

Surya namaskara

intensive ~ salutations to the sun

For all sadhakas who love the practice of surya namaskara, a weekend dedicated to exploring this classic sequence from the physical to the subtle to the awe-inspiring. Deepen your experience of surya namaskara with:

pranayama • mantra • chakra awareness
visualisation • drum rhythm • music
silence . . .

Mangrove Sept 17 – 19th, 2010
Rocklyn Sept 3 – 5th, 2010

Supporting the Yoga Aid Challenge 2010
Discounts apply for anyone registered as a Yoga Aid Challenger



SATYANANDA YOGA
founded 1947