



# Surya Namaskar (Sun Salutation) Yogathon

108 Rounds with chants

309 Aviation Parkway, Morrisville, NC 27560

Date: March 22nd, 2015 Sunday

Registration: 6:30 am; Surya Namaskar: 7:00 to 11:30 am followed by lunch

You are welcome to take breaks and practice only as many rounds as comfortable

Early Registration Fee: \$15.00; At the door \$20.00 (fee includes lunch)

## Contact:

Subhash Mittal 919-926-9717 Shobha or Mukund Saraiya 919-380-1145

Madhu Dev 919-490-0997 Lalit Mahadeshwar 919-601-9626

Purnima Kotiya 919-233-0544 Dr. Neeraj Agrawal 919-484-0489

Sudha Rathie : 919-481-4451 Manoj Pandya 919-274-1680

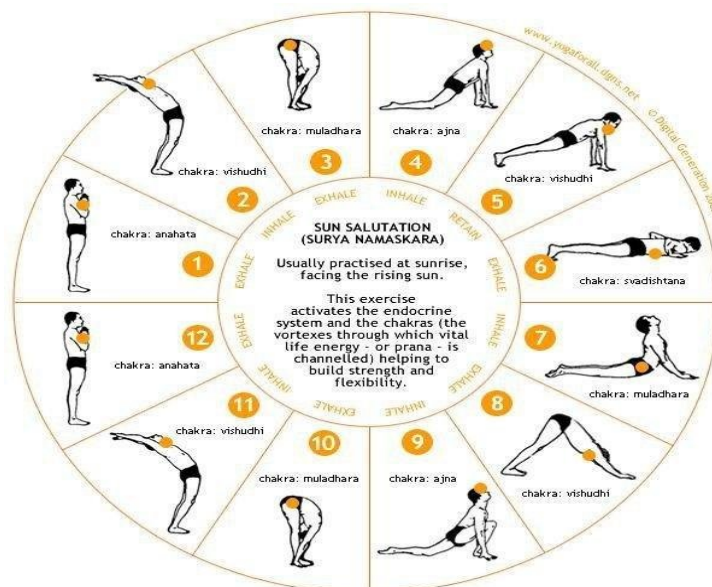
Gira Choksi: 336-269-2067

## Program:

Om chanting, invocation prayer, a brief discussion of the mantras associated with SN, practice 108 rounds, Yoga Nidra (deep relaxation), a brief session of pranayama to balance out the flow of prana and closing chants.

**Sponsorship:** \$1000.00. \$500.00. \$250.00, \$150.00 Or \$75.00

(one can sponsor per round e.g. there will be 12 sets of 9 round to make 108)





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### Registration Form

First Middle Last Name

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Address:

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City \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone # \_\_\_\_\_ Email: \_\_\_\_\_

Please check one:

HSNC Member: Yes \_\_\_\_\_ No \_\_\_\_\_

Yoga Student: Yes \_\_\_\_\_ No \_\_\_\_\_

Payment Method: By Check, Cash or Online

Check Payable to HSNC

Please note that HSNC, the planning committee and Yoga Instructors are not liable for any injury as a result of the Surya Namaskar practice.