

Hindu Swayamsevak Sangh USA (HSS) announces annual "Yoga for Health, Health for Humanity Yogathon" or "Surya Namaskar Yajna" (SNY) from Jan 13 - 28, 2018. Surya Namaskar integrates simple Yoga postures in 10-steps that, along with easy breathing technique, can provide immense health benefits to both the body and the mind. HSS initiated this health awareness project in 2006. Since its inception, participants from 40 states actively took part via various yoga centers, community organizations, schools and colleges regardless of individual faiths and beliefs, and collectively performed over 9 million Surya Namaskars'.

This year, HSS Houston Chapter would like to perform Surya Namaskars' at Arya Samaj along with your members and create awareness about Surya Namaskars' and its advantages in achieving a healthy body, mind and spirit. Surya Namaskar Yajna and the workshop will be held on Jan. 21, and 28 from 9:00 am to 9:30 am.

For any additional info / questions, please contact Anant Samdani, HSS Houston Chapter Communications Director 424-335-9661, anantsamdani@yahoo.com).

HSS

HINDU SWAYAMSEVAK SANGH
Presents
SURYA NAMASKAR YAJNA
YOGA FOR HEALTH, HEALTH FOR HUMANITY

Jan 21 & 28, 2018 SUNDAY # 9 - 9:30 AM
Arya Samaj Greater Houston 14375 Schiller Road, Houston, TX-77082
For more details, visit: www.hssus.org/sny Email: sny@hssus.org