

21 Reasons to Practise Surya Namaskar (Sun Salutation)

1. It can be practised by anyone, anywhere, anytime.
2. It takes only 3 to 10 minutes for one round.
3. It acts on the entire body.
4. It requires no props or equipment.
5. It tones up the digestive system by stretching and compressing the abdominal region.
6. It massages the viscera (liver, stomach, spleen, intestines, kidneys).
7. It synchronizes movements with breathing, thoroughly ventilates the lungs, oxygenates the blood, acts as a disintoxicant, and gets rid of carbon dioxide and other toxic gases.
8. It increases cardiac activity and blood flow and warms the extremities.
9. It tones up the nervous systems by stretching and bending the spinal column and regulates the sympathetic and parasympathetic nervous systems.
10. It promotes good sleep.
11. It improves memory.
12. It allays worry and calms anxiety.
13. It stimulates and normalizes endocrine glands, thyroid in particular, activity by compression and decompression of the neck,
14. It refreshes the skin and clears complexion.
15. It improves muscle structure of the whole body.
16. It controls activity in the uterus and ovaries, helps pre-menstrual syndrome and assists in childbirth.
17. It prevents flat feet and strengthens the ankles.
18. It helps to get rid of fat in the stomach, hips, thighs, neck, and chin.
19. It increases immunity to disease.
20. It lends grace and ease to movements.
21. It revives and maintains youthfulness.

So, what are you waiting for?