

Surya Namaskara - Salute To The Sun

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Traditionally, the Salute to the Sun sequence of yoga postures - also known as Surya Namaskara - is practised with the use of mantras, energized sounds. The vibrations of the mantras are beneficial to the body and brain, helping to create an uplifted state of mind. For each posture (asana) there is a Surya mantra and a bija mantra (seed sound). The two tracks on this album lead you through the Dancing Style of Surya Namaskara for 12 and 27 rounds. The mantras are chanted at a slow pace in the beginning and as the practice moves into the bija mantras, the speed increases. As your practice develops you can mentally repeat the mantras for a strong effect. NB: If you are pregnant or have any injuries, please get advice from a qualified yoga instructor or your doctor before you attempt this at home. Copyright Ashram Yoga Limited 2011.

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