



THE HINDU SOCIETY OF NORTH CAROLINA

Yogathon

Surya Namaskara 108 Rounds with chants

At 309 Aviation Parkway, Morrisville, NC 27560

Date: Saturday, March 18th, 2017

Registration: 6:30 am, Surya Namaskara Starts: 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: \$20.00 At door \$25.00 (including lunch)

Contact :

Subhash Mittal: 919-926-9717

Mukund/Shobha Saraiya: 919-380-1145

Madhu Dev: 919-490-0997

Shashi Malik: 919-434-6420

Renuka Vyas: 919-602-2413

Sunil Jain: 919-793-8444

Deeksha Bali: 919-593-5352

Madhur Mathur: 919-601-2134

Program :

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

Sponsorship:

\$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)

