



Celebrate the New Year with 108 Sun Salutations

Tuesday,
January 1

1:00-3:30 pm
with Liz Smith

It will cost \$25 before December 27th,
\$30 thereafter

Requires advance registration



Beverly Yoga Center

*May the practice of yoga and meditation cultivate kindness,
compassion and care for your mind, body and heart.*

1917 West 103rd Street | 2nd floor
www.beverlyyogacenter.com

Energetically release the year past and welcome in the year ahead. Celebrate the New Year, we would like to invite you to join us to set intentions for the year ahead and practice 108 Sun Salutations with Liz Smith.

It is a yogic custom to practice 108 Sun Salutations on special occasions. In the practice of yoga, 108 is held as a sacred number, representing completeness and is reflected in many ways, including the number of beads found on a mala (meditation prayer beads) and twice the number of sounds in the Sanskrit alphabet.

This two and a half hour meditative practice is open to students of all levels. Class will be broken up into 9 sets of 12 Sun Salutations each, with time to rest in between each set. Modifications will be offered to help students find the safest version of this practice for their own bodies. Students are encouraged to rest whenever needed and will close with soothing postures and a lengthy relaxation.