

108 SURYA NAMASKARA VINYASAS WITH MANTRA

1	om mitraya namaha salutations to the friend of all	1	13	25	37	49	61	73	85	97
2	om ravaye namaha salutations to the shining one	2	14	26	38	50	62	74	86	98
3	om suryaya namaha salutations to the inducer of activity	3	15	27	39	51	63	75	87	99
4	om bhanave namaha salutations to the one who illumines	4	16	28	40	52	64	76	88	100
5	om khagaya namaha salutations to the one who moves through sky	5	17	29	41	53	65	77	89	101
6	om pushne namaha salutations to the giver of nourishment	6	18	30	42	54	66	78	90	102
7	om hiranaya garbhaya namaha salutations to the golden cosmic egg	7	19	31	43	55	67	70	91	103
8	om marichaye namaha salutations to the bringer of the dawn	8	20	32	44	56	68	80	92	104
9	om adityaye namaha salutations to the cosmic mother's creation	9	21	33	45	57	69	81	93	105
10	om savitre namaha salutation to the energy that produces all	10	22	34	46	58	70	82	94	106
11	om arkaya namaha salutations to the one worthy of praise	11	23	35	47	59	71	83	95	107
12	om bhaskaraya namaha salutations to the one who enlightens	12	24	36	48	60	72	84	96	108