

Suryanamaskar Mantras



Pranamasana: *"Om Mitraya Namaha"* (Om Hram) *Anahata*



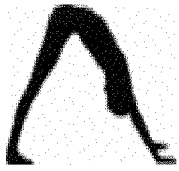
Hasta Utthanasana: *"Om Ravaye Namaha"* (Om Hrim) *Vishuddhi*



Padahastasana: *"Om Suryaya Namaha"* (Om Hrum) *Swadhisthana*



Ashwa Sanchalanasana: *"Om Bhanave Namaha"* (Om Hraim) *Ajna*



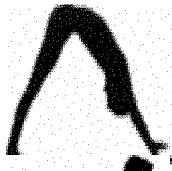
Parsvatanasana: *"Om Khagaya Namaha"* (Om Hraum) *Vishuddhi*



Ashtanga Namaskara: *"Om Pushne Namaha"* (Om Hrah) *Manipura*



Bhujangasana: *"Om Hiranya Garbhaya Namaha"* (Om Hram) *Swadhisthana*



Parsvatanasana: *"Om Marichaye Namaha"* (Om Hrim) *Vishuddhi*



Ashwa Sanchalanasana: *"Om Adityaya Namaha"* (Om Hrum) *Ajna*



Padahastasana: *"Om Savitre Namaha"* (Om Hraim) *Swadhisthana*



Hasta Utthanasana: *"Om Arkaya Namaha"* (Om Hraum) *Vishuddhi*



Pranamasana: *"Om Bhaskaraya Namaha"* (Om Hrah) *Anahata*