

## Mantras for Surya Namaskar

Om Mitraya Namaha

Salutations to the friend of all

Om Ravaye Namaha

Salutations to the shining one

Om Suryaya Namaha

Salutations to he who induces activity

Om Bhanave Namaha

Salutations to he who illuminates

Om Khagaya Namaha

Salutations to he who moves quickly in the sky

Om Pushne Namaha

Salutations to the giver of strength & nourishment

Om Hirnaya Namaha

Salutations to the golden cosmic self

Om Marichaya Namaha

Salutations to the Lord of the Dawn

Om Adityaya Namaha

Salutations to the son of Aditi, the cosmic mother

Om Savitre Namaha

Salutations to the stimulating power of the sun

Om Arkaya Namaha

Salutations to he who is fit to be praised

Om Bhaskaraya Namaha

Salutations to he who leads to enlightenment