

Setting an Intention with a Summer Solstice

Join us for 108 Sun Salutations



To salute the sun, the community, and your own spirit.

Monday, June 19, 2017
6:30-8:30 p.m.

Live music provided by drummers from the Shenandoah Rhythm Jam

Suggested \$10 donation
All collections go to Team River Runner

SHEPHERD UNIVERSITY

Wellness
Center

For more details visit our website
www.shepherdwellness.com



Setting an Intention with a Summer Solstice Ceremony

108 Sun Salutations (Surya Namaskar A) for the Summer Solstice

Suggested \$10 donation- collections go to Team River Runner
www.teamriverrunner.org

Date and Time: Monday, June 19, 2017, 6:30 - 8:30 pm

Location: Shepherd University Wellness Center Multipurpose Rooms
213 & 215

Music will be provided by drummers from the Shenandoah Rhythm
Jam

www.meetup.com/shenandoah-rhythm-jam

Sun Salutations are a sequence of 10 postures linked with the breath.
Modifications will be provided for both kneeling and seated positions.

When done during the Summer Solstice, the practice of 108 sun
salutations reminds us to shed the heavy cloak of winter
and embrace the warmth and joy of Summer on it's longest day of the
year.

We set an intention to bring meaning to our efforts by dedicating our
practice to something greater than ourselves.

“We reach high to honor the sun and bow low to the Earth– yoking the
two together– the way we move our body through yoga poses to yoke
the mind to the body.” -Wendy Boscia, Yoga Instructor