



Hindu Swayamsevak Sangh (USA)

Invites everyone to participate in

Surya Namaskar Yajna

(Sun Salutation to manifest the Divinity within)

Date: Jan 16th to Jan 31st 2010

- Introduce and practice Yoga in our daily life
- Simple asanas for physical and intellectual development
- Lead a healthy lifestyle with eternal bliss

To participate in the yajna:

1. Visit Shakha/Balagokulam near you or <http://www.hssus.org/sny>
2. Learn how to do Surya Namaskar
3. Do Surya Namaskar at home everyday and keep count
4. Give the total count to your Shakha/Balagokulam coordinator

- ❖ **Goal: 10,000 Participants and 1,000,000 Surya Namaskars**
- ❖ **Participating kids will receive a certificate**

Contact Address:

Email: hssstl@gmail.com

Missouri Coordinator:

Sekhar Konduru

Ph: (408) 393-6094

Sreenivas Bhuma

(903) 271-2800

<http://www.hssus.org/sny>



Surya Namaskar Positions



9



10



1



8

ॐ Mitrāya Namah

ॐ Ravaye Namah

ॐ Suryāya Namah

ॐ Bhānave Namah

ॐ Khagāya Namah

ॐ Pushne Namah



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7

ॐ Hiranyagharbhāya Namah

ॐ Marichaya Namah

ॐ Ādityāya Namah

ॐ Sāvitre Namah

ॐ Ārkāya Namah

ॐ Bhāskarāya Namah



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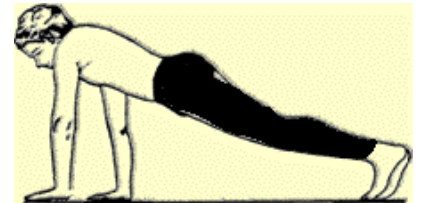


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ॐ Srisavitrusuryanārāyanāya Namah



5



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