

❧ 9th INTERNATIONAL DAY OF YOGA 2023 ❧

Bihar School of Yoga, Munger, presents

Yoga for Health, Happiness and Harmony

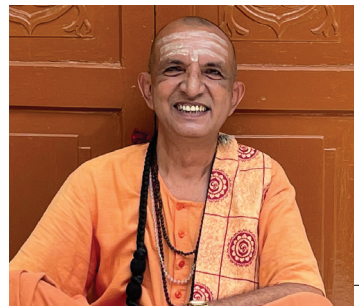
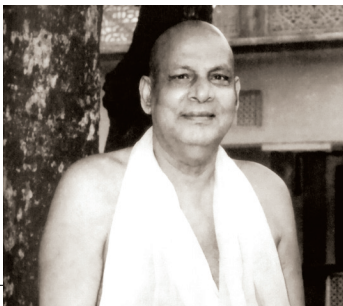
2023 is the birth centenary year of Sri Swami Satyananda Saraswati, the founder of the Bihar School of Yoga, who spread 'yoga from door to door and shore to shore,' thus uniting the whole world through the all-embracing bond of yoga. Throughout India and the world, yoga aspirants are honouring his teaching, his life and mission by conducting *Yoga Outreach* programs and initiatives for the upliftment of their community. The theme is *Yoga for Health, Happiness and Harmony*, which are the needs of everyone today. On the occasion of the ninth International Day of Yoga, the Bihar School of Yoga dedicates its annual sadhana for this day to this theme inspiring aspirants to deepen their experience of yoga and adopt a yogic lifestyle.

Towards balance and wellbeing

Health is the true wealth of life. Robust health, vitality, stamina and a strong immune system are the basic needs of the body. A yogic lifestyle promotes health by regulating waking and sleeping, meals, yoga sadhana and participation in our daily activities.

Cultivating the state of happiness caters to the needs of the mind. A happy mind is filled with clarity, efficiency and determination. Happiness is not only the foundation of all yoga sadhana but also the requirement of our interaction with others. This happiness, inherent within us, only needs to be sustained and expressed for our own wellbeing and as an inspiration to others.

Harmony is the experience of positivity in relationships. Understanding, kindness and goodwill promote harmony in the family, society, the nations and across the globe. If each one of us contributes in whatever way and measure possible, then the dawn of a better world will be seen – the *Yoga Outreach for Health, Happiness and Harmony* is one step towards this goal.



Your Program for the International Day of Yoga 2023

Early morning, at the time of waking

Three Mantra Sadhana

1. Mahamrityunjaya mantra with sankalpa for healing, energy, power, immunity and strength (11 rounds):

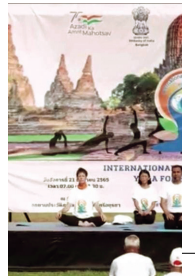
Om tryambakaṃ yajāmahe sugandhiṃ puṣṭivardhanam.
Urvārukamiva bandhanāt mṛtyormukṣīya māmṛtāt.

2. Gayatri mantra with sankalpa for wisdom, inner clarity, intuitive knowledge and learning (11 rounds):

Om bhūrbhuvahḥ svaḥ tatsaviturvareṇyaṃ.
Bhargo devasya dhīmahi dhiyo yo naḥ prachodayāt.

3. 32 names of Durga with sankalpa for overcoming distress in life and experiencing peace and harmony (3 rounds):

Om durgā durgārtīśamanī durgāpadvinivāriṇī.
Durgamachchedinī durgasādhinī durganāśinī.
Durgatoddhāriṇī durganihantrī durgamāpahā.
Durgamajñānadā durga daiyalokadavānalā.
Durgamā durgamālokā durgamātmasvarūpiṇī.
Durgamārgapradā durgamavidyā durgamāśritā.
Durgamajñānasaṃsthānā durgamadyānabhāsinī.
Durgamohā durgamagā durgamārthasvarūpiṇī.
Durgamāsurasamhantrī durgamāyudhadhāriṇī.
Durgamāṅgī durgamatā durgamyā durgameśvarī.
Durgabhīmā durgabhāmā durgabhā durgadhāriṇī.



Morning, preferably before breakfast

*Asana capsule**

Vajrasana (with abdominal breathing)
Marjari asana
Vyaghrasana
Shashankasana (dynamic and static)
Simhagarjanasana
Eka Pada Pranamasana
Surya namaskara (with Surya mantras)
Vipareet karani asana
Shavasana, whenever required

- * *Practise up to 15 rounds depending on your ability and condition. Awareness should be directed to the physical movement in the first 5 rounds, breath and pranic awareness in the next 5 rounds and mental visualization in the last 5 rounds.*

Pranayama capsule

Nadi shodhana 1:1:1:1 (10 rounds)
Bhramari (15 rounds)

Late afternoon or early evening

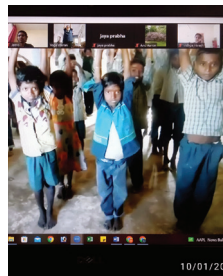
Relaxation capsule

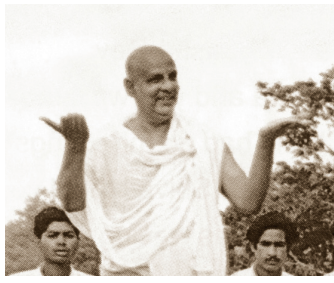
Yoga nidra or yoga nap

Night, before sleep

Meditation capsule

- Review of the Day, which involves reflection on the events of the day to see how you have lived your day and how you can do things better tomorrow.
- Ajapa japa, with awareness of *So Ham* in the frontal psychic passage, 5 minutes.





Throughout the day

- Apply these simple principles of karma yoga and seva to your activities over the course of the day:
 - i) Try to perform your daily tasks and chores with the attitude of doing them for the first and last time in your life.
 - ii) Try to do at least one good deed a day.
- Apply the principle of bhakti yoga to your associations throughout the day, try to connect with the positive and constructive instead of the negative and destructive.
- Apply the yama of *manahprasad*, the gift of happiness, and try to keep up the current of cheerfulness, positivity, harmony and hope throughout the entire day. Try to increase the moments of happiness every day. Be happy and make others happy.
- Apply the niyama of *bhava shuddhi*, a harmonious, untainted condition of mind, to clear your mind of all negativity. Let your thoughts, your feelings and your intentions be pure. Do not harbour any grudge or ill-will against anyone. Instead cultivate goodwill towards one and all.

All sincere yoga aspirants are advised to incorporate into their lifestyle as many of these elements as possible for one year, and then reflect on the changes experienced in the quality of life. We hope and pray that the inspiration of yoga remains with you and in turn, you are able to assist others on the path of yoga and yogic living.

Hari Om Tat Sat
IYD Coordinator

