Ancient Practice for Modern Life

20 minutes yogasana and 9 minutes meditation for health and happiness


5. Surya Namaskarah

Sun Salutation – Alternating Right and Left

Beginners can try 2 rounds. Then work gradually, building the pairs to 10 or more as time allows and your practice deepens.


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Why Practise Yoga?

It makes you healthier in body, mind and spirit

The purpose of Yoga is for our inner well-being. It does not belong to any particular faith or religion. It was passed on to us by the ancient seers for the well-being of humanity. Yoga helps us to reconnect with nature and eventually become one with God.

— Amma

The Amrita Yoga Holistic Yoga Practice is a simple daily sequence based on the ancient series of Surya Namaskaraha.

Regular, daily practice of yoga and meditation has many benefits—physical, mental and spiritual. It gives us good health because it tones the body and the mind, making both of them fit and flexible. You will be able to better control your intellect and emotions and, as a result, will have more confidence overall.

As your power of concentration and awareness develop, yoga and meditation as a spiritual practice will give you more peace of mind. This eventually brings you in touch with the Divine within yourself, as well as in others.

It is we who make experiences bitter or sweet—our mind and our attitude. Ultimately, the goal of yoga is to experience Divinity in all of creation and to unite the individual self to the Supreme Self.

MA-OM Meditation

A practice to find peace within

Sit in a comfortable seated position with your spine straight. Set a timer for nine minutes. Close your eyes. Let go of any identification with external sounds. Focus within.

Bring full awareness to the body and release any tensions. Move from gross to subtle—relaxing each body part from feet to head.

Put one hand onto the heart and one hand onto the belly. Experience your breathing. Count your breaths from one to nine.

Bring hands to rest on the knees and replace counting with silent MA-OM. MA on the inhalation and OM on the exhalation. Do this for some time.

Next feel the breath coming in and going out. Breath in. Breathe out. Do this for a while, just feeling full awareness of the breath.

After that, imagine your God or Guru sitting on a lotus in the centre of your heart. Watch for a while. See, feel, and experience the Divine within. Be ensured that the rest of the day, God or the Guru is inside of us and leading us.

When your meditation is complete, pray to God for the well-being of the whole world. Ask that all your actions will bring good and peace to the world. Pray that God will give you the strength to see only the good in all.

Maintaining your meditative state, slowly open your eyes and bring that peace into the rest of your day. Know that all of your thoughts, words and deeds can be like your meditation, full of awareness.

Maintain silence for some time after the MA-OM Meditation. Bring awareness to your walking, to your speaking, and to each and every action.

You can feel free to add three minutes to the meditation time each week as your practice progresses. Continue this until you have reached 15 minutes. If you wish to meditate longer, do so gradually.