



Hindu Swayamsevak Sangh (Canada)

Invites everyone to participate in

Surya Namaskar Yajna

(Sun Salutation to Manifest the Divinity within)

Date: Jan 15, 2010 to Jan 31, 2010

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

To participate in the yajna:

1. Visit Shakha near you or <http://www.hsscanada.org>
2. Learn how to do Surya namaskar
3. Attend surya-namaskar practices at shakha on weekend
4. Perform the exercise at home everyday and keep count
5. Give the total count to your Shakha coordinator

✓ **Goal: 500 Participants and 100,000 Suryanamaskars**

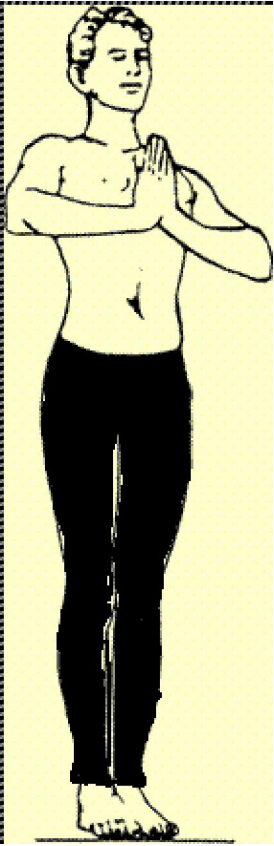
Register at : info@hsscanada.org

Visit for more info : <http://www.hsscanada.org>

Shakha Locations:

Scarborough: 1. Centennial Recreation Center (auditorium hall), 1967 Ellesmere rd. @ Markham rd. M1H 2W5
Every Sunday 9.00 -10.30am

Etobicoke: 2. West Humber Jr. Middle school, 15 Delving Dr. M9W 4S7
a. Every Sunday 9.30 – 11.00am





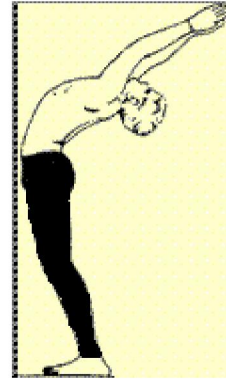
Surya Namaskar Positions



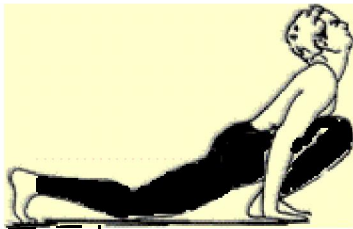
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\ Mitraya Namah

\ Ravaye Namah

\ Suryaya Namah

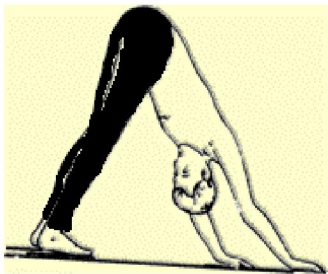
\ Bhanave Namah

\ Khagaaya Namah

\ Pushne Namah



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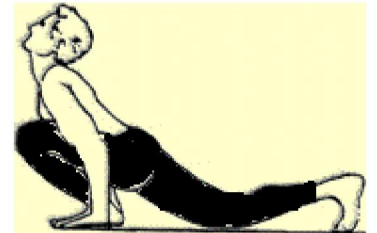
\ Hiranyagarbhaya Namah

\ Marichaye Namah

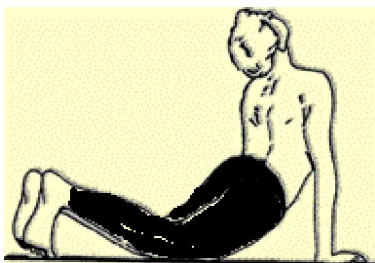
\ Aadityaya Namah

\ Savitre Namah

\ Arkaya Namah



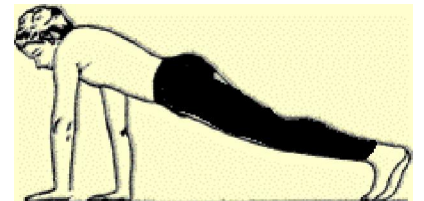
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\ Bhaskaraya Namah

\ Srisavitrusuryanarayanaya Namah



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