

Sun-Yoga is a system discovered by Sunyogi Umasankar in 1995.

Apart from Sun Meditation it guides us through everyday life giving very practical insights about our habits, relations, jobs, desires and goals.

Sun Yoga begins with mental peace, emotional balance and physical health, then goes to a self-knowledge known as **Samadhi and enlightenment and then far beyond.**

Basic Sun-Yoga Workshop with **Sunyogi Umasankar**



Basic Sun-Yoga workshop

Basic workshop consists from the practical part (**Sun Meditation** and Meditations which could be practiced when the weather is cold or cloudy) and theory.

Topics:

- ♣ Discovery of Sun -Yoga
- ♣ 600 day stay in the Himalayas with minus 40-45 degrees, stories and discoveries
- ♣ How he met **Mahaavatar Babaji** twice and Babaji's teachings to the world
- ♣ Complete daily practise of Sun-Yoga
- ♣ Four recommended Asanas
- ♣ All stages of Sun - Yoga
- ♣ Kundalini-awakening through Sunyoga including and Samadhi
- ♣ Meditations for bad weather and preparation for Sun Meditation
- ♣ What is Samadi and how to achieve it?
- ♣ Law of Creation

3 days: Sunyoga workshop 1st – 3rd May 2015

Venue: Dijon (Bourgogne/"Burgundy") FRANCE

CONFERENCE: Thursday 30th April 2015 - 5 pm - 7 pm by Sunyogi

Date: Friday: 1st May 2015 : 6.30 am - 6.30 pm

Saturday: 2nd May 2015 : 6.30am - 6.30 pm

Sunday: 3rd May 2015 : 6.30 am – 5.00 pm

Association membership: 10 €

Price: 120 Eur

Timetable:

- ♣ 6:30 am (90 minutes after sunrise) - morning Sun Meditation
- ♣ Break
- ♣ 9:00 am Lecture
- ♣ 1:00 pm Lunch break
- ♣ 3:00 pm Lecture
- ♣ 5:00 pm afternoon meditation

Contact:

If you are interested to attend the workshop, please, contact

Jonathan Charpentier in priority at contact@sunyogi.fr

Or at jonathan_zimm@hotmail.com

06 82 37 02 27 (+33) facebook/viber/whatsapp/skype

For more details, please, visit: www.sunyogi.fr

www.sunyoti-umasankar.info or www.sunyoga.info

Sunyogi Umasankar is an Indian yogi who has mastered the practice of Sun-Yoga. He was born on the 22th June 1967 in Lachhipur the northwest of Calcutta, India. His search for the truth started at the time, when he listened to the teachings of a spiritual leader and got the strong feelings, that this one was misleading the people. He was only five years old. At that day he decided to find the law of the solution to the problems of humanity.

Sunyogi has led an extraordinary life; he spent six years walking around the subcontinent with no money or possessions and has lived for long periods without eating any food, deriving all his energy directly from the Sun. In 2009. he has completed a two year retreat in the Himalayas and has returned to the world to continue teaching Sun-Yoga and spread his message of **Universal Peace, Unity and Brotherhood.**

He teaches Sun-Yoga in many countries – France, Germany, Austria, Sweden, Switzerland, Serbia, Croatia, Macedonia, Malasya, Mongolia...

“Sunlight is the greatest of all light and in its womb it has the manifestation of the ultimate truth. It is vast and it is complete. It adds beauty to the face of everything on earth.”

Sunyogi Umasankar

“Meditation is a journey, way of peaceful life, peaceful mind and peace in your heart.”

Sunyogi Umasankar