



Focus on... Sanskrit and Yoga

#60

Yoga power...



Surya (Sun) Namaskar (greeting) is the Sanskrit name for the Sun Salutation (Sun Dance). The sequence originally done facing east in the morning to greet the rising sun - thought to be the source of all life.

Did you know...

In Yoga breathing (pranayama) we mostly breathe in and out of the nose. This way we warm the breath as it comes in and the hairs in the nose help to filter out impurities in the air. Breathing out of the nose helps to control and direct the breath.

Go explore...

Other languages have Sanskrit words in them. Is this true? Go explore...



Picture this...

युक्ति युक्तं प्रगृह्णीयात् बालादपि विचक्षणः।
रवेरविषयं वस्तु किं न दीपः प्रकाशयेत्॥

resanskrit.com

The wise should learn to accept wisdom from anybody, even from a child. Doesn't the small night lamp light up things which the sun can not?

Subhāsita Ratna Bhāṅḍāgārah 153.25

बुद्धिमान को बच्चों से भी युक्तिपूर्ण वचन ग्रहण करने चाहिए।
क्या दीप उस वस्तु को प्रकाशित नहीं करता, जिसे सूर्य प्रकाशित नहीं कर सकता ?

२० संस्कृत™

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