SuryaNamaskar Clock

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GUIDELINES TO MAKE SURYANAMASKAR CLOCK

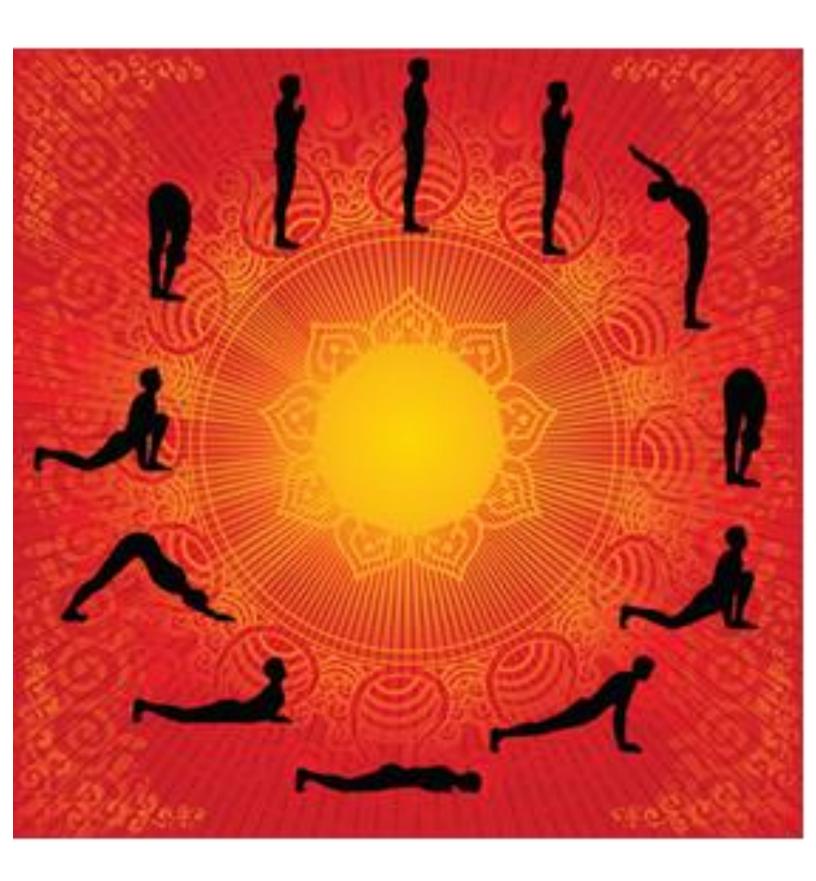
THINGS NEEDED-

- 1. A print out of template of 12 Suryanamaskar poses
- 2. A thick construction paper or the cardboard from a cereal box cut into same size as the Suryanamaskar print out.
- A clock making kit.
 (You may find many online sites which sell these kits in wholesale for 3.5 to 4.00\$)
- 4. Scissors
- 5. Glue
- 6. A sharp object to drill hole

STEPS:

- 1. Glue the construction paper or the cardboard on the back side of Suryanamaskar Template.
- 2. If any part of construction paper shows, trim it.
- 3. Let it dry.
- 4. WITH THE HELP OF AN ADULT, make a hole in the center, big enough for the shaft of the clock to just go in. The hole should not be bigger than the shaft or the clock won't fit.
- 5. The clock kit has the Assembly instructions. Please follow the instructions as given.
- 6. Carefully fix a battery in the given socket.
- 7. Your clock is ready.
- 8. Just above the battery, there is a hole. The clock could be fixed on a nail in this hole.

HAPPY YOGATHON!!!



Craft Material:











