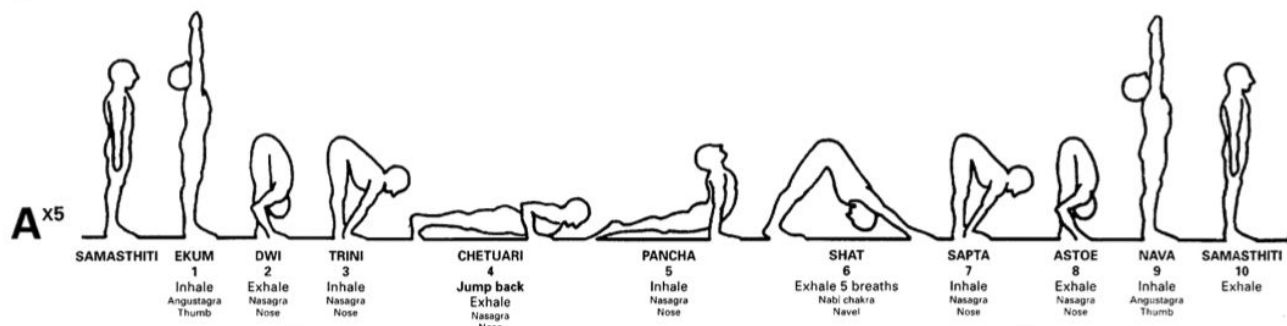


SURYA NAMASKARA A



Special Event

Counted 108 Sun Salutation

Date: 1 Jun (Friday)

Time: 0730-0930

A few good reasons of “WHY 108??”

It connects the Sun, Moon and the Earth: The diameter of the Sun is 108 times the diameter of the Earth; the average distance of the Sun and the Moon to the Earth is 108 times their respective diameters.

According to Hinduism, there are 108 sacred subtle places “Marmas” of the body

In Buddhism there are 108 paths to God or Enlightenment, and in contrast 108 defilements, delusions or worldly temptations.

It is twice the number “54”, which is the number of sounds in Sanskrit or alphabets.

The collective efforts to perform 108 times Suryanamaskara will lead us towards Harmony, Peace and Unison. Om Shanti Shanti Shanti

Cost: Drop in 240, applicable to all packages & inclusive for monthly students

Max 22 students, pre - registration is required, please send email to info@yogamala.com.hk.