

Surya Namaskara A x 5

Opening Invocation

OM
 Vande Gurunam Charanaravinde
 Sandarsita Svātma Sukava Bodhe
 Nih Sreyase Jangalkayamane
 Samsara Halahala Mohasanyai
 Abahu Purusakaram
 Sankhacakrasi Dharinam
 Sahasra Sirasam Svātam
 Pranamami Pantanjali
 OM



Surya Namaskara B x 5

Standing Sequence

Always right side first



Seated Sequence

Always right side first



Finishing Sequence



Closing Chant (Mangala Mantra)

Svasti Prajabhyah Paripalayantam
 Nyayena Margena Mahim Mahisah
 Go Brahmanebhyah Subhramastu Nityam
 Lokah Samastah Sukhino Bhavantu
 Om Santih Santih Santih



Take rest (10 mins)