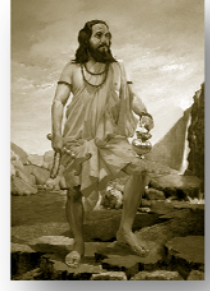




||ShriRamSamarth||  
**SURYANAMASKAR PRANAYAM  
PRASHIKSHAN WORKSHOP  
e-SURYANAMASKAR  
e- TRAINING**



**Join and attend Prashikshan Workshop:**

- To eliminate all the doubts about the SuryaNamaskar Sadhana.
- To accomplish the desired changes in the intellectual, mental, physical and spiritual behaviour of yourself.
- To organize SuryaNamaskar Pranayam Prashikshan Workshop in your locality.
- To train your mind to attain success with health and happiness in every field.
- To get the physical feel of the following Shloka every day.

अकालमृत्यु हरणं सर्वं व्याधिविनाशनम्  
सूर्य पादोदकं तीर्थं जठरे धारयाम्यहम्॥

उरसा शिरसा दृष्ट्या वचसा मनसा तथा।  
पदाभ्यां कराभ्यांजानुभ्यां प्रणामोऽष्टांग उच्यते॥

**Objectives of SuryaNamaskar Pranayam Prashikshan Workshop-**

- To help the Sadhak practice the primary skills of SuryaNamaskar to learn this Sadhana from the AtmaRam.
- To train SuryaNamaskar Sadhak to become SuryaNamaskar, Worker / Organizer / Instructor.
- To train every SuryaNamaskar Sadhak, in the time span of one year, to organize **SuryaNamaskar Pranayam Prashikshan Workshop** independently by his own.

**Instructions to Participants-**

- ✓ The language of instruction for the E-training in SuryaNamaskar - Pranayam is English/ Marathi/Hindi.
- ✓ E-training is available on SKYPE for one group of ten participants, belonging to one age group, at a time.
- ✓ The age groups of the participants, male & female, are (A) 13-26 years, (B) 27-40 years, (C) 41-44 years, (D) 45-58 years, (E) 59-72 years, (F) 73- and more years,
- ✓ Each participant is expected to purchase at least one copy of SURYANAMASKAR SAADHANA (A Manual for Practitioners) or सूर्यनमस्कार एक साधना, कार्यपुस्तिका (साधकांसाठी). It is to be used as a text book during the Prashikshan Workshop.
- ✓ Visit [www.suryanamaskar.info](http://www.suryanamaskar.info) download the Registration Form and e-mail the form along with the demand note for the text book/s.
- ✓ In order to get specific guidance in the workshop please write down, in detail, about your physical ailments / diseases, if any, in the Registration Form. Please write down the prescription, with the dos & don'ts, of the doctor to alleviate the symptom.
- ✓ Read the book with understanding in the following sequence:

I) Author's forward, Preface by the Saadhak, Words of Gratitude and Appreciation , Sacred Blessings.

II) PART THIRD - A Key to Personality Development, Appendix One to Thirteen.

III) PART FIRST - A Gateway to Mental and Physical Well-being.

- ✓ After the reading, of all the members in the group, is over the first practical Session will be held on Saturday from 6.30 to 8.30 a.m. IST
- ✓ The Concluding Part of the First Session contains the practice of the assignment to be performed by the group for the next week.
- ✓ Each session ahead is divided into two parts- (A) Solutions and guidance for the physical ailments and mental inquires of the participants, (B) the practical work of the assignment for the next week.
- ✓ Four more sessions, at least, on every Saturday are required to impart the basic skills of SuryaNamaskar Sadhana.
- ✓ The certificate of participation in the e-Prashikshan Workshop will be awarded to the successful candidates after twenty-six weeks or on the auspicious day of RathSaptami (Global SuryaNamaskar day).

### Instructions to Practise Weekly Assignment-

- Avoid any intake, liquid or solid, about three hours.
- You may take light tea sixty minutes before taking bath.
- Visit toilet, take bath and attend the venue five minutes before the schedule time.
- Bring a bed sheet or a shawl with you. Fold it three/four times to turn it into SuryaNamaskar Aasana.
- Bring one handkerchief / napkin with you.

### Points to Ponder-

- It is **NOT** our every day aim to perform MODEL SuryaNamaskar.
- A careful and cautious performance to conclude the day's Sadhana without generating any muscle pain anywhere on the body is our every day target.
- It is the elasticity to sustain stress and strain that decides the power of muscles-n-mind. Unwanted and incorrect press-n-stretch may rupture the muscle tendons and break the mobility of the joints.
- Apply only light press-n-stretch to the muscles in every physical posture.
- It is not at all expected to give forceful jerk to attain a better position in the Aasana. Don't let the muscles exert beyond their abilities.
- While performing Always try to correlate muscle exertion with extra intake of PranTatwa.
- Try to activate more than 95 % of body muscle-cells, bit by bit, in parts step by step.

### APPEAL to ALL

We would appreciate your helping hand in the publication of the books and other material useful to conduct **SuryaNamaskar Pranayam Prashikshan Workshop.**

- You may serve the cause by using your expertise in the field of publication.
- Guide your contacts, who are interested in SuryaNamaskar, to participate in the Prashikshan Workshop.

- Participate in “**A Page Print Sponsorship**” (Rupees one thousand only for one page). The list will be included in the next publication and you will get a free copy of the book too.
- Donate or collect donation for printing purposes.
- Organize SuryaNamaskar Pranayam Prashikshan Workshop at different places.

### LIST OF PUBLICATION

<b>SURYANAMASKAR SAADHANA (A Manual for Practitioners)</b>	<del>Rupees 500+ 40 Postage</del>
Discount rates till DaasNavami 2014	Rupees 300+ 40 Postage
	<b>Outside-\$70.00 (Postage)</b>
Power Point Presentation (Marathi, Hindi, English)	<b>Rupees 150+ 40 Postage</b>
Website--- <a href="http://www.suryanamaskar.info">www.suryanamaskar.info</a>	<b>Free of Charge</b>
SuryaNamaskar (A Scientific Way to Get Healthy)	<b>To be published.</b>
सूर्यनमस्कार एक साधना, कार्यपुस्तिका (साधकांसाठी)	रुपये २५० + ४० पोस्टेज
ई-बुक--- (मराठी, इंग्रजी, हिंदी)	विनामूल्य
सूर्यनमस्कार भिंती तक्ता (मराठी, इंग्रजी, हिंदी)	रुपये १५.००
सूर्यनमस्कार प्राणायाम प्रशिक्षण वर्ग समाप्ती साधना	
ऑडिओ कॅसेट- पुस्तिकेसह (मराठी, इंग्रजी, हिंदी, संस्कृत.)	रुपये १००+ ४० पोस्टेज

(प्रसिद्ध झालेली प्रकाशने बाजारात विक्रीसाठी ठेवलेली नाहीत)

### FOR (E-MAIL) TRANSACTION-

**Title of the A/C-** ShriSuryaSthan Samarth Vidyarogya Kendra, Nashik

**Saving Bank Account No-** 600 634 54 976

**IFSC:** MAHB 0000214

Bank of Maharashtra, College Campus Branch, Nashik- 422005

**Please remind and insist the Bank Cashier to mention the name of the party crediting the amount to the account.**

To send you the copy of the book by Registered Post Parcel, submit your complete Postal Address with the PINCODE and the Mobile / Phone No

**Wish you all the happy efforts in the practice of SuryaNamaskar Sadhana.**



**Shri SuryaSthan Samarth Vidyarogya Kendra, Nashik.**

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||Shri Ram Jai Ram Jai Jai Ram||