

SUN SALUTATION YOGA CARDS



Black Male
YOGA INITIATIVE

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Yoga Quicklist

- ✓ Yoga Mat
- ✓ Towel, Strap & Blocks if needed.
- ✓ Clean area with good air circulation, free from bugs.
- ✓ Plenty of water, do not practice in direct Sun.
- ✓ Best if in the morning, practice on empty stomach or at least two hours after eating.

ABOUT US

Welcome to BMYI's Tools for Life!
BMYI partners with Organizations, Schools,
Community Centers and more
to bring adults and youth life development strategies
and guidance through
yoga, mindfulness and the LifeForce™ Development
curriculum.

CHANGA BELL

Founder and Chief Yoga Officer



A SINGLE ROUND:

Complete the wheel once leading with LEFT leg in steps 1 through 12, then again leading with the RIGHT leg for steps 1 through 12. This completes 1x round. It is suggested to do 5x to 7x rounds.

"Anyone who practices can gain success in yoga but not one who is lazy. **Constant practice alone is the secret to success."**

-- Hatha Yoga Pradipika

**The small color-coded dot, informs us where to focus our energy (attention) during each posture. The color corresponds to the appropriate chakra. [see SUN SALUTATION CHAKRA SLIDE]

SOURCE: www.bmyi.org

SURYA NAMASKARA



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The mat is always a good place to **discover & rediscover** yourself.

Breath: Exhale

English: Prayer Pose (Pranamasana)

Thought Awareness: Heart

Chakra: Green (Anahata Chakra)

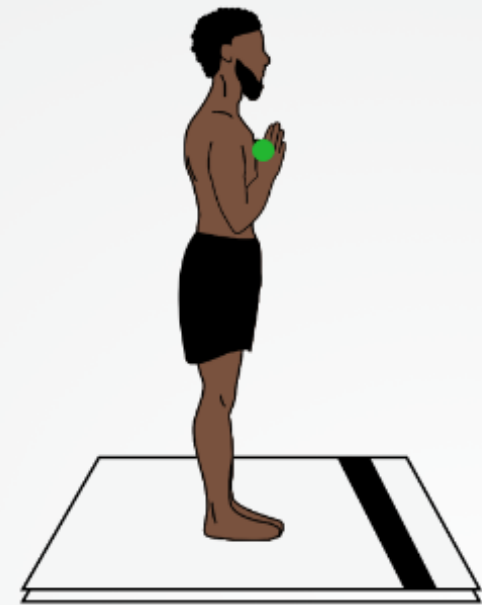
- Stand with big toes and heels touching OR if not possible, stand with feet hips-width distance apart. Bring the hands together in Anjali Mudra (prayer posture) with the thumbs gently touching the sternum (center chest bone.)
- Eyes closed. Normal breath.
- Visualize peace within and without. “Tune in” to your breathing. Don’t attempt to regulate or control, simply observe the breath.
- Begin when you feel ready, a sense of calm and peace within is suggested.

SOURCE: www.bmyi.org



Creates grounding presence in the body.
Encourages active full body awareness.
Establishes a readiness for practice.

STARTING POSITION



PRANAMASANA

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Breath: Inhale

English: Raised Arm Pose (Hasta Uttanasana)

Thought Awareness: Throat

Chakra: Royal Blue (Vishuddhi)

- Inhale arms up, extending arms up and away into a slight backbend.
- Extend the fingers toward the sky, keep arms in line with the ears and hands parallel with palms facing one another OR interlock hands at the thumbs with palms facing forward.
- Stretch back as far as able, but not too far to compress the low back.



Strengthens external obliques.
Tones internal organs.
Opens heart and throat energy centers.

SOURCE: www.bmyi.org



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Breath: Exhale

English: Standing Forward Bend (Padahastasana)

Thought Awareness: Sacral (perineum area)

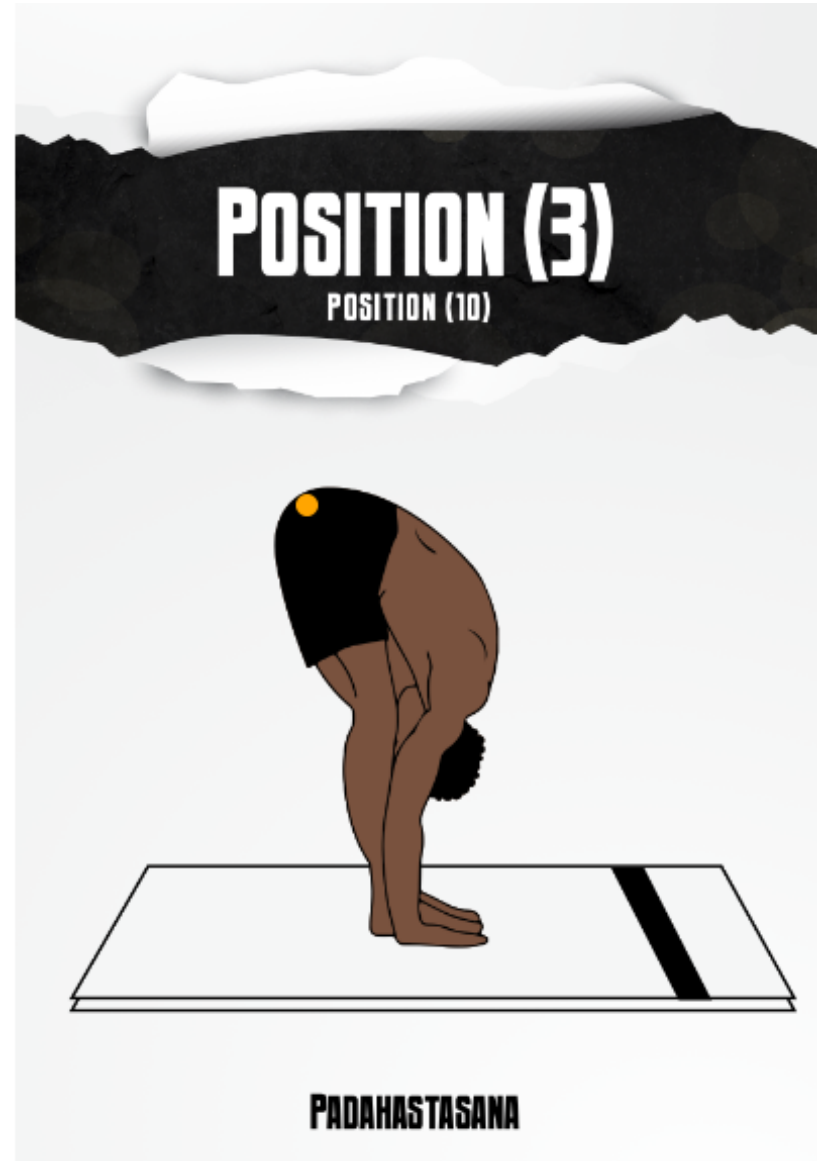
Chakra: Orange (Swadhisthana)

- Exhale arms down. Touching shins, ankles, or floor according to the current flexibility of the body.
- Draw the belly button toward the spine as you fold to allow the maximum amount of air to be expelled from the lungs.
- Lift the heart forward towards the floor so that the fold happens at the waist and not simply rounding the back forward pushing the face toward the knees.
- If you have severe back problems to not bend all the way forward.



Tones the internal organs.
Induces increase digestive fire and bodily functions.
Lengthens the muscle on the backside of the body,
especially, hamstrings, calves, glutes and low back.

SOURCE: www.bmyi.org



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Breath: Inhale

English: Runner's Pose (Ashwa Sanchalanasana)

Thought Awareness: Third Eye (between the eyebrows)

Chakra: Indigo (Anja)

- Inhale face toward the sky, chest forward. Shoulders rotate back away from the ears.
- Extended leg back, reach as far back as possible, top of the foot on the floor or toes curled under.
- Back knee is on the floor, pelvis extends forward.
- Bend as deep as possible, lift torso up and back.
- Front foot flat on the floor.



Stretches pelvic and chest muscles in the front of the body. Opens heart and throat energy centers. Increases spine flexibility.

SOURCE: www.bmyi.org



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Breath: Exhale

English: Mountain Pose (Parvatasana)

Thought Awareness: Throat

Chakra: Royal Blue (Vishuddhi)

- Keep arms in-line with ears, do not let chin drop to the chest.
- Place heels on the ground (if possible). If not it is OK to have the heels rest on a blanket or wedge.
- Press the pads of the hand firmly into the mat. Gently gripping the mat with the fingers.
- Have the ankles hip-width distance apart.
- Gaze at the shins or knees.
- A slight bend in the knees if the knees tend to hyperextend.



Breath in this pose for 5x to 10x rounds of breathe.
(1x) round = inhale + exhale.
Stretches hamstrings, glutes, and calf muscles.
Opens shoulders

SOURCE: www.bmyi.org



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Breath: Pause

English: 8-Angle Pose (Ashtanga Namaskara)

Thought Awareness: Navel Region (just above the belly button)

Chakra: Yellow (Manipura)

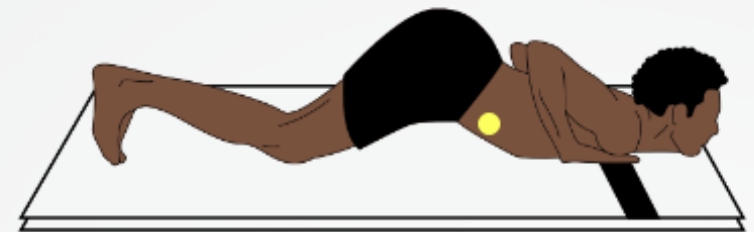
- Inhale back, bend knees and push butt back and midway down toward heels when coming out of (previous) Mountain Pose.
- Exhale forward bringing shoulders over hands. (Hold the breath until Inhale for next pose (Cobra Pose.)
- Chin to floor and heart to mat. (If the neck is too stiff, then rest forehead on the floor)
- Hug elbows in toward the body.
- Knees are hips-width distance apart, and resting on the floor.
- Toes are curled under.



Engage arms. Engage stomach, squeezing belly muscles back into the body (toward the spine.)
Strengthens arms, shoulders and core region.

SOURCE: www.bmyi.org

POSITION (6)



ASHTANGA NAMASKARA

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Breath: Inhale

English: Cobra (Bhujangasana)

Thought Awareness: Sacral Region (perineum area)

Chakra: Orange (Swadhisthana)

- Inhale eyes and torso upward, lifting the top of the body off of the floor.
- Heart forward, pelvis on the floor. Hands beneath the shoulders.
- Rotate the shoulders away from your ears. (*Do not* squeeze shoulders up.)
- Hug arms and elbows inward against the body.
- Press hands into the mat for HIGH cobra only. For low cobra, the hands rest on the floor.



Makes Spine flexible. Strengthens low back and triceps. Opens heart and throat energy centers.

SOURCE: www.bmyi.org



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Breath: Exhale

English: Mountain Pose (Parvatasana)

Thought Awareness: Throat

Chakra: Royal Blue (Vishuddhi)

- Keep arms in-line with ears, do not let chin drop to the chest.
- Place heels on the ground (if possible). If not it is OK to have the heels rest on a blanket or wedge.
- Press the pads of the hand firmly into the mat. Gently gripping the mat with the fingers.
- Have the ankles hip-width distance apart.
- Gaze at the shins or knees.
- A slight bend in the knees if the knees tend to hyperextend.



Breath in this pose for 5x to 10x rounds of breathe.
(1x) round = inhale + exhale.
Stretches hamstrings, glutes, and calf muscles.
Opens shoulders

SOURCE: www.bmyi.org





Breath: Inhale

English: Runner's Pose (Ashwa Sanchalanasana)

Thought Awareness: Third Eye (between the eyebrows)

Chakra: Indigo (Anja)

- Inhale face toward the sky, chest forward. Shoulders rotate back away from the ears.
- Extended leg back, reach as far back as possible, top of the foot on the floor or toes curled under.
- Back knee is on the floor, pelvis extends forward.
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Stretches pelvic and chest muscles in the front of the body. Opens heart and throat energy centers. Increases spine flexibility.

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Breath: Exhale

English: Standing Forward Bend (Padahastasana)

Thought Awareness: Sacral (perineum area)

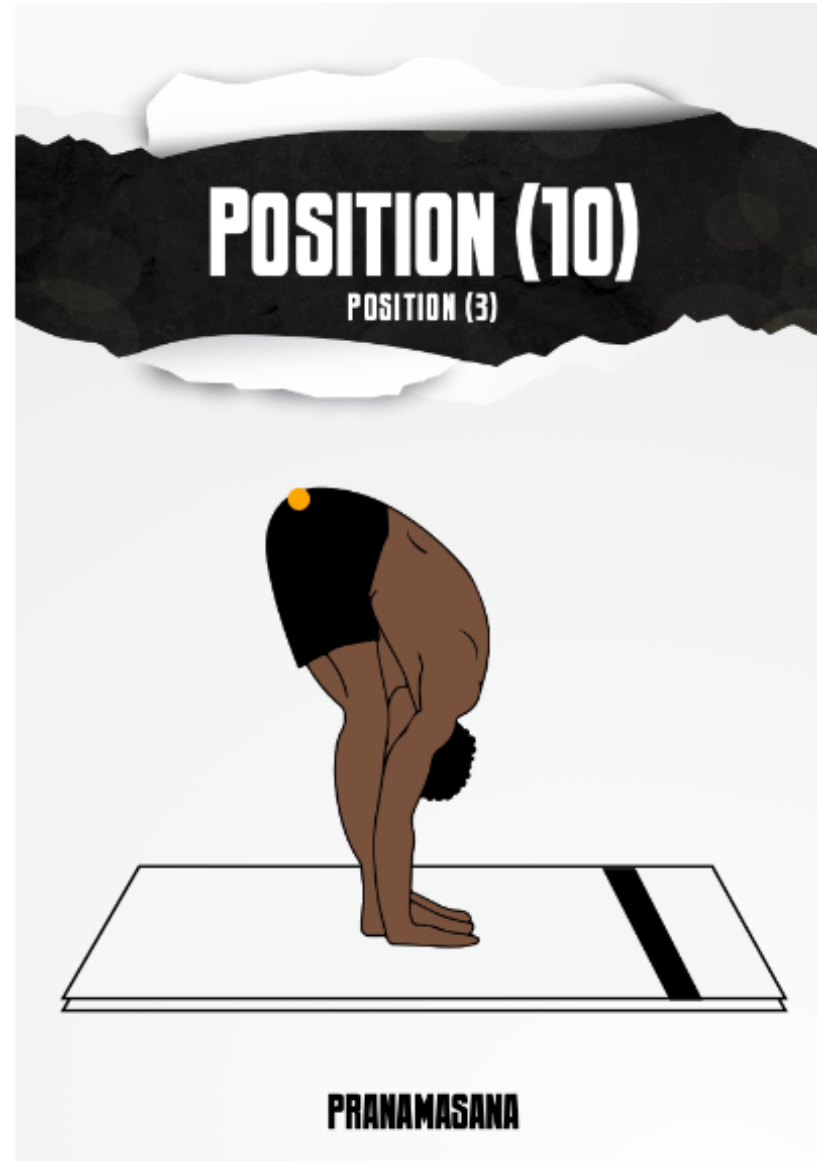
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Breath: Inhale

English: Raised Arm Pose (Hasta Uttanasana)

Thought Awareness: Throat

Chakra: Royal Blue (Vishudhi)

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Thought Awareness: Heart

Chakra: Green (Anahata Chakra)

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- Begin when you feel ready, a sense of calm and peace within is suggested.



Creates grounding presence in the body.
Encourages active full body awareness.
Concludes the end of a cycle or round.

SOURCE: www.bmyi.org



SUN SALUTATION CHAKRA



Chakras = Energy Centers

Position	Chakra	Region	Color
1 - Prayer Pose	Anahata	Heart	Green
2 - Raised Arm Pose	Vishuddhi	Throat	Royal Blue
3 - Standing Forward Fold	Swadhisthana	Sacral	Orange
4 - Runner's Pose	Anja	Third Eye	Indigo
5 - Mountain Pose	Vishuddhi	Throat	Royal Blue
6 - 8 Angle Pose	Manipura	Belly Botton	Yellow
7 - Cobra	Swadhisthana aka Svadhishthana	Sacral	Orange
8 - Mountain Pose	Vishuddhi	Throat	Royal Blue
9 - Runner's Pose	Anja	Third Eye	Indigo
10 - Standing Forward Fold	Swadhisthana	Sacral	Orange
11 - Raised Arm Pose	Vishudhi	Throat	Royal Blue