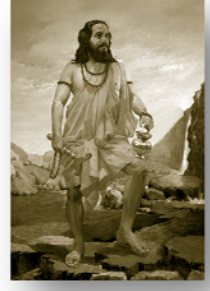




||ShriRamSamarth||
**SURYANAMASKAR PRANAYAM
PRASHIKSHAN WORKSHOP
e-SURYANAMASKAR
e- TRAINING**



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 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

SURYANAMASKAR SAADHANA (A Manual for Practitioners)	Rupees 500+ 40 Postage
Discount rates till DaasNavami 2014	Rupees 300+ 40 Postage
	Outside-\$70.00 (Postage)
Power Point Presentation (Marathi, Hindi, English)	Rupees 150+ 40 Postage
Website--- www.suryanamaskar.info	Free of Charge
SuryaNamaskar (A Scientific Way to Get Healthy)	To be published.
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.



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||Shri Ram Jai Ram Jai Jai Ram||