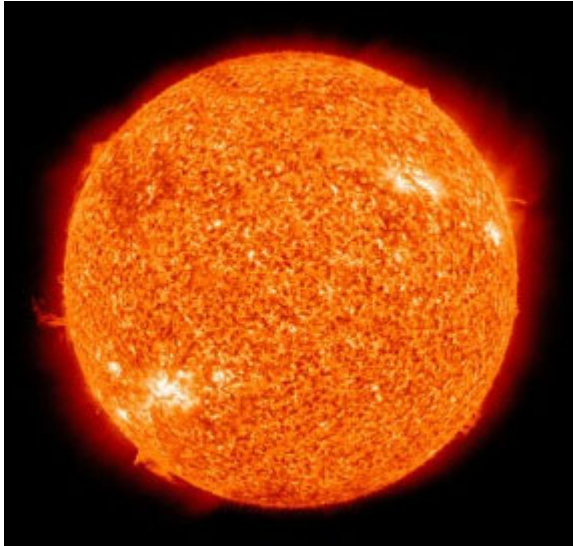


## Introduction to Sun Salutation Workshop - in English :

Where: On the green area next to Frøken Marina café - Nordhavnsvej 2c, 3000 Helsingør

When: 14 June 2019

Time: 20.30 - 21.15



*“Sun salutation - surya namaskara - is a complete spiritual practice (sadhana), it comprehends asana, pranayama, mantra, meditation techniques. Furthermore its versatility and applicability let it become one of the most useful methodology to gain a healthy lifestyle, become strong and active, and at the same time allow to prepare to the spiritual awakening.”  
Satyananda*

*As the sun begins dip towards the horizon in our long Nordic summer, come with your yoga mat and an open heart to commit to 45 minutes of introduction to yogic Sun Salutations by the water in Helsingør.*

*In the introduction to the sun salutation technique some theory and benefits will be explained and we will try the sun salutation practice being respectful to our body and mind.*

*The meaning of sun salutation, the response of the body and the energy flow will be explored in a relaxed and comfortable environment. You are not required to be fit, flexible or have done yoga before - all are welcome. It is recommended to not have a big meal just before the practice. Refreshments are available from Froken Marina Cafe afterwards. Please bring your own mat, a warm blanket, and dress in comfortable clothes.*

How to book your place: - donation to *MobilePay: box23956 (International Day Of Yoga)*

*Please leave your name when you make the payment.*

*More details of where your donations will be going here:*

<https://kindenmark.com/2019/03/20/the-village-school-project/>