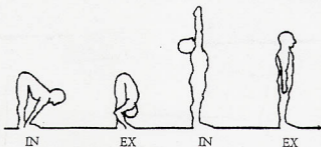
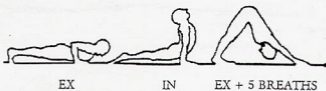
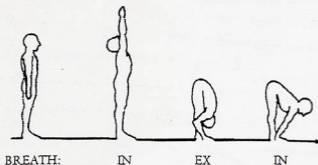


# Suryanamaskar A



Suryanamaskar introduces the breathing rhythm of Astanga Yoga. As each movement flows into the next, one learns to link the inhalation with the exhalation and to deepen and lengthen the Ujjia breath. Each inhalation should have the same duration and intensity as each exhalation. There should be no interval between the end of an inhalation and the following exhalation - each one flows into the other.

Suryanamaskar helps to develop concentration, and being a prostration to the sun, introduces bhakti - devotion or surrender into the practice. This mental prostration is an essential part of learning to relax and helps the development of flexibility in the body.