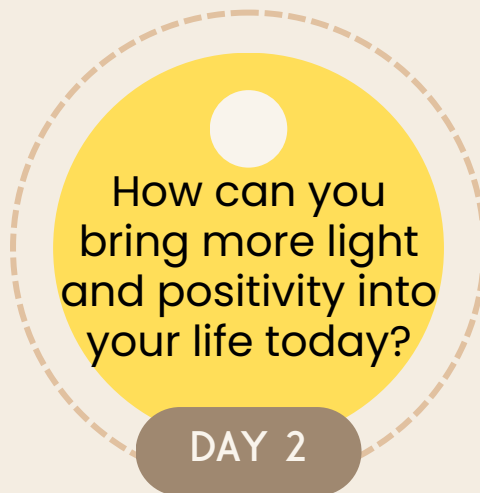


12 DAY *Sun Challenge*

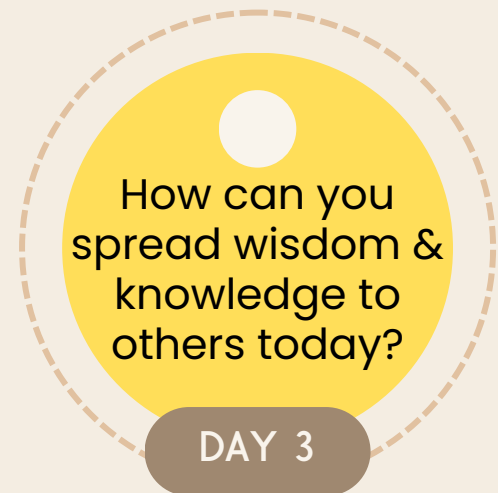
Unleash your inner radiance with a 12-day living yoga' ritual inspired by the 12 names of the sun.



Mitra: Friend of All



Ravi: The Radiant One



Surya: The Giver of Light



Bhanu: One who illuminates



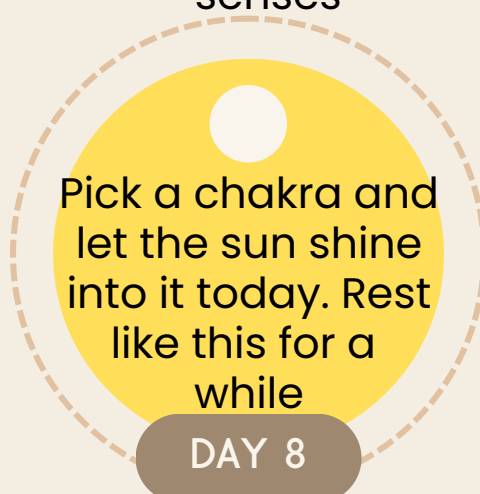
Khaga: The stimulator of senses



Pushan: One who nourishes



Hiranyagarbha: golden centred one



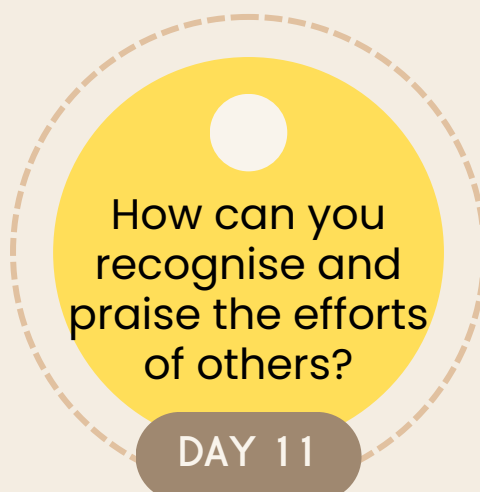
Mareechi: The destroyer of disease



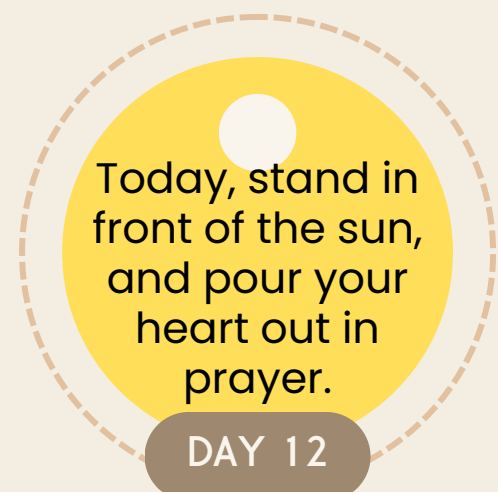
Aditya: The one who attracts



Savitr: The stimulator



Arka: One fit to be praised



Bhaskar: One who lead us to enlightenment