

# Summer Solstice

## 108 Sun Salutations with Liz Smith

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.

It is a yogic custom to practice 108 Sun Salutations on special occasions. Welcome Summer with this two and a half hour meditative practice. This special class is open to students of all levels. 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.

\$30 before June 17, \$35 after  
*Requires advance registration*

The class will be broken up into 9 sets of 12 Sun Salutations each, with time to rest in between each set. We will incorporate a variety of mantra into this practice to connect to the energy of summer and help keep count. We'll finish this class together with a few closing postures and a lengthy relaxation.

**Friday, June 21st**  
**6:00-8:30pm**



**Beverly Yoga Center**

*Nurturing the mind, body and heart through yoga and meditation.*

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