

# Surya Namaskar

1 Om Mitraaya Namaha

12 Bhaskaraya Namah

11 Arkaya Namah

2 Ravayre Namah

10 Savitre Namah

3 Suryaya Namah

9 Adityaya Namah

4 Bhanave Namah

8 Marichaye Namah

5 Khagaya Namah

7 Hiranyagarbhaya  
Namah

6 Pushne Namah



