

108 Sun Salutes



Saturday, June 19
3-5pm

Come and celebrate the beginning of summer with a traditional practice of Surya Namaskar with Karin Eisen.

Performing 108 Sun Salutes at the Solstices and Equinoxes is a yogic tradition. The sun is the center of our solar system and permeates everything with its light. It is the essence of the highest consciousness and radiates out the inner light of knowing. This practice is a celebration of the times when we know we are alive, when we feel and breathe the joy of being.

We are a sun ourselves, shining from within, radiating our own light. You are invited within this practice to let your heart dance, your soul expand innocently, joyfully like children. This series of asanas brings me into awareness of being. That awareness brings gratefulness and happiness. Happiness does not need any reason. Real happiness is always here. It is always now. It knows no other time and no other space. Gratefully I offer you this practice. May it help to let our inner sun shine.

Please register at the front desk \$25