

# TIPS FOR SŪRYA NAMASKĀRA



## MORNING ROUTINE

### Warm up

Do a few warm ups OR

### Take Shower

A warm shower helps your body prepare

Evening routines don't need a warm-up.



## DURING EXERCISE

### Breathing

Follow breathing cycle correctly.  
Children should not hold the breath.

### Steady Position

Do not move hand or leg position

### Move On

Skip the difficult pose and move on to the next



## MENTAL WELL-BEING

### Mindfulness

Perform each step mindfully

### Concentration

Focus on improving concentration



## HEALTHY HABITS

### Relaxation

Relax in śavāsana (Corpse pose)

### Empty Stomach

Perform on empty stomach

