



ASHTANGA SURYA NAMASKARA

Ashtanga namaskar appears as the sixth pose of surya namaskara. The name has Sanskrit origin, “ashtanga”

Benefit of Ashtanga Surya Namaskara

- Control for Blood Pressure
- Control for Lipid Profile
- for The practice of this asana helps strengthen the leg and arm muscles.
- Control for Obesity
- for The practice of surya namaskara helps strengthen the back and aids metabolism.



- for Surya namaskara may help improve brain function by supplying fresh oxygenated blood to the brain.
- for Additionally, the practice of surya namaskara may help balance and stimulate different body systems like the circulatory, digestive and respiratory systems