

SURYANAMASKARA

Mantra Dan Chakra Setiap Asana

Postur 1: Pranamasana

Bija Mantra : Om Hrām
Mantra : Om Mitrāya Namah
Chakra : Anahata Chakra



Postur 2: Hasta Uttanasana

Bija Mantra : Om Hrīm
Mantra : Om Ravaye Namah
Chakra : Vishuddha Chakra



Postur 3: Pada Hastasana

Bija Mantra : Om Hrūm
Mantra : Om Sūryāya Namah
Chakra : Svadhisthana Chakra



Postur 4: Ashva Sanchalanasana

Bija Mantra : Om Hraim

Mantra : Om Bhānave Namah

Chakra : Ajna Chakra



Postur 5: Parvatasana

Bija Mantra : Om Hraum
Mantra : Om Khagāya Namah
Chakra : Vishuddha Chakra



Postur 6: Ashtanga Namaskara

Bija Mantra : Om Hrah

Mantra : Om Puṣṇe Namah

Chakra : Manipura Chakra



ASTANGGANAMASKARA

Postur 7: Bhujanggasana

Bija Mantra : Om Hrām

Mantra : Om Hiraṇya Garbhāya Namah

Chakra : Svadhisthana Chakra



BHUJANGGAASANA

Postur 8: Parvatasana

Bija Mantra : Om Hrīm
Mantra : Om Marīcaye Namah
Chakra : Vishuddha Chakra



Postur 9: Ashva Sanchalanasana

Bija Mantra : Om Hrūm
Mantra : Om Ādityāya Namah
Chakra : Ajna Chakra



Postur 10: Pada Hastasana

Bija Mantra : Om Hraim

Mantra : Om Savitre Namah

Chakra : Svadhisthana Chakra



Postur 11: Hasta Uttanasana

Bija Mantra : Om Hraum

Mantra : Om Arkāya Namah

Chakra : Vishuddha Chakra



Postur 12: Pranamasana

Bija Mantra : Om Hraḥ
Mantra : Om Bhāskarāya Namah
Chakra : Anahata Chakra

