



40-Day Surya Namaskar Challenge

Phase 1 : Awaken (4 Rounds)



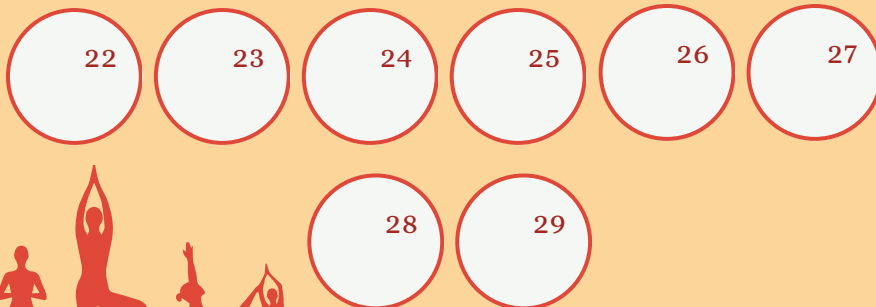
Phase 2 : Align (7 Rounds)



Phase 3 : Deepen (10 Rounds)



Phase 4 : Master (12 Rounds)



Phase 5 : Transcend (13 Rounds)



MANTRA DIVISIONS

4-ROUND PHASE

ROUND 1: MANTRAS 1-4
ROUND 2: MANTRAS 5-7
ROUND 3: MANTRAS 8-10
ROUND 4: MANTRAS 11-13

7-ROUND PHASE

ROUNDS 1-6: TWO
MANTRAS PER ROUND (1-
2, 3-4, ETC.)
ROUND 7: MANTRA 13

10-ROUND PHASE

ROUNDS 1-3: TWO
MANTRAS PER ROUND
ROUNDS 4-10: ONE
MANTRA PER ROUND

12-ROUND PHASE

ROUNDS 1-10: ONE
MANTRA PER ROUND
ROUND 11: MANTRAS 11-12
ROUND 12: MANTRA 13

13-ROUND PHASE

ROUNDS 1-13: EXACTLY
ONE DISTINCT MANTRA
PER ROUND



Surya Namaskar Benefits

- **Holistic Health:** Connects body, mind, and breath. Best practiced in the morning on an empty stomach to relieve stiffness and energize the body.
- **Physical Strength:** Improves posture, flexibility, and balance while strengthening muscles, joints, and ligaments.
- **Systemic Wellness:** Stimulates the cardiovascular, digestive, nervous, lymphatic, and respiratory systems.
- **Hormonal Balance:** Supports the endocrine system, enabling proper function of the thyroid, pituitary, and adrenal glands.
- **Mental Clarity:** Melts away stress, tension, and anxiety, leaving you relaxed and rejuvenated.

Health Benefits by Pose

- **Poses 1 & 12:** Promotes balance; stimulates respiration; exercises back, neck, and shoulders.
- **Poses 2 & 11:** Aids digestion; tones the spine; improves back and hip flexibility.
- **Poses 3 & 10:** Boosts circulation and lymphatic flow; tones abdomen; stretches back and legs.
- **Poses 4 & 9:** Exercises the spine; strengthens hands and wrists.
- **Poses 5 & 8:** Strengthens the heart and arms; relieves neck and shoulder tension.
- **Pose 6:** Increases neck and shoulder flexibility; strengthens limbs and back muscles.
- **Pose 7:** Stimulates abdominal organs; promotes spinal flexibility and digestion.



Surya Namaskar Challenge

Name : _____

Start Date : _____

SURYA NAMASKAR MANTRAS

Dhyeya sadā savitṛ maṇḍala-madhya-vartī, nārāyaṇaḥ
sarasiḥāsana-sanniviṣṭaḥ.

Keyūravān makara kuṇḍalavān kirīṭī, hārī hiraṇmaya vapur-
dhṛta śaṅkha cakraḥ.

1. Om Mitrāya Namaḥ
2. Om Ravaye Namaḥ
3. Om Sūryāya Namaḥ
4. Om Bhānave Namaḥ
5. Om Khagāya Namaḥ
6. Om Pūṣṇe Namaḥ
7. Om Hiraṇya Garbhāya Namaḥ
8. Om Marīcaye Namaḥ
9. Om Ādityāya Namaḥ
10. Om Savitre Namaḥ
11. Om Arkāya Namaḥ
12. Om Bhāskarāya Namaḥ
13. Om Śrī Savitṛ Sūrya Nārāyaṇāya Namaḥ

Ādityasya namaskārān, ye kurvanti dine dine.
Āyuh prajñā balaṃ vīryam, tejas teṣāṃ ca jāyate.