



# Welcome Spring with 108 Sun Salutations

Friday,  
March 22

6:00-8:30 pm  
with Liz Smith

\$30 before March 19, \$35 after  
*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](http://www.beverlyyogacenter.com)

Welcome Spring with the practice of **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.