

# Surya Namaskar Mantra in English with Meaning

By: World Yoga Forum (<https://worldyogaforum.com>)

| Pose                                       | Mantra                   | Meaning  |
|--|--------------------------|--|
| 1. Pranam asana (Prayer Poses)             | Om Mitray namaha         | Prostration to the one who is affectionate to all                |
| 2. Hasta utthanasana (Raised arm pose)     | Om Ravaye namaha         | Prostration to the one who diffuses light                        |
| 3. Hasta padasana (Standing forward bend)  | Om Suryay namaha         | Prostration to the one who induces activity                      |
| 4. Ashwa sanchalanasana (Equestrian Pose)  | Om Bhanave namaha        | Prostration to the one who illuminates                           |
| 5. Chaturang dandasana (Low Plank)         | Om Khagay namaha         | Prostration to the one who moves in the sky                      |
| 6. Ashtang namaskar (Salute with 8 points) | Om Pushne namaha         | Prostration to the one who nourishes all                         |
| 7. Bhujangasana (Cobra Pose)               | Om Hiranyagarbhay namaha | Prostration to the one who contains everything                   |
| 8. Parvatasana (The Mountain Pose)         | Om Marichaye namaha      | Prostration to the one who possesses rays                        |
| 9. Ashwa sanchalan asana (Equestrian Pose) | Om Adityay namaha        | Prostration to the one who is God of god                         |
| 10. Hasta padasana (Standing forward bend) | Om Savitre namaha        | Prostration to the one who produces life                         |
| 11. Hasta utthanasana (Raised Arms Pose)   | Om Arkay namaha          | Prostration to the one who is worthy of praise and glory         |
| 12. Pranamasana (Prayer Poses)             | Om Bhaskaraya namaha     | Prostration to the one who gives wisdom and cosmic illumination. |

Surya namaskar also referred to as Sun Salutation is generally said to be done 12 steps. It is one of the most popular Yoga sequences practiced by almost all Yoga practitioners. It is also as the name suggests a way to offer prayers to the Sun. While most people know the steps of Surya namaskar, what's often not known is that before doing each step you chant a particular mantra. Those who follow the traditional method of Surya namaskar chant each mantra before the asana. Each mantra has a meaning.

If you are also interested in doing Surya namaskar in the traditional way, you can also learn the surya namaskar mantras. The essence and meanings of these mantras has been explained in English in this article.

We hope you found this article on Surya Namaskar Mantra in English with Meaning useful. It intends to serve as a comprehensive guide. You can save it on your phone or open it on a tab and try to keep it ready as a reference while practicing surya namaskar. These might seem a bit complicated at first. However after a first few attempts, you'll be easily able to remember these.

The objective of publishing Surya Namaskar Mantra in English with Meaning is to give our readers a glimpse into the traditional way of practicing yoga. You can also do the surya namaskar without the mantras. Surya Namaskar or [sun salutation](#) overall is a superb yoga sequence and there are many scientific studies that indicate that it promotes holistic health. To move a step further into your yoga practice you can chant surya namaskar mantra and move a step close to the ancient yogic practice.