



हिन्दू स्वयंसेवक संघ Hindu Swayamsevak Sangh (UK)

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Asianvoice

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Yoga in the Park

Hyde Park was energised with over 70 people doing Yoga on Sunday 25 February 2012. An initiative inspired by HSS UK during their promotion of Health Awareness month, a Facebook event was launched to encourage all to participate in Yoga in the Park.

Various types of Yoga postures were displayed and all participated in a Yoga routine called 'Surya Namaskar', meaning salutations to the Sun. Surya Namaskar is a holistic sequence of yoga postures



which enhances breathing and develops benefits the whole body. This done daily prevents many illnesses and keeps energy levels high throughout the day.

An event thoroughly enjoyed by all ages from 2

to 60 years old and watched my many passers by in Hyde Park. A total of 700 Surya Namaskars were completed on the day.

Keep a look out on FB for the next event. ! ... Further information go to www.hssuk.org/sny.

<http://epaper.asian-voice.com/PUBLICATIONS/AV/AV/2012/03/31/ArticleHtmls/Yo...> 26/04/2012