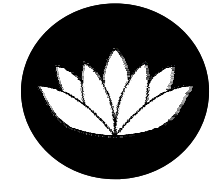


The Spring Yoga Mala

108 Sun Salutations



The Yoga Mala is a “garland” of yoga practice-108 repetitions of Surya Namaskar, the Sun Salutation. This moving meditation helps still the mind and relaxes the body, in preparation for Savasana, while the collective motion in the group strengthens the spirit.

We'll begin by spending a few minutes warming and centering the body. Then, the mala - we will split the 108 Sun Salutations into four rounds of 27, with an extended break at 54. With our bodies loose and mind quiet, we will reflect in a lengthy Savasana.

For beginners and/or when fatigued during the Yoga Mala, variations are encouraged. Come well hydrated and have a light snack an hour before attending. Bring:

- water bottle
- towel
- yoga mat
- cozy layered clothing to wear during Savasana

Silent Dedications or meditations accompanying each set of asana:

Round 1-Personal Transformation

Round 2-Family, Friends and Those with Whom You have Unresolved Conflict

Round 3-The World

Round 4-The Source

A challenging practice, reflection, and refreshments - a meaningful experience for everyone! Susan Marek will guide the Mala.

The Spring Yoga Mala
Sunday • March 21, 2010
10:00am to Noon - during the rising sun!
\$20

The Lodge / Chaska Community Center
1661 Park Ridge Drive
Chaska, MN 55318

Registration is required by March 12.

Three ways to register:

- Go to chaskacommunitycenter.com and click on-line registration
- Register in person at the Chaska Community Center Front Desk
- Fill out the following form and mail to:
Chaska Community Center
1661 Park Ridge Drive
Chaska, MN 55318

Spring Yoga Mala Registration

first name last name

street address

city, state, zip

e-mail address

telephone number

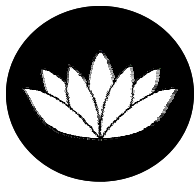
____/____/____

date of birth MM/DD/YYYY

M / F

My \$20 payment by check is included
(make checks payable to Chaska Community Center)

signature



What is a mala?

Malas, or garlands of prayer beads, come as a string of 108 beads. They are used for counting as you repeat a mantra, prayer or meditation—much like the Catholic rosary. The Yoga Mala is 108 repetitions of the Sun Salutation asana sequence.

Why 108?

In yoga, 108 is a number of the wholeness of existence and has significance across many cultures.

- *108 times the Sun's diameter is its distance to Earth
- *108 times the Moon's diameter is its distance to Earth
- *108 names for Hindu deities
- *108 names for Buddha
- *108 is the Chinese number representing "man"
- *108 beads on a Catholic rosary
- *108 beads on a Tibetan "mala"
- *108 is twice the number 54, which is the number of sounds in the Sanskrit language
- *108 is 12 times the number 9, which is the number of vinyasas (movements linked to breath) in a Sun Salutation.

Why at the Spring Equinox?

A Yoga Mala may be performed 4 times a year, with the start of each season, to acknowledge the changing world around us (summer/winter solstices and spring/autumnal equinoxes). At the spring equinox, our hours of light and dark are in balance—the coming days shift the balance to more daylight hours and warmer yang energy. A Yoga Mala is time for reflection and preparation for the coming season.

Sounds like a yoga 'marathon', can I do it?

Yes! Seasoned yogis and healthy beginners can do a yoga mala. 2 hours of moving through poses requires endurance and strength—pose modifications can make the mala successful for all.

To mark the Spring Equinox—
welcome spring, welcome sun

The Spring Yoga Mala



Register at chaskacommunitycenter.com
or at the CCC Front Desk



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