

Surya Namaskar

Om Mitraaya Namaha

Salutations to the bestower of universal friendship



Om Ravaye Namaha

Salutations to the bestower of radiance



Om Suryaaya Namaha

Salutations to the dispeller of darkness



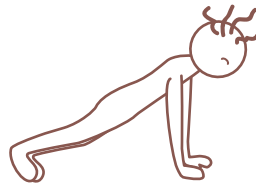
Om Bhaanave Namaha

Salutations to the shining principle



Om Khagaaya Namaha

Salutations to one who moves through the sky



Om Pushney Namaha

Salutations to the giver of strength and nourishment



Om Hiranyagarbhaaya Namaha

Salutations to the golden cosmic self



Om Marichaye Namaha

Salutations to the rays of the sun



Om Aadityaya Namaha

Salutations to the Vedic sun god



Om Savitre Namaha

Salutations to the stimulating power of the sun



Om Arkaaya Namaha

Salutations to the remover of afflictions



Om Bhaaskaraaya Namaha

Salutations to the cosmic brilliance

