

SURYA NAMASKAR YAGNA – SUN SALUTATIONS MARATHON

Leading the yoga awareness movement all over the world, Yoga Bharati organizes Surya Namaskar Yagna (Sun Salutation Marathon) every year to encourage everyone to add yoga to the list of New Year resolutions and start the New Year on a healthy note! We welcome you to participate in the SNY 2012

What is Surya Namaskar?

Surya Namaskar is a series of 10 or 12 poses linked by a continuous flowing motion and synchronized with the breath. Perform this series every morning and evening, and more if you desire. Surya Namaskar is performed to give reverence to the internal Sun, the creative force that radiates inside the body, and the external Sun, which shines outside the body.

How do you participate?

It is very easy to participate in the marathon. Starting *January 1st - Jan 30th, 2012* daily practice simple, quick and effective Surya Namaskar as many rounds as possible, and join other participants as in a marathon. You can do it alone or as a group, at home or office or any of the yoga classes organized by Yoga Bharati, and self-report your count to us. It is Sun Salutations Marathon where an individual sets a goal and practices regularly and gradually increase the count per day to reach the goal.

Benefits of Surya Namaskar:

- Achieve healthy and efficient body, balanced state of mind
- Enhance work efficiency thru concentration, alertness, memory development and emotional control
- Tones up the functioning of various systems in the body, such as sensory, respiratory, digestive, circulatory, muscular and nervous system
- Mantras chanted while performing the namaskars generate minute vibrations in the body correcting the functioning of exocrine and endocrine systems of glands

What is the significance of this event?

Surya Namaskar Yagna is associated with the time of year when the Sun moves from the winter half (solstice) to the summer half (solstice).

Practice Workshops:

Yoga Bharati provides the needed information to start the practice free of cost. Come join us for a demonstration of the different styles of Surya Namaskar and a brief introduction to the benefits and philosophy of Sun Salutations. As in the past, we will be offering training workshops in Farmington Hills and Troy.

Farmington Hills: Farmington Community Library (Main), 32737 W. Twelve Mile Rd

Sat, Dec 3rd 2011 – 3.30-5.30pm (Introduction and Practice)

Sat, Dec 10th 2011 – 4.30-5.30pm (Practice)

Farmington Hills: Costick Center, 28600 W. 11 Mile Rd

Sat, Dec 31st 2011 – 9.30-11.00am (Practice)

Troy: Bharatiya Temple, 6850 N. Adams Rd, Troy

Fri, Dec 30th 2011 – 4.00-6.00pm (Introduction and Practice)

Upon completion of this 4 week event, the results will be announced and participants with the highest Surya Namaskar count are recognized.

Registration: Please email us at detroit@yogabharati.org (Subject: SNY Registration) if you are planning on attending the practice workshops or would like to participate in the event. RSVP is appreciated, but walk-ins are welcome.

Links: <http://www.yogabharati.org/suryanamaskar-resources>

Disclaimer: Please consult your doctor before practicing Suryanamaskars. This practice is not for those who are suffering from heart disease or other serious ailments.