

Sun Salutations with Mantra

	Posture	Bija	Mantra	Meaning	Chakra
1	Prayer Pose	Hrām	Om mitrāya namaḥ	Salutations to the friend of all	anāhata
2	Overhead Stretch	Hrīm	Om ravaye namaḥ	Salutations to the shining one	viśuddha
3	Forward Bend	Hrūm	Om sūryāya namaḥ	Salutations to the fire of heaven	mūlādhāra
4	Lunge	Hraim	Om bhānāve namaḥ	Salutations to he who illumines	ājñā
5	Plank Pose	Hraum	Om khagaya namaḥ	Salutations to the one who moves through the sky	viśuddha
6	Eight-Point Pose	Hraḥ	Om pūṣṇe namaḥ	Salutations to the bringer of prosperity	maṇipūra
7	Cobra	Hrām	Om hiraṇyagarbhāya namaḥ	Salutations to the golden cosmic self	svādhiṣṭhāna
8	Downward Dog	Hrīm	Om marīcaye namaḥ	Salutations to each particle of the sun's light	mūlādhāra
9	Lunge	Hrūm	Om ādityāya namaḥ	Salutations to the son of Aditi, the cosmic mother	ājñā
10	Forward Bend	Hraim	Om savitre namaḥ	Salutations to the life-giving power of the sun	mūlādhāra
11	Overhead Stretch	Hraum	Om arkāya namaḥ	Salutations to the brilliant power which is fit to be praised	viśuddha
12	Prayer Pose	Hraḥ	Om bhāskarāya namaḥ	Salutations to the one who leads to enlightenment	anāhata