



Surya Namaskar Yagna

(Sun Salutation to manifest the Divinity within)

Date: Jan 12, 2008 to Jan 27, 2008

(Starting on Makar Sankranti)

We invite everyone to participate in



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

Dear Parents,

Namaskar, we are sending this instruction with tracking sheet. We encourage you to participate with your kids in this Yagna. Kids are asked to keep track of Surya Namaskar they are doing each day and for others (parents, friends, relatives etc.). The more they do Surya Namaskar they will be closer to win at least 3 cool prizes. Parents, relatives and friends can help them win them; one family can win one prize. They can ask anyone to do the yoga and they can add them to their list. Parents please sign the sheet each day.

Parents please send the tracking sheet promptly back on each Sunday so we can counts the number of Surya Namaskar, good people of Columbia contributed. We believe we will the best in South East Area and it can only happen because of these energetic kids who come each Sunday for Balagokulam.

Please join us on Jan 19th (Sunday) with your kids in a large group to do Surya Namaskar. Be part of the healthy life style and eternal bliss and for healthy community.

1st Prize - \$20 gift card
2nd Prize - \$15 gift card
3rd Prize - \$10 gift card



Surya Namaskar Positions



9



10



1



6

ॐ Mitrāya Namah

ॐ Ravaye Namah

ॐ Suryāya Namah

ॐ Bhānave Namah

ॐ Khagāya Namah

ॐ Pushne Namah



2



7

ॐ Hiranyagarbhāya Namah

ॐ Marichaya Namah

ॐ Ādityāya Namah

ॐ Sāvitre Namah

ॐ Ārkāya Namah

ॐ Bhāskarāya Namah



3

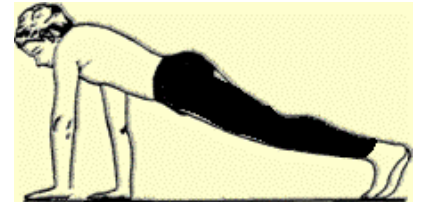


6

ॐ Srisavitrusuryanārāyanāya Namah



5



4

Surya Namaskar Yagna- 2008

Individual / Family Weekly Tracking Sheet

(Please use one sheet for each week)

First Name _____ Last Name _____

Shaka/Balagokulam _____ Town/ZIP _____

Personal/Family Target _____ Parent Signature _____

SNY Week Week 1 (12th Jan –18th Jan) / Week 2 (19th Jan – 25th Jan) / Week 3 (26th& 27th Jan)
(Tick the correct week)

Name	B/K/ M/P	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Wkly Total	Parent Sign
Total										

***Note B – Bala (Girl) (<13 yrs), K – Kishore (Boy)(= 13 or > 13 & <17 yrs), M – Mahila(Lady),
P – Purush (Gentleman)

No of Balas _____ No of Kishores _____ No of Mahila _____ No of Purush _____

Total No of Participants _____ **Total SN Count** _____

Note:

1. Please use one sheet for each week
2. Forward the weekly totals on Sundays by e-mail or hand over the hard copy to

Shaka/Balagokulam coordinator [**Rajesh Verma (both)**]

Surya Namaskar Mantra

ॐ_Mitraya Namah ॐ_Bhanave Namah ॐ_Hiranyagarbhaya Namah ॐ_Savitre Namah
ॐ_Ravaye Namah ॐ_Khagaya Namah ॐ_Marichaya Namah ॐ_Arkaya Namah
ॐ_Suryaya Namah ॐ_Pushne Namah ॐ_Adityaya Namah ॐ_Bhaskaraya Namah
ॐ_Srisavitrusuryanarayana Namah