

20th Annual 108 Sun Salutations: A Moving Meditation

*Where: Body & Soul of Kansas City
649 E. 59th KCMO*

When: New Year's Day, January 1, 2020 3:00pm-4:30pm

*Why: To celebrate the return of the Sun and the cycles of
Life.
Spring is on its way.*

*What: We will do 108 SUN SALUTATIONS
followed by a meditation.
Don't worry.*

*We will do variations that make this Sun Salutation
practice doable by everyone.*

Six breathes. Six forward bends. Six sun salutations.

Repeat this six times and viola—108

*Of course, you can do as many or as few as you
like.*

*(Please arrive on time for this moving meditation.
Friends and family are welcome.)*

*Questions: Call Barbara Anderson, Body & Soul K.C.
816-363-8282*

