

13 Powerful Surya Namaskar Mantra In English

Surya Namaskar is a kind of physical activity that is done during the sunrise and hence it is called Surya Namaskar. During this exercise, Sun Or Surya the god is worshiped and it is done under 12 steps. These steps have different names and they are done differently. Surya Namaskar is done by women, men, children, and people of all ages and those who regularly do it, their body remains healthy. In every different step of Surya Namaskar, one different mantra is chanted. These are called Surya Namaskar Mantras. Here I am going to describe Surya Namaskar mantra in English. See this below...

Mantra 1:

ॐ मित्राय नमः

Om Mitraya Namah

Meaning:

One who is friendly to all.

Yoga Asana:

Pranam Asana Or Prayer Pose

Benefits Of The Mantra 1:

- Practicing this yoga pose helps to increase concentration.
- By doing this your mind becomes calm.

Mantra 2:

ॐ रवये नमः

Om Ravaye Namah

Meaning:

The shining or the radiant one.

Yoga Asana:

Hasta Uttanasana Or Raised Arms Pose

Benefits Of The Mantra 2:

- Practicing this yoga pose along with this Mantra helps to reduce stomach fat.
- This yoga pose of Surya Namaskar helps to improve digestion.
- This yoga pose helps to strengthen arms and shoulders

Mantra 3:

ॐ सूर्याय नमः

Om Suryaya Namah

Meaning:

The dispeller of darkness, responsible for generating activity.

Yoga Asana:

Utthita Hasta Padangustasana Or Hand to Foot Pose

Benefits Of The Mantra 3:

- This Mantra and the yoga pose helps to stretch your stomach that helps to reduce stomach fat.
- This Mantra and yoga pose helps to reduce constipation.

Mantra 4:

ॐ भानवे नमः

Om Bhanave Namah

Meaning:

One who illuminates or the bright one.

Yoga Asana:

Ashwa Sanchalanasana Or Equestrian Pose

Benefits Of Mantra 4:

- Practicing this yoga pose along with this yoga pose makes your Stomach, back and waist muscles stronger.

Mantra 5:

ॐ खगाय नमः

Om Khagaya Namah

Meaning:

One who is all-pervading, one who moves through the sky.

Yoga Asana:

Dandasana Or Stick Pose

Benefits Of The Mantra 5:

- Practicing this yoga along with this mantra helps to strengthen your arms and back.
- This step helps to improve posture.
- This step and this Mantra helps to calm down your mind.

Mantra 6:

ॐ पूष्णे नमः

Om Pushne Namaha

Meaning:

Giver of nourishment and fulfillment.

Yoga Asana:

Ashtanga Namaskara Or Saluting With Eight Points Or Parts

Benefits Of The Mantra 6:

- This yoga asana and Mantra improves your flexibility.
- This pose helps to strengthen your back muscles.
- This yoga asana and mantra helps to reduce your tension and anxiety.

Mantra 7:

ॐ हिरण्यगर्भाय नमः

Om Hiranya Garbhaya Namaha

Meaning:

One who has a golden colored brilliance.

Yoga Asana:

Bhujangasana Or Cobra Pose

Benefits Of The Mantra 7:

- Chanting this mantra along with this yoga pose helps to increase flexibility.
- This step helps to enhance your mood.
- This step helps to stretch your shoulder, back, and chest.

Mantra 8:

ॐ मरीचये नमः

Om Marichaye Namaha

Meaning:

Giver of light with infinite rays.

Yoga Asana:

Tadasana Or Mountain Pose

Benefits Of The Mantra 8:

- Chanting this Mantra along with the yoga asana helps to increase blood flow.
- This step helps to strengthens your arms and legs muscles.

Mantra 9:

ॐ आदित्याय नमः

Om Adityaya Namaha

Meaning:

The son of Aditi, the cosmic divine mother.

Yoga Asana:

Ashwa Sanchalanasana Or Equestrian Pose

Benefits Of The Mantra 9:

- The Surya Namaskar Mantra 9 and yoga asana helps to tone your abdominal organs.
- This step helps to improve flexibility.

Mantra 10:

ॐ सवित्रे नमः

Om Savitre Namaha

Meaning:

One who is responsible for life.

Yoga Asana:

Pada Hastasana Or Hand to foot pose

Benefits Of The Mantra 10:

- Step 9 of Surya Namaskar stretches the hamstrings.
- The Manta And yoga asana of step 9 helps to open the hip and shoulder.