

15th March 2015

“Surya Namaskar” – Sun salutes for Children

Hari OM!

This essay is written with the intention of empowering the parents to bring their children on the path of Yoga – mainly through the practice of **Surya Namaskar** – the Sun Salute. And secondly, to motivate the children to stay on the path forever. This one gift of “the winning habit” that we give our kids will keep on giving great dividends with every passing day.

Children are complete but unexpressed personalities. They are the seeds within which the whole is contained in a potential form. How can we guide child’s growth – body, mind and soul through all stages of development? The spiritual masters of ancient, prescribed **Surya Namaskar** along with “Nadi Shudhhi Pranayama” and “Gayatri mantra” for their integral development from the age of eight years.

In this modern age, an extensive study is done on the effects of *Surya Namaskar* and other relevant Yoga practices in school systems throughout the world. Everywhere, they are finding that a few minutes of these practices done in the morning before the school day begins, makes children eager to learn, to be attentive, receptive, responsive and communicative. **Surya Namaskar** is an excellent method to utilize constructively the exuberant physical energy that most children possess and to channel it towards physical and mental health.

It has a stabilizing effect on children which can be utilized to tap their potential and develop not only intellect, but also the intuitive and the creative side. In this way a balance is achieved and a stabilizing effect is produced.

Surya Namaskar is ancient method prescribed by Yogis and Rishis to slow down Pineal degeneration. At the age of 8, the Pineal gland starts to calcify and decay, so that by the age of 12-14 years puberty begins. The Pineal holds the pituitary hormones which are responsible for sexual maturity and keeps it in check and prevents precocious puberty. Its premature decay often allows rapid sexual development. The physical aspects – meaning bodily changes, development of new sensations and desires outstrip the mental. This produces imbalance. A young mind is unable to understand and deal with rapid development of new feelings in a mature way, resulting in emotional trauma and “identity crisis” so prevalent in early teen years. This can also lead to severe hormonal imbalance and variety of diseases, both mental and physical.

A balance of physical and mental energies is beautifully achieved by daily practice of **Surya Namaskars**. If there is excessive mental energy, a child becomes a day dreamer and is unable to express himself/herself. On the other hand excess physical energy makes him a trouble maker,

impossible to manage. Therefore a balance of two poles of their existence is essential to help children grow into healthy balanced and mature adults.

On purely physical level **Surya Namaskar** practice is a regulator, a fine tuning mechanism. It gives strength, stamina, flexibility and muscular co-ordination. It has a direct vitalizing effect on the solar energies of the body, and recharges the body like a battery. Boosts the height, makes the intellect subtle and sharp, strengthens the memory and improves concentration. Good physical health is a pre-requisite to good mental health. **Surya Namaskar** plays a powerful role as a preventative measure in many diseases. Its effect on all of the systems of our body is profound.

In the end, **Surya Namaskar** done before beginning of school day is a “winning habit”. When performed on a daily basis, a new factor is added in children’s lives. An ordered, sequential, systematic, energizing and cleansing series of posture, breathing and chanting mantras and chakra stimulation all in one step. This is like taking a health tonic before breakfast. Imposing a healthy, natural, ordered, harmonizing rhythm has a dramatic effect. Body growth continues, metabolism, nerve conduction, endocrinal hormone secretions, daily activities all go on in their natural way, but however a new dimension gets added. That over months and years subtly alters the patterns and rhythms of body. It is like adding a pinch of salt to food and perceptibly altering the taste. The children will emerge from their neurotic and inappropriate habit patterns and begin to enjoy a more creative and spontaneous life one which is in tune with solar rhythms of nature.

(Compiled from **Surya Namaskar** by Swami S. Saraswati)

Hari OM!

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[Registration Form Spring 2015](#)

[Yoga Repeaters Form](#)

[Yoga Beginners Form](#)

[Yoga For Children Form](#)

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