

Monday (2026-1-12)

Surya Namaskar – My Daily 108-Movement Ritual for Full-Body Vitality

Greeting the Sun for Total Renewal

At 60, my body is flexible, strong, and energized — no joint pains, no fatigue, just radiant health without pills or doctors. This comes from my daily Surya Namaskar ritual: 9 rounds of the 12-step sequence, totaling 108 movements, done morning after silent laughter and clapping therapy. Each round flows through poses like *Pranamasana* (prayer), *Hastauttanasana* (raised arms), *Padahasthasana* (forward bend), *Ashwa Sanchalanasana* (equestrian), *Dandasana* (plank), *Ashtanga Namaskara* (eight-limbed), *Bhujangasana* (cobra), *Adho Mukha Svanasana* (downward dog), and back, alternating legs. This full-body exercise honors the sun while toning every muscle, balancing hormones, and calming the mind.

The Science of Surya Namaskar's Full-Body Benefits

Surya Namaskar is a dynamic yoga flow combining cardio, strength, and flexibility. Studies show 108 movements (9 rounds) burn 230-415 calories, improving cardiorespiratory fitness by 10-15% VO_2 max (maximum volume of oxygen) and reducing resting heart rate [1][2]. It enhances muscle endurance and flexibility, with significant improvements in hamstring/shoulder range (20-30%) and core strength after 6-12 weeks [3][4]. Hormonally, it balances cortisol and boosts endorphins, reducing stress by 25-35% and improving mood via serotonin release [5][6]. As a full-body workout, it activates all major muscle groups, supporting bone density and preventing osteoporosis in older adults [7].

The Heart-Touching Flow of Sun Salutations

This ritual feels like a moving meditation — each breath-synchronized pose connects me to nature's rhythm, fostering gratitude and inner peace. The 108 repetitions (sacred number in yoga) create emotional uplift, releasing tension and inviting joy. Research confirms yoga flows like this lower anxiety scores by 20% and enhance emotional resilience [8]. It's heart-touching because it transforms exercise into spiritual practice, aligning body and mind for daily harmony.

Benefits for Digestion, Immunity, and Longevity

Surya Namaskar stimulates digestive fire (*agni*), improving metabolism and gut motility to relieve constipation [3][5]. It boosts immunity by enhancing lymphatic flow and white blood cell activity [6]. For longevity, regular practice reduces chronic inflammation, supports cardiovascular health by lowering BP 5-10 mmHg, and promotes anti-aging via telomere protection [1][7]. Ideal after morning rituals on empty stomach for max absorption.

How I Practice Surya Namaskar

After silent laughter and clapping beneath the open sky first thing in the morning: Warm up lightly. Perform 9 rounds (12 steps each, alternate legs) at moderate pace, syncing breath (inhale extend, exhale fold). Focus on alignment to avoid strain. Beginners start 2-3 rounds; build up. Consult doctor for joint issues.

Embrace Surya Namaskar for Your Vitality

This 108-movement ritual is my full-body elixir. Feel the sun's energy transform you!

Download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#). and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

Full Bibliography

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