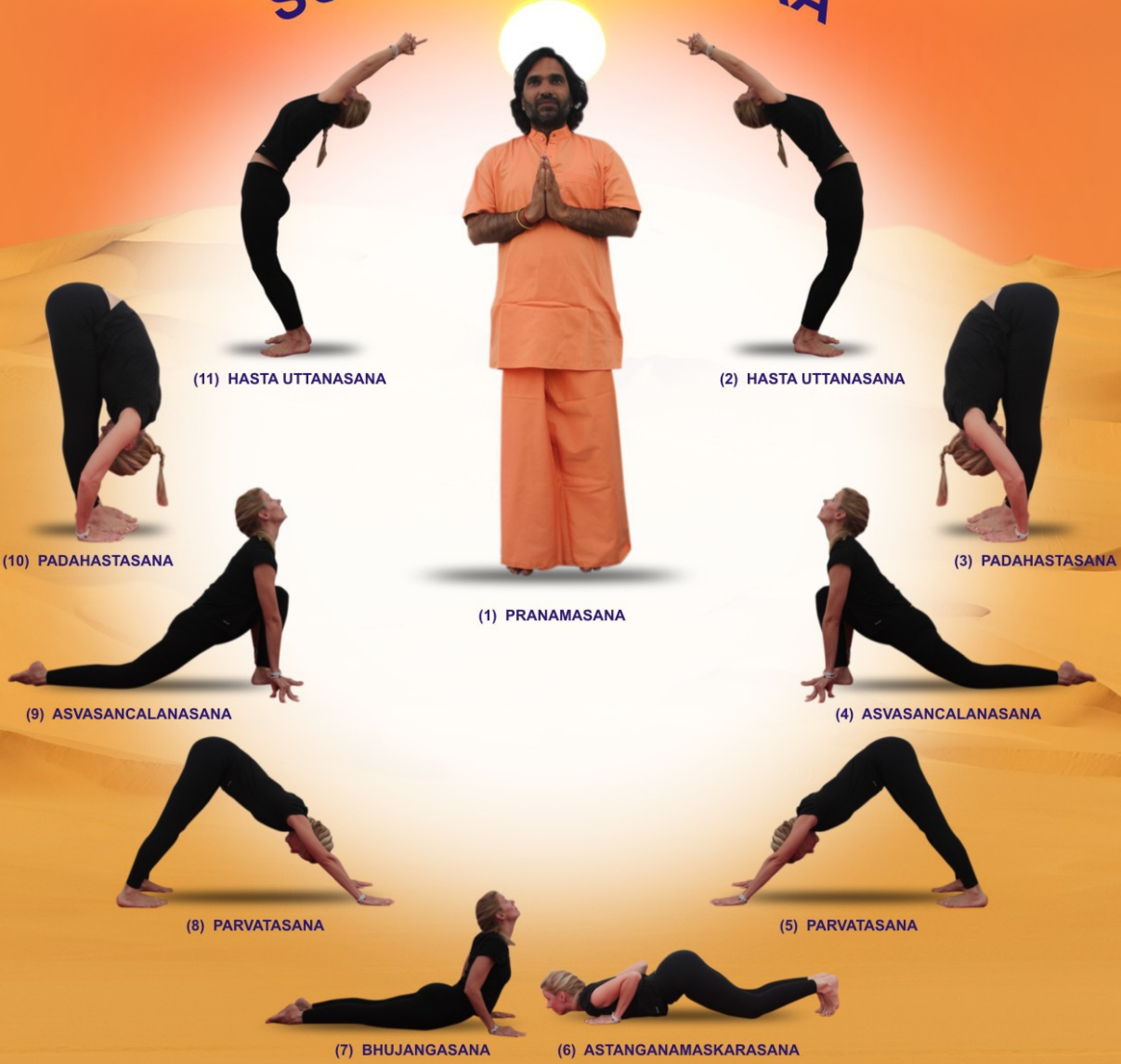




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# SURYA NAMASKARA



## Yoga Class Schedule

Monday	6:30 – 7:30 AM	Traditional Hatha	New Students & Ladies
Tuesday	6:30 – 7:30 AM	Ashtanga	Intermediate
Wednesday	6:30 – 8:00 AM	Pranayama & Hatha	New Students & Ladies
Thursday	6:30 – 7:30 AM	Hatha Flow	Advanced
Friday	6:30 – 8:00 AM	Meditation & Gentle Hatha	New Students & Ladies
Saturday	6:30 – 7:30 AM	Yoga Therapy	All welcome

**आदित्यस्य नमस्कारान् ये कुर्वन्ति दिने दिने ।  
आयुः प्रज्ञा बलं वीर्यं तेजस्तेषां च जायते ॥**

**Those who practice Surya Namaskara daily gain vitality, power, wisdom, brightness and longevity.**

**Shri Jasnath Asan ( Ashram )**

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