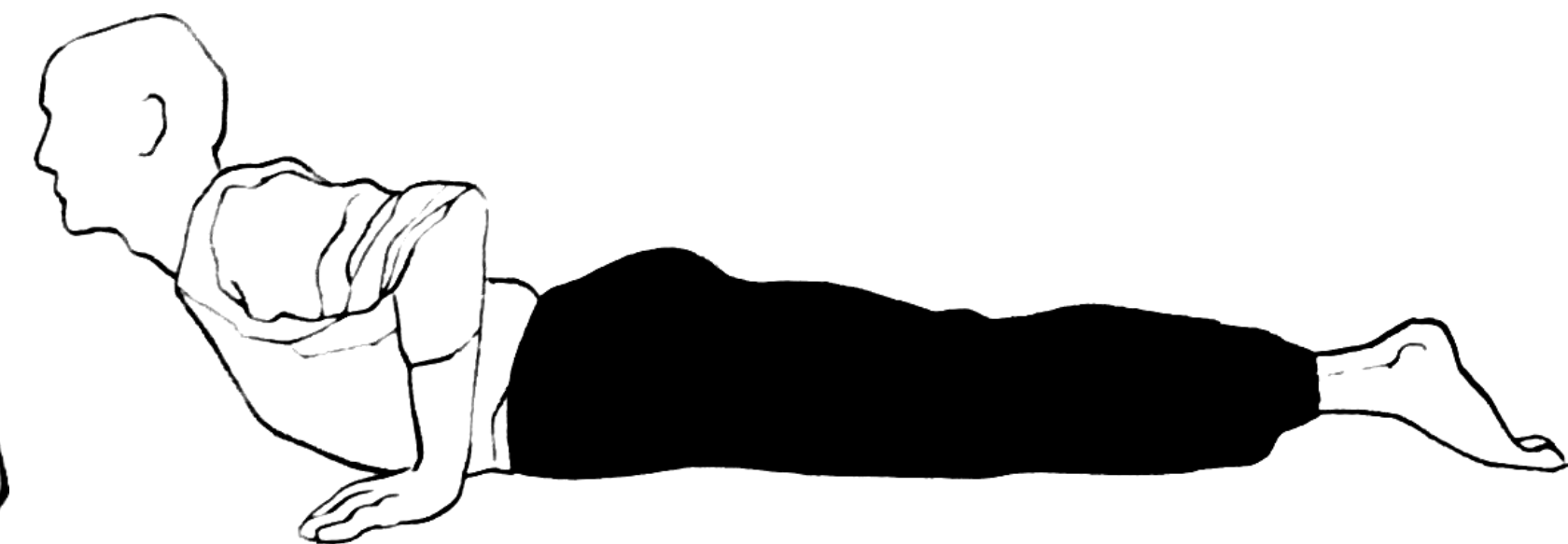
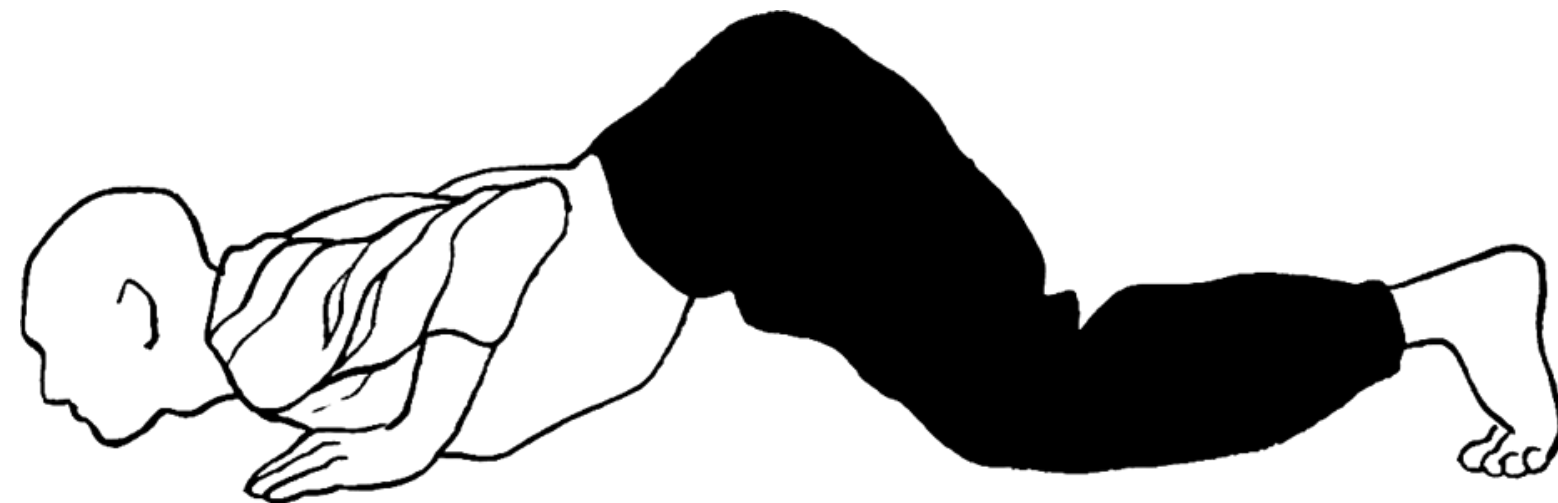
5. Exhale to chatushpada pitham, inhale again

6. Exhale, knees, chest and chin to the mat

7. Inhale to bhujangasana



chatushpada pitham



bhujangasana



# Surya Namaskar Type 7

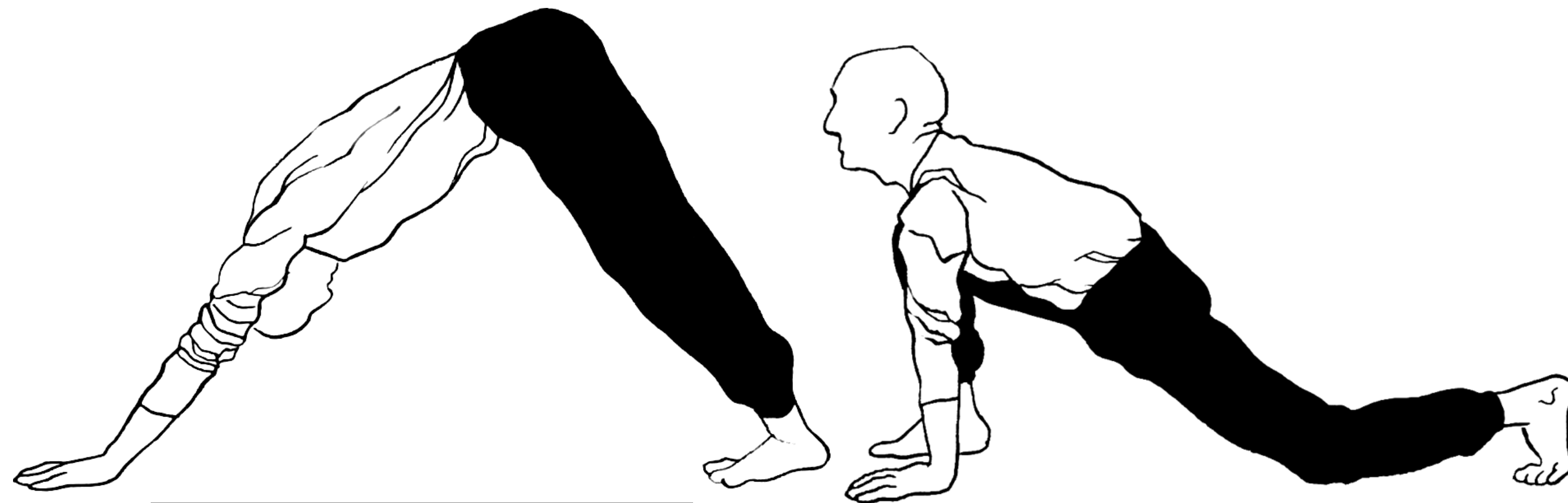
8. Exhale to adho mukha svanasana

9. Inhale right leg forward to low lunge

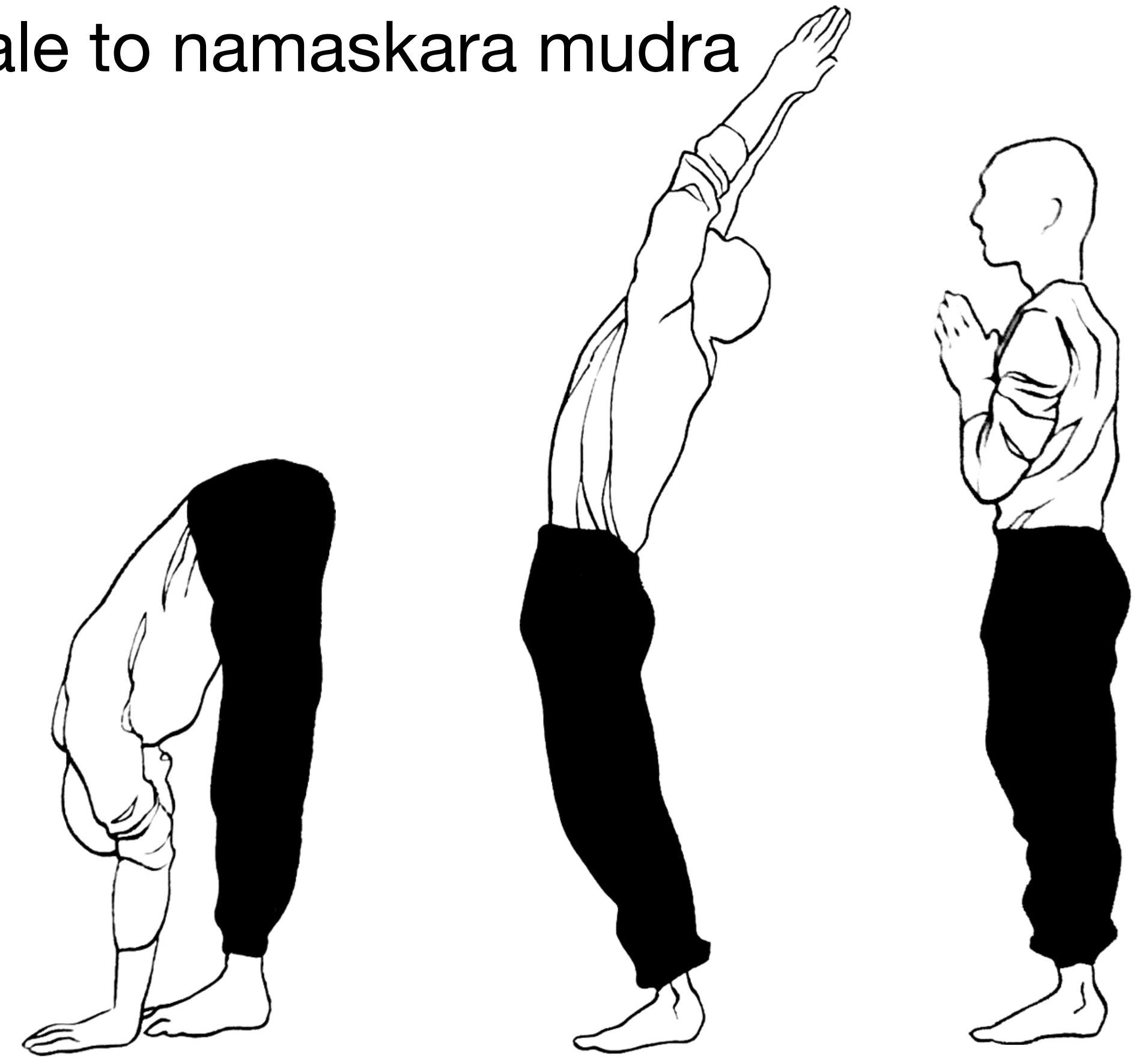
10. Exhale to uttanasana

11. Inhale to ardha chakrasana

12. Exhale to namaskara mudra



adho mukha svanasana

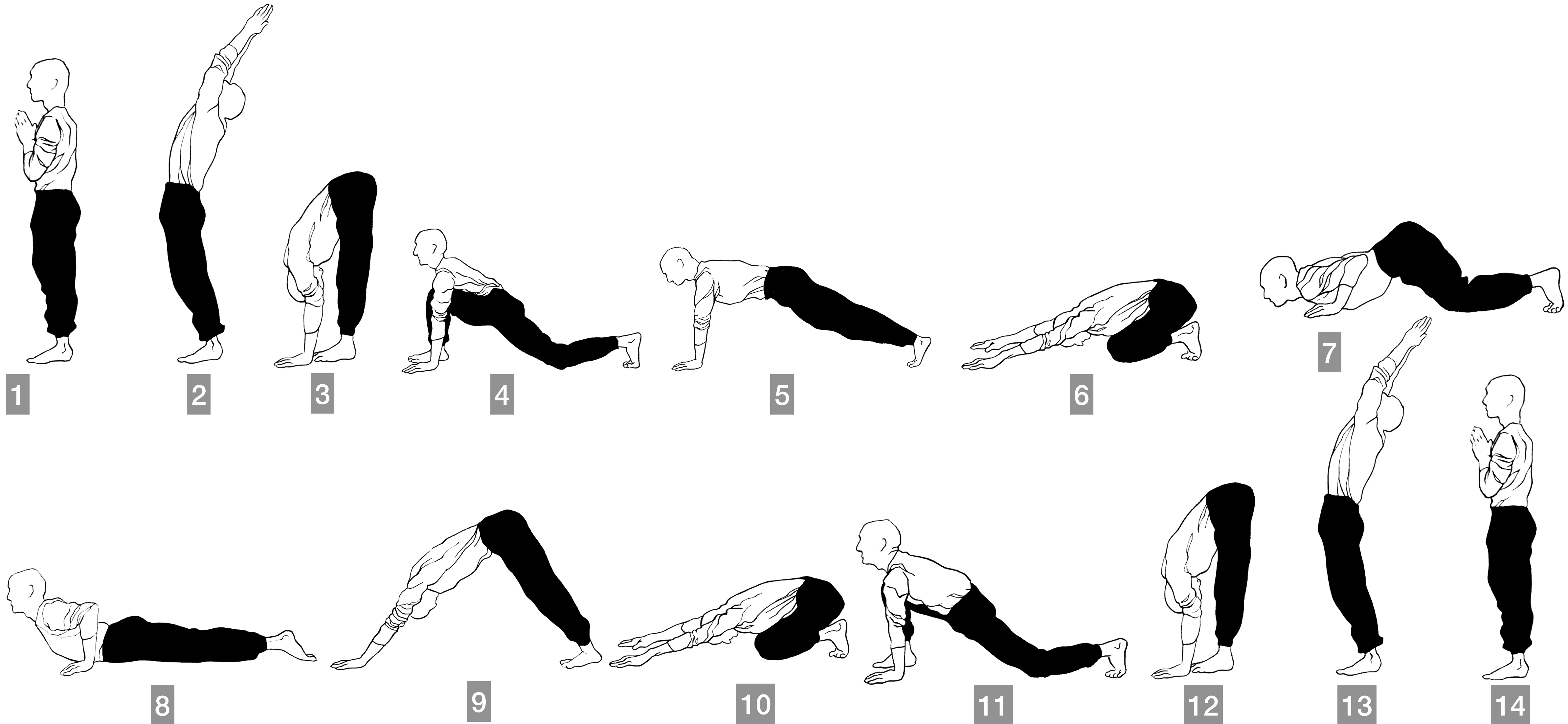


uttanasana

ardha chakrasana

namaskar mudra

# Surya Namaskar Type 8



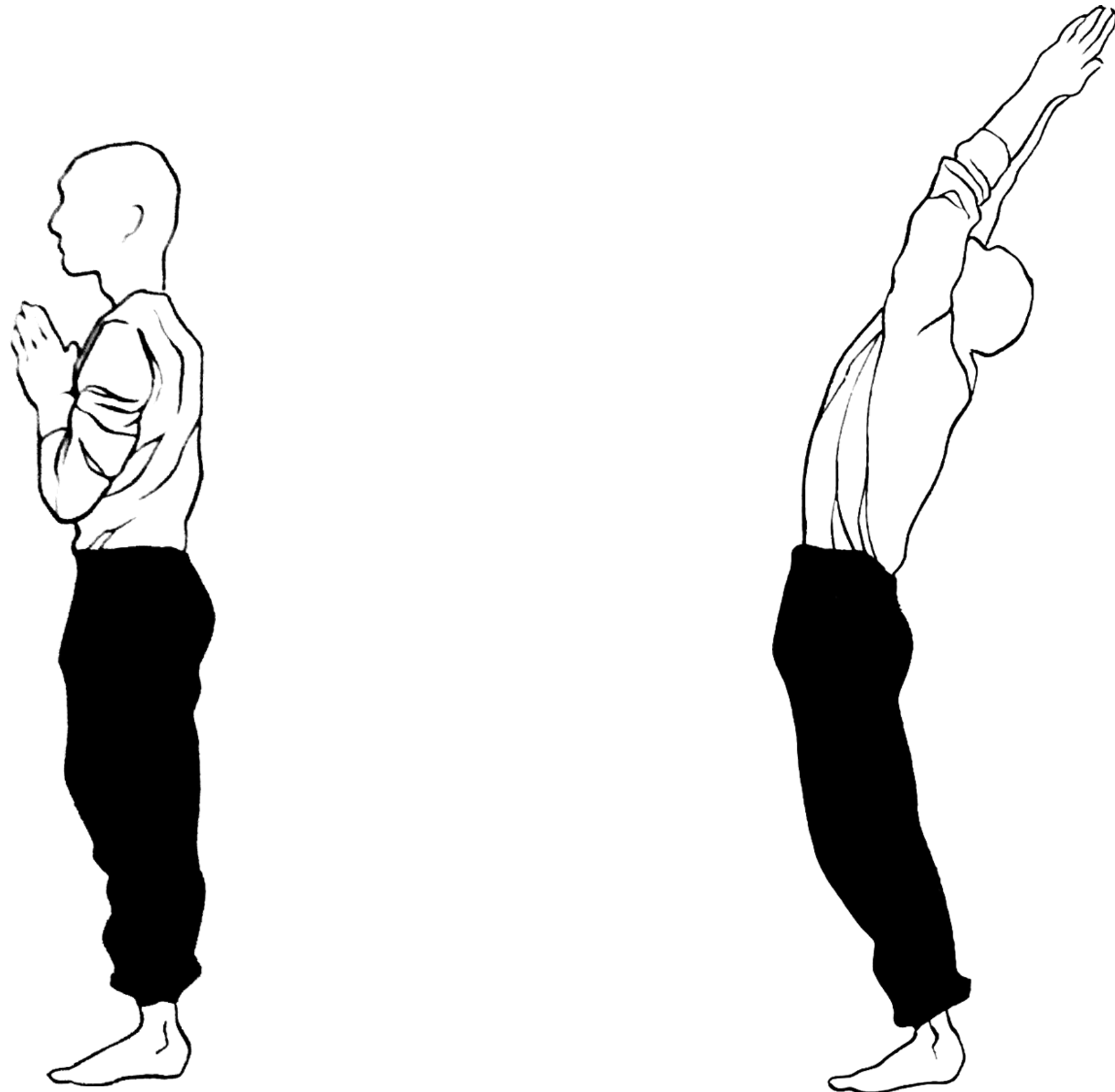
# Surya Namaskar Type 8

1. Namaskara Mudra

2. Inhale to ardha chakrasana

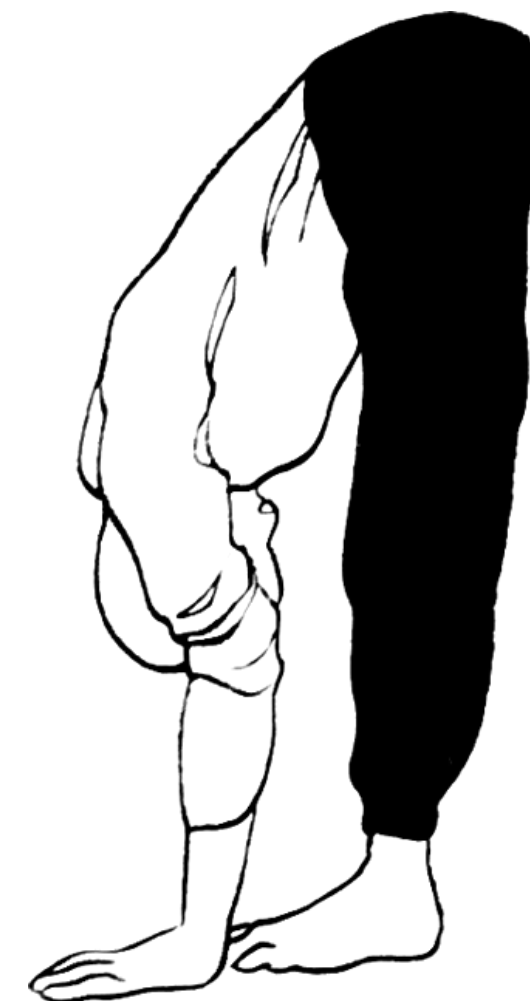
3. Exhale to uttanasana

4. Inhale right leg back to a lunge



namaskar mudra

ardha chakrasana



uttanasana

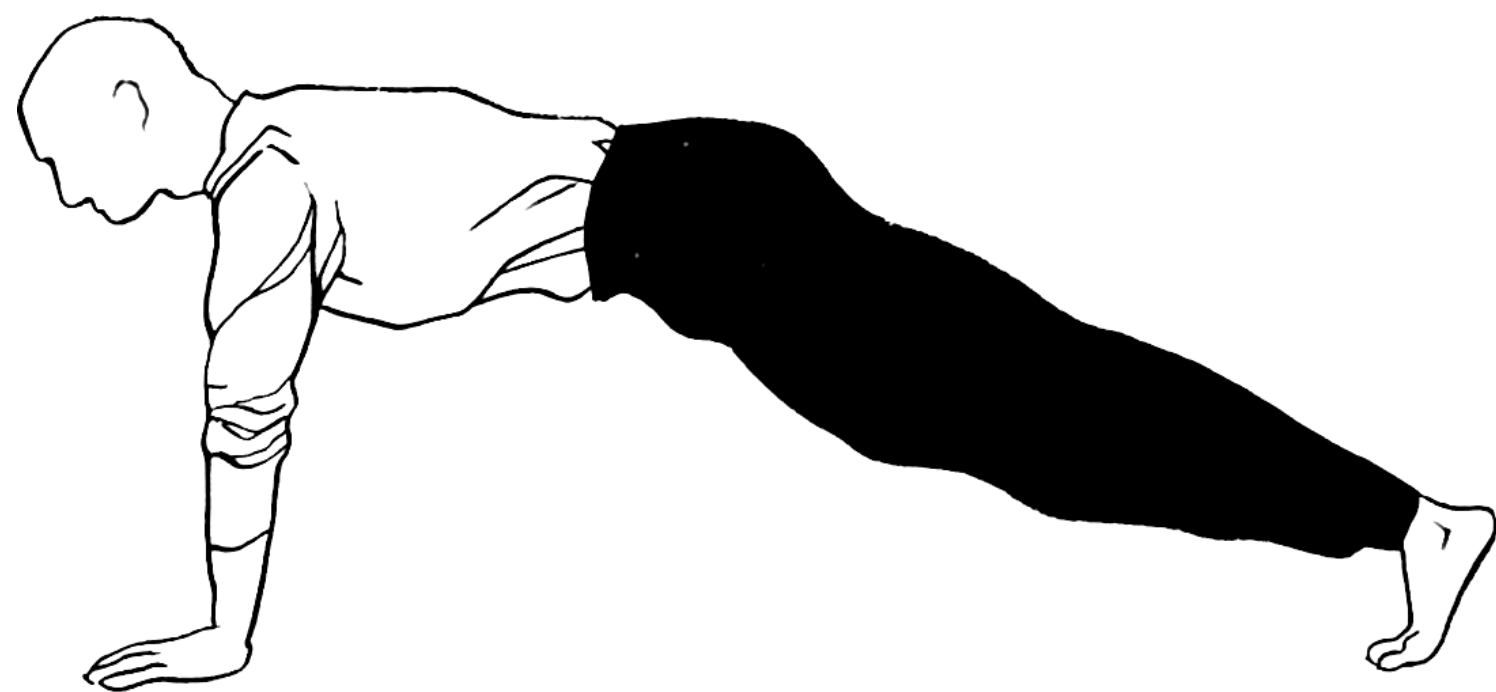


# Surya Namaskar Type 8

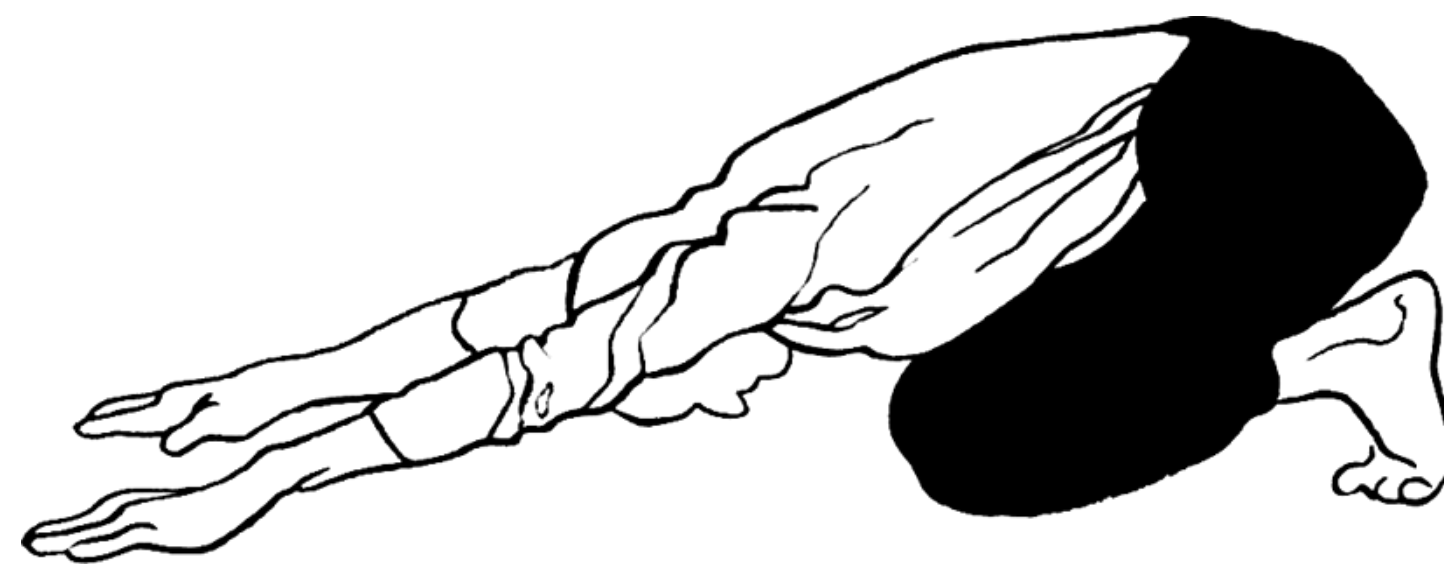
5. Exhale to chatushpada pitham, inhale again

6. Exhale to sashankasana, inhale come on to the hands and knees

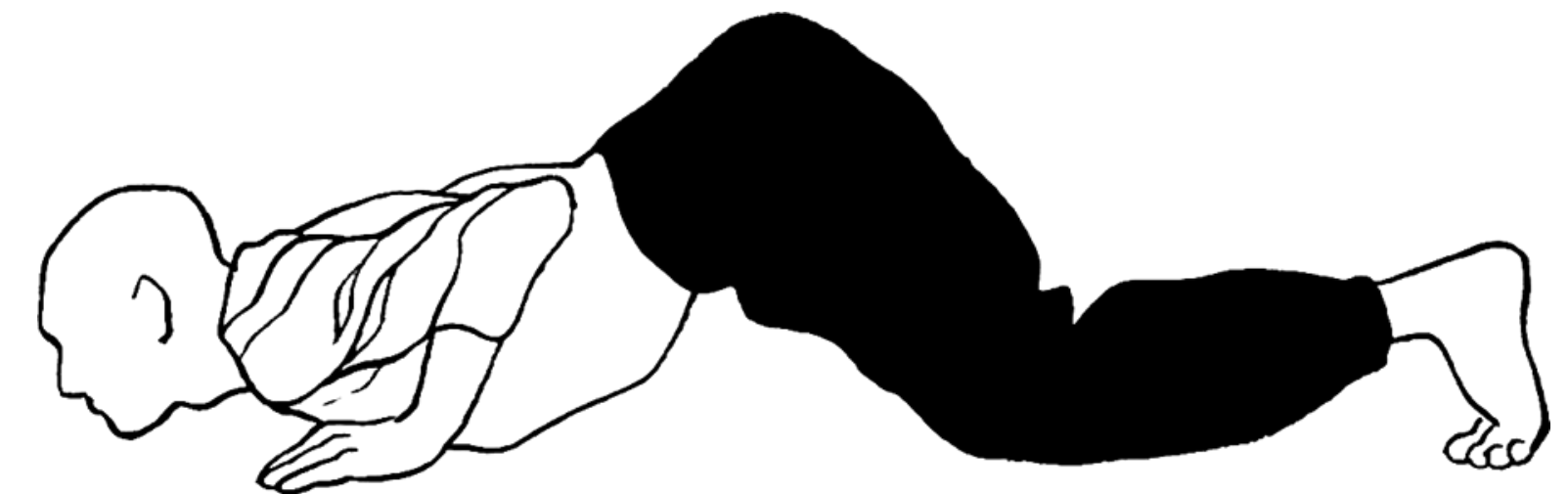
7. Exhale to knees, chest and chin



chatushpada pitham



sashankasana

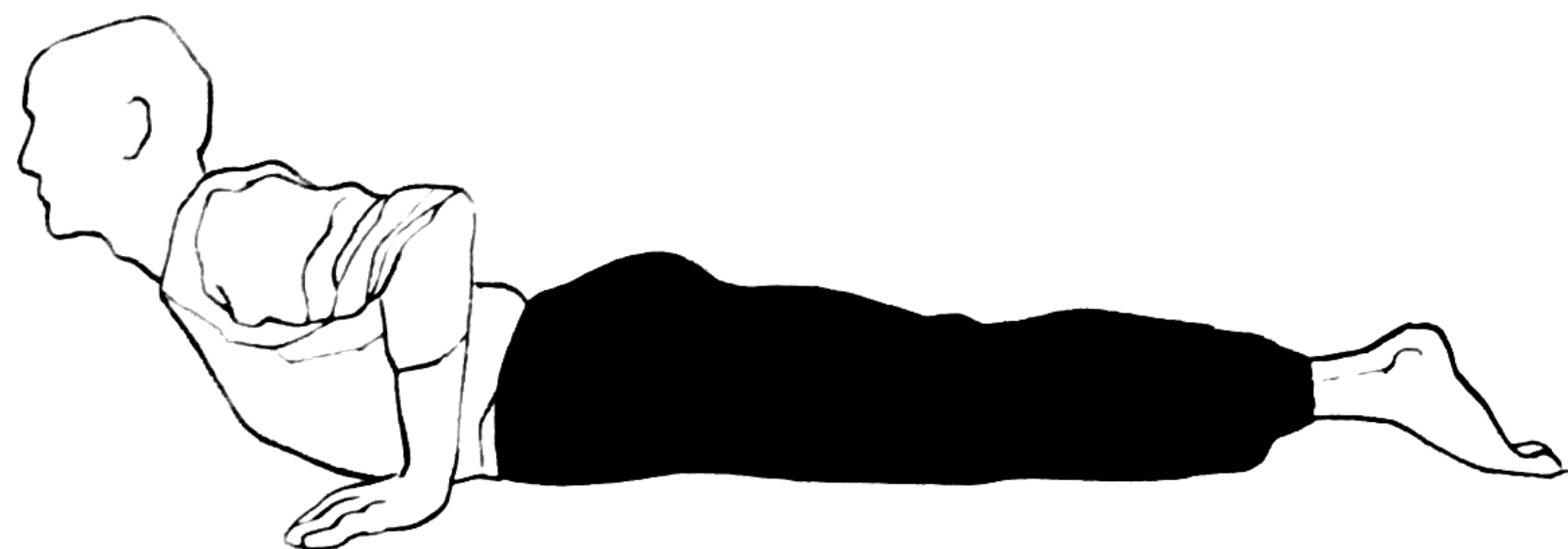


# Surya Namaskar Type 8

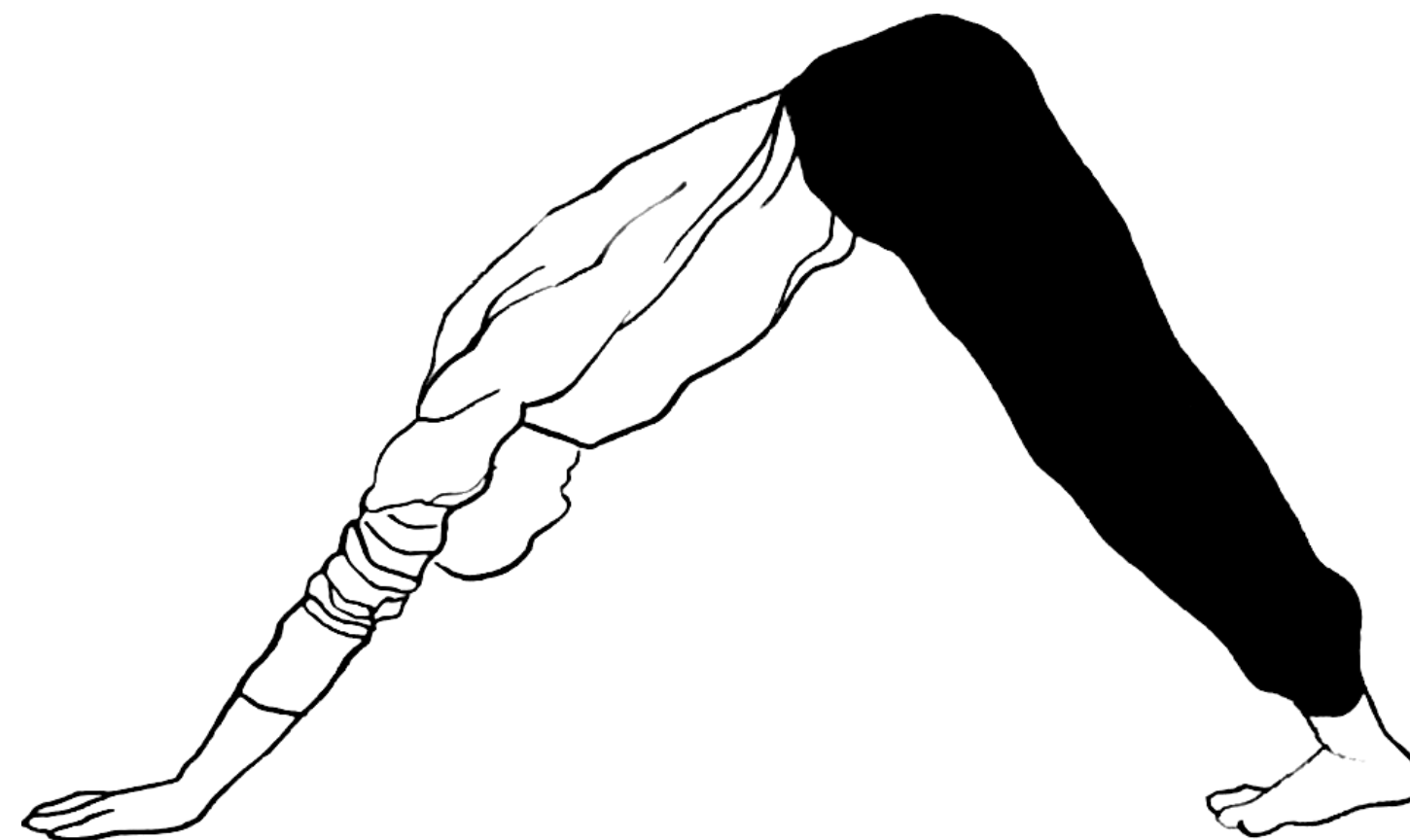
8. Inhale to bhujangasana

9. Exhale to adho mukha svanasana, inhale again

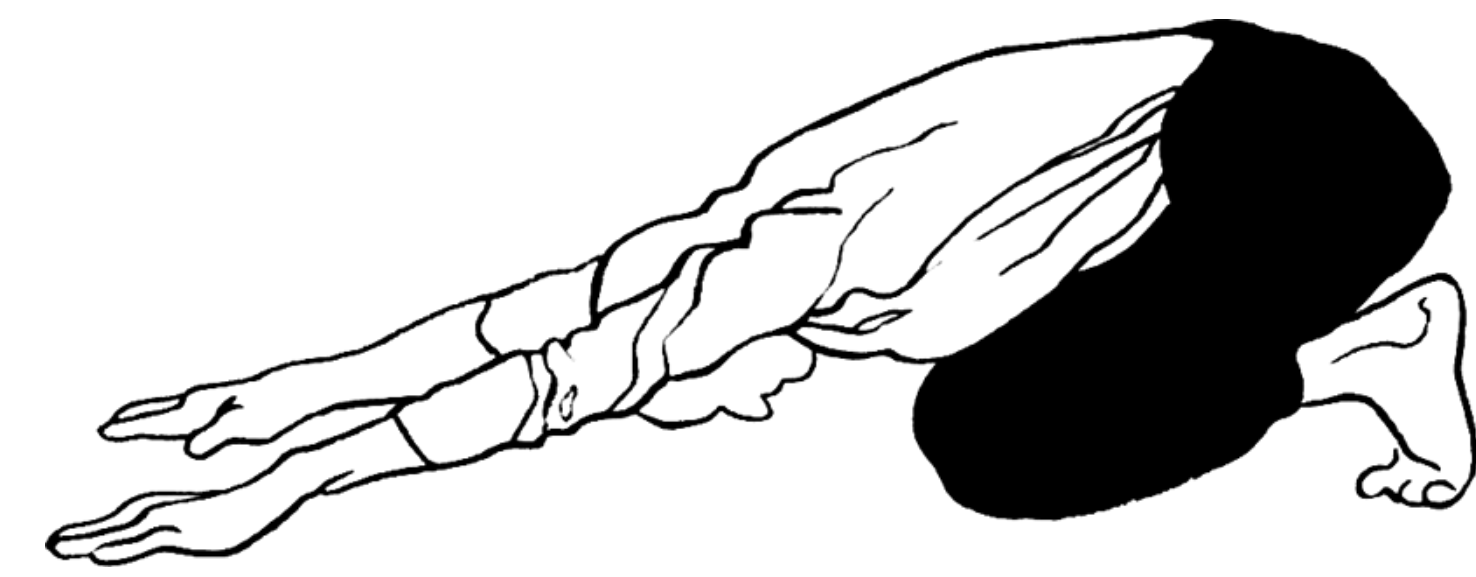
10. Exhale to sashankasana



bhujangasana



adho mukha svanasana



sashankasana

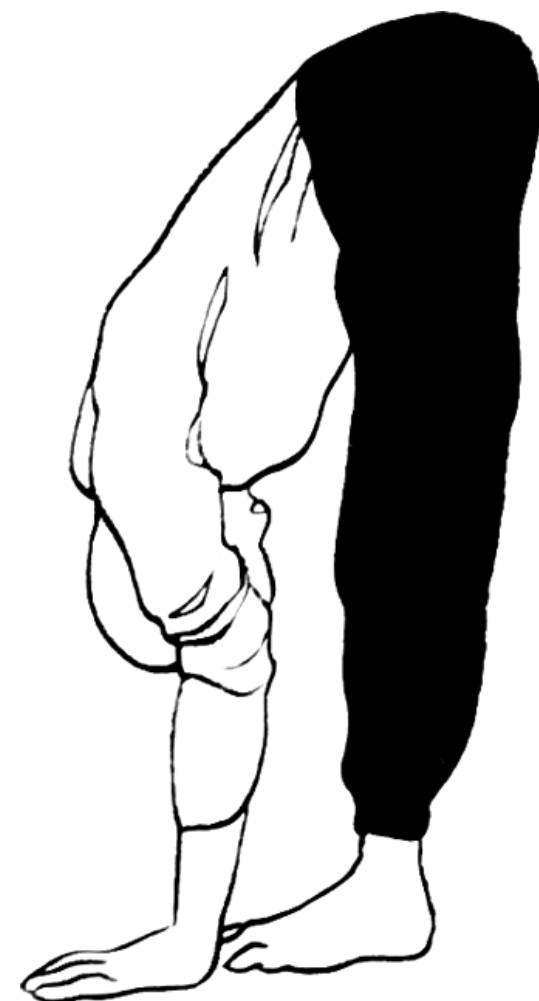
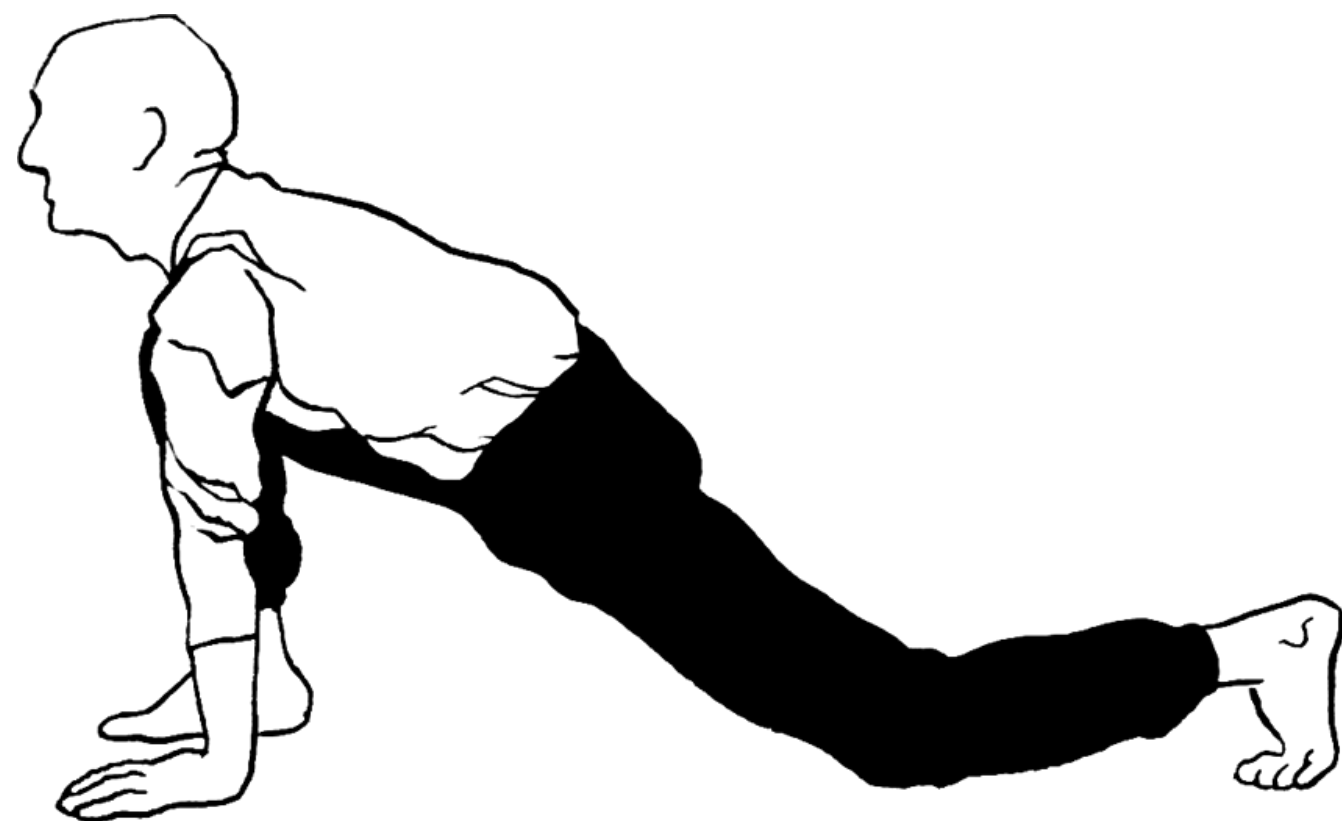
# Surya Namaskar Type 8

11. Inhale right leg forward to a low lunge

12. Exhale to uttanasana

13. Inhale to ardha chakrasana

14. Exhale to namaskar mudra



uttanasana



ardha chakrasana



namaskar mudra

लोकाः समस्ताः सुखिनो भवन्तु ॥

लोकाः समस्ताः सुखिनो भवन्तु ॥

लोकाः समस्ताः सुखिनो भवन्तु ॥

ॐ शान्तिः शान्तिः शान्तिः ।

lōkāḥ samastāḥ sukhinō bhavantu ॥

AUM śāntiḥ śāntiḥ śāntiḥ ॥

*May all worlds be happy.*

*AUM Peace Peace Peace!*