



Information for Sunyoga Basic Course

In Sunyoga there is a meditation practice where we are looking toward the sun. Any person can participate, no previous experience of meditation or yoga is needed. The course has three full days of practical and theoretical instructions. It starts every day around 7 am and ends around 6/7pm. After completion of the course, all the first three levels of Sunyoga will be passed. In the course you will learn **practically**:

- *How to safely meditate with open eyes looking with the sun.*
- *Eye to eye meditation for stabilizing emotions and for a peaceful family.*
- *Simple physical exercises and good seating position for meditation.*

And **theoretically**:

- *Hear about the discovery of Sunyoga from Sunyogi.*
- *Learn the 8 steps of Ashtanga, the beginning of Sunyoga.*
- *Understand the foundation in Yoga; Yama, Niyama and Asana.*
- *Learn about Samadhi and self-realisation and what we gain from it.*
- *Learn what is happening in the brain, body and mind during Sun meditation.*
- *Hear about Sunyogi's experience in the Himalayas when he met Mahavatar Babaji.*
- *Learn about the Creation of Life and how it connects to time, our organs and the five elements.*
- *Learn about the 29 chakras in the body, and the Creation of the Universe.*
- *Learn how Sunyoga can help us in all aspects in life, family, studies, health, work etc.*

The method of Sunyoga have been perfected by Sunyogi, who has successfully taught thousands of people all around the world. It is a proven method to heal ourselves and to solve all our issues in life. In a short time it allow us to balance ourselves. With a continued practice, we can sustain a stress free and peaceful happy life. Sunyoga heal physical, mental, emotional, vital, economical and spiritual problems. The truth seeker or spiritual aspirant should know that with the practice of Sunyoga self-realisation and Samadhi is close at hand.

