**surya namaskar mantras – Übersetzung**

einatmen: Arme über Kopf Om Mitraya Namah Salutation tot he friend of all

ausatmen: Uttanasana ( Vorwärtsbeuge) Om Ravaye Namah Salutation tot he Shining One

ea: *lunge* (Ausfallschritt) Om Suryaya Namah Salutation tot he Source of Creation

aa: Adho Muka Svanasana (Hund) Om Bhanave Namah Salutation to the One who illuminates

ea: *plank* (Brett) Om Khagaya Namah Salutations to the One who moves through the sky

aa: Chatturanga Om Pusne Namah Salutations to the Giver of strength and nourishment

ea: Bhujangasana (Kobra) / Urdhva Muka Svanasana (aufschauender Hund)

Om Hiranyagarbhaya Namah Salutations tot he Golden Cosmic Womb

aa: Adho Muka Svanasana (Hund) Om Maricaye Namah Salutations to the rays of sun

ea: *lunge* (Ausfallschritt) Om Aditaya Namah Salutations tot he Infinite Cosmic Mother

aa: Uttanasana (Vorwärtsbeuge) Om Savitre Namah Salutations to the rising sun

ea: Arme über Kopf Om Arkaya Namah Salutations tot he source of life energy

aa: Samathiti (ankommen im Stehen) Om Bhaskaraya Namah Salutations tot he One who leads to enlightenment