Twitter Thread by V■■■■■■



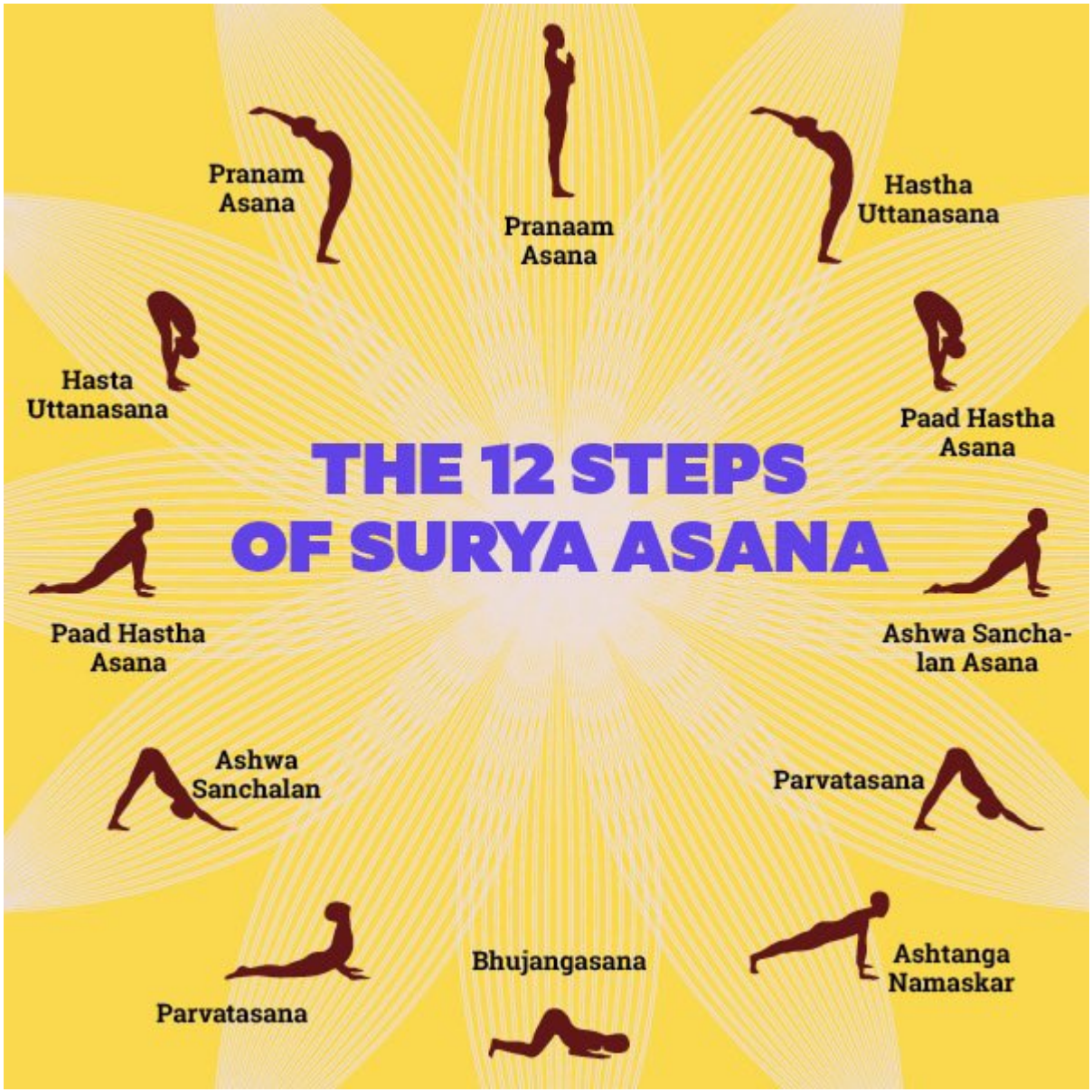
V■■■■■■
@V_Shuddhi

Surya Namaskar ■■■- is the practice of paying respect to the Sun.

In Vedic tradition, the sun is a symbol of consciousness and the Divine and it is the ultimate source of life & energy.

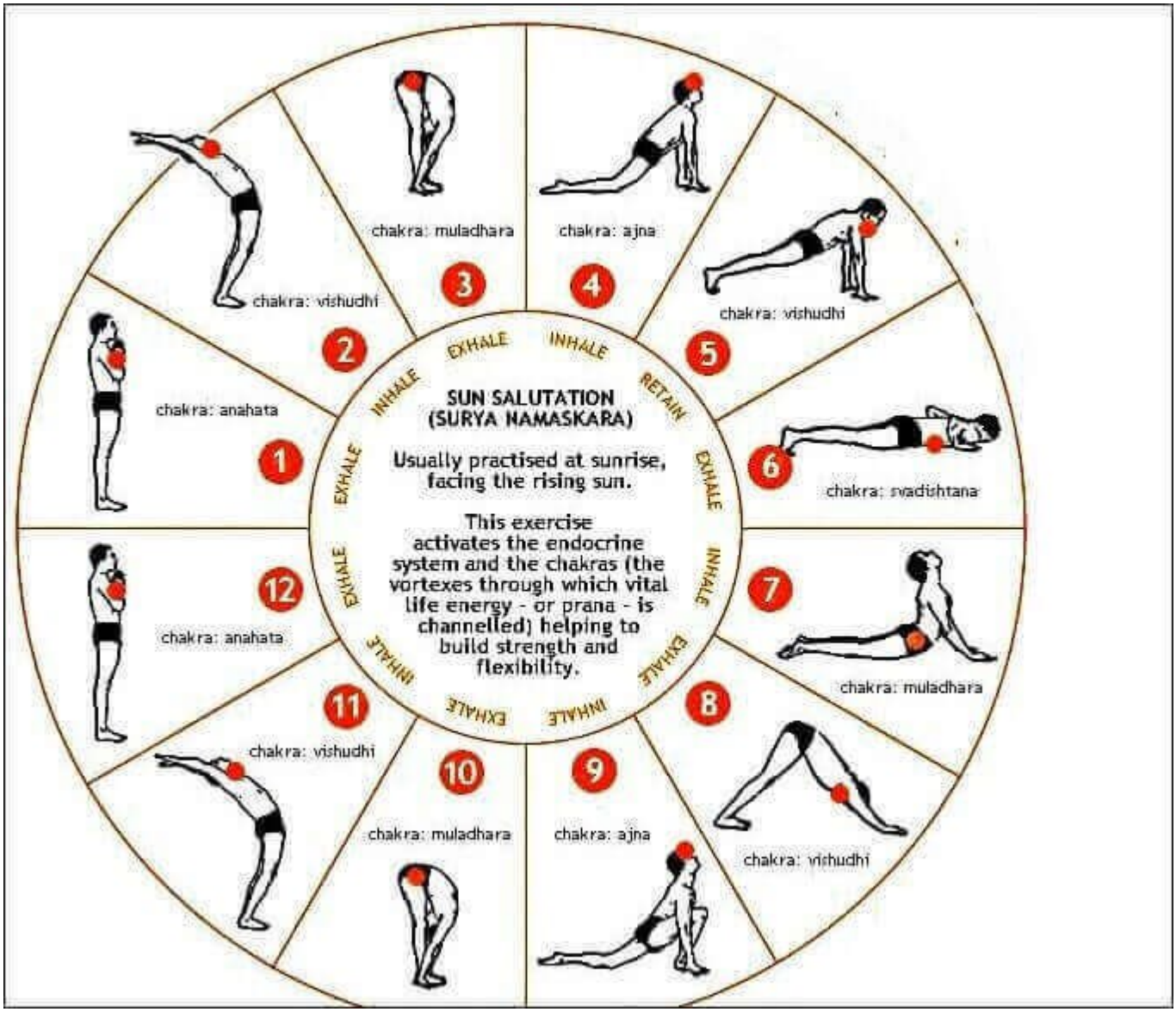
Therefore Surya Namskar is considered as one of the most important Yog practices.

#Thread



It is characterized by the 12 different Yog Aasanas, that not only pay gratitude to the sun but also bestow the one practising it with several physical and mental health benefits.

It is said that our body has several chakras through which life energy or prana is

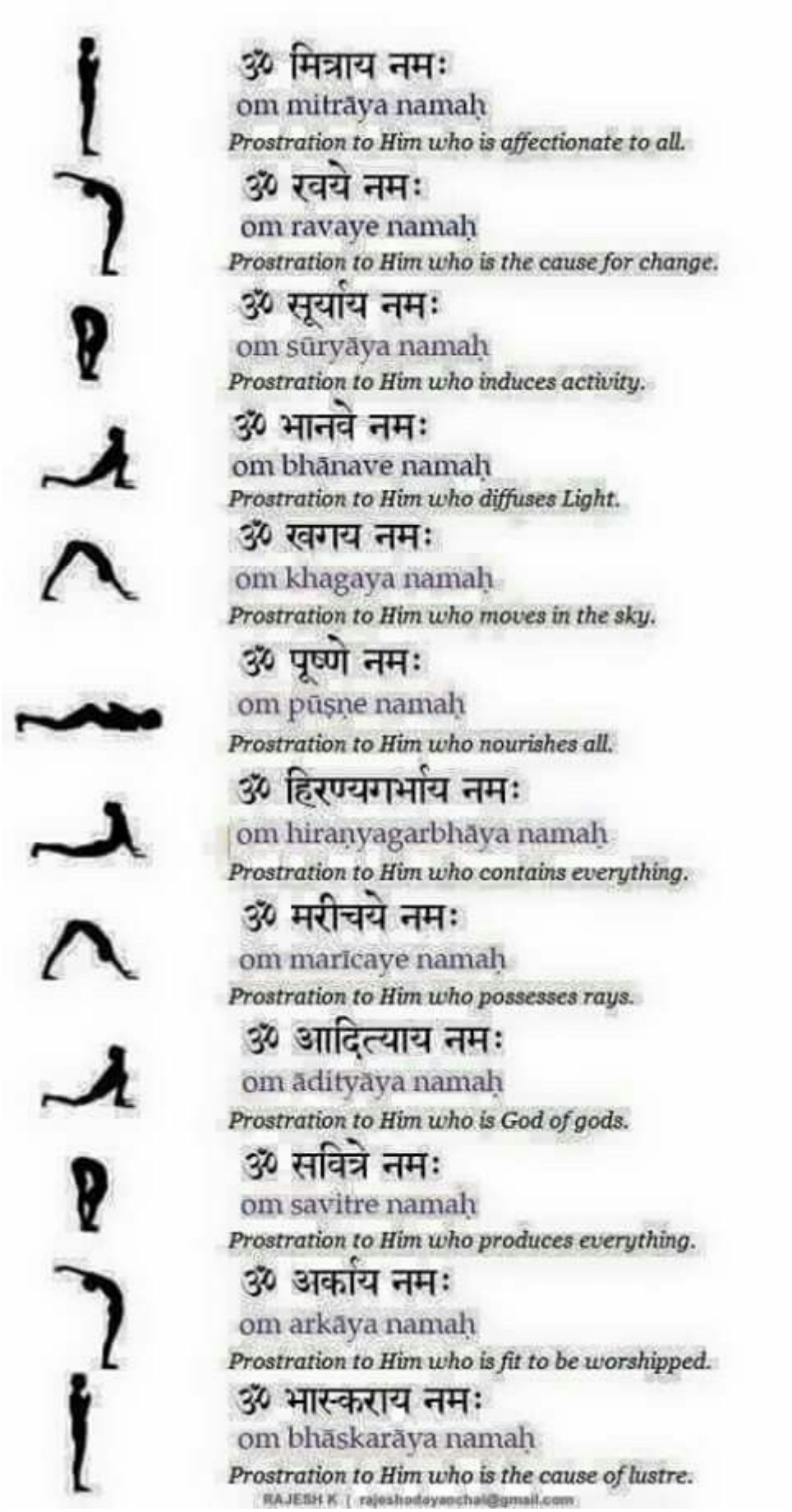


channelized to nourish us with good health.

Practising Surya Namaskar activates these chakras, and enhances the size of it, letting prana flow through freely. Thus, strengthening different parts of our body and improving our mental and cognitive abilities.

Best to practice it during sunrise as this is the time when the sun helps revitalize our body and refresh our mind.

The ‘Set of 12’ asanas is dedicated to Surya (the solar deity) and each aasan is associated with a different mantra.■■



Precautions To take :

To enjoy the benefits of Surya Namaskar, you need to be careful. Avoid practising it if you have:

Coronary artery disease
High blood pressure
Hernia
History of stroke
Periods

You can also follow this YT link to get an idea about the right postures.

https://t.co/FYAqZ5PLQl