



SURYA KRIYA

"Surya Kriya is a powerful process of activating the solar power within you." - Sadhguru

"Surya" means "sun," and "kriya" means "inner energy process". This gentle, slow-paced, 21-step process is a way of aligning yourself with the sun, the basic powerhouse for this planet. Surya Kriya activates the solar plexus to raise the samat prana, or solar heat, in the system. It balances a person's left and right energy channels, leading to stability of the body and stillness of the mind.

⚡ Physical Intensity: Moderate ⌚ Practice Duration: 30+M
Open to all age 14+, no previous experience of yoga required
Designed by Sadhguru and conducted by a trained teacher

Benefits

Balances the body, mind, and energies
Rejuvenates all the major organ systems
and balances hormonal levels
Supports one to become meditative and
experience peacefulness and joy

Program Details

Jun 1st (Sat) 8:30 AM-12:00 PM

Jun 2nd (Sun) 8:30 AM-12:00 PM

Midwest Conference Center (Concord Plaza)
401 W Lake St, Northlake, IL 60164

**InnerEngineering.com/
eventfinder**

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Sadhguru is a yogi, mystic, visionary and bestselling author. For over 35 years, Sadhguru's work has transformed the lives of millions worldwide through his transformational programs.

