



Suryanamaskara (salutation to the sun)

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My dear teacher likes to say that we are all "solar powered" with the sun being a source of vitality - we use the heat of the Sun as fuel for our tapas and the light of the Sun as fuel for the awakening of our "Shining Self."

He recalls how his teacher (Pattabhi Jois) used to refer to the Sun as the "Minister of Health" and would often say, "If you want good health, do Suryanamaskara (salutation to the Sun)."