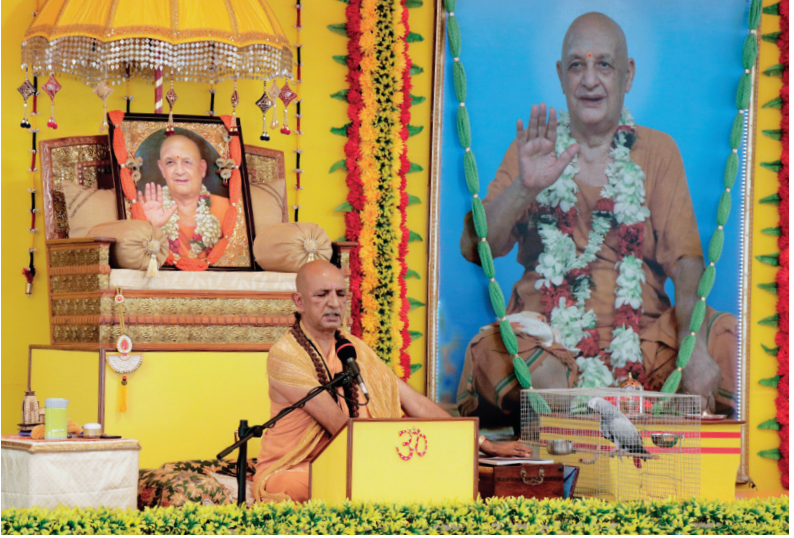


YOGA OUTREACH FOR HEALTH, HAPPINESS AND HARMONY

(Quarterly Report: April–June 2023)



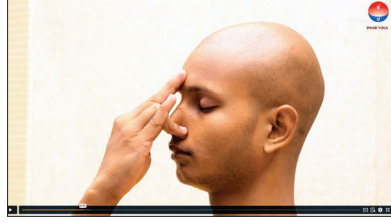
On the auspicious occasion of the centenary year of Sri Swami Satyananda Saraswati, Bihar School of Yoga is pleased to invite all yoga and spiritual aspirants to participate in this yearlong seva dedicated to Sri Swamiji.

Under the inspiration of Swami Niranjanananda Saraswati, the path to health, happiness and harmony for the individual, the family and community has been defined. Yoga centres and individuals are encouraged to live the message of Sri Swamiji and encourage others to do so.

Sharing and spreading the teachings of our Guru, Sri Swami Satyananda Saraswati, to one and all brings new beauty into everyone's lives and is the best tribute we can offer him. With our yearlong seva, we shall embark upon this effort in the spirit of service and goodwill, welfare and upliftment for all people everywhere.

—Swami Niranjanananda Saraswati

BIHAR SCHOOL OF YOGA



Online presentation

Satyananda Yoga for Everyone – Series 2 was released in April on the occasion of Guru Bhakti Yoga. A new asana class was presented to yoga aspirants.

International Day of Yoga

On 21st June, the International Day of Yoga was observed with the special Bihar School of Yoga sadhana. All residents, guests and training participants took part. Swami Vijayashakti conducted the session at Ganga Darshan and Swami Yogakanti at Paduka Darshan.



INDIA

Bihar

On 6th and 7th May, a yoga shivir was conducted for the Bihar Yoga Police personnel at the Bihar Police Academy, Rajgir. The free training was offered to Bihar Police officials of different ranks. Besides the four practical sessions, a talk was delivered to over 1,000 participants on how to develop health, happiness and harmony in life. Sannyasi Shivachittam conducted all the sessions.



International Day of Yoga

- Jignasu Hanuman conducted a yoga shivir for the staff of the District Court Munger.



- Rajnish Kumar Mishra conducted a shivir for officers and staff members of the road construction company, Monte Carlo Ltd, at Bariyarpur.
- Two sessions were organized at Yoga evam Dhyana Kendra, Patna. The first was for officials of the health department and the other for officials of GST and Customs departments. Rashmi Kumari and Rahul Kumar Mishra helped conduct the sessions.

Chhattisgarh

Rajnandgaon



From 9th to 11th April, a shivir was conducted for Chhattisgarh State Cricket Sangh trainee girls, aged 16–21 years, at the Satyananda Yoga Ashram, Rajnandgaon. 32 girls including their physiotherapist and a mentor participated in this 3-day shivir with great enthusiasm, focussing mainly on relaxation and pranayama practices.

Feedback

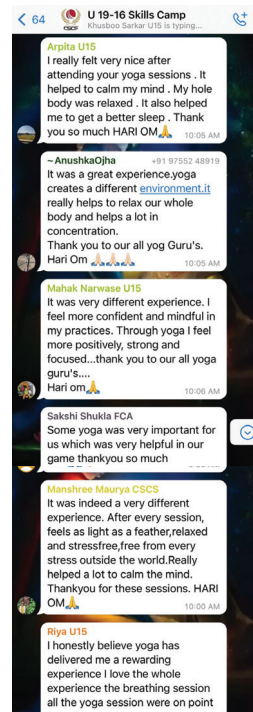
1) What I did I learn?
I learned different yoga asanas and their procedures. I learned the significance of yoga and the asanas we performed.
I learned 'yoga nidra' which was totally new for me.

2) What I liked?
I enjoyed all the 3 sessions we did. I had a great time ashram learning from you and guriji.

What affected me the most was the chanting we did together in the group it was very positive and definitely yoga nidra. I enjoyed learning and performing it.

Respected guriji and mam,
Thank you for having us, your ashram holds great calmness and positivity and spending time in ashram with you and guriji has affected me (both my mind and my body) and this positivity is going to stay with me and will motivate me to perform yoga on a daily basis.

Thank you again.
Manshi Singh Thakur.





From 8th to 12th May, a children's yoga camp was conducted at the Satyananda Yoga Ashram, Rajnandgaon. The children participated the whole day in activities of yoga, seva, chanting and games. Sannyasi Tarini organized the camp.

From 7th to 14th June, *Srimad Bhagavat Katha* was conducted at the Satyananda Yoga Ashram, Rajnandgaon, to commemorate the centenary of Sri Swami Satyananda. Sri Ishwarchandra Vyas from Junagadh narrated the epic in a charming manner to the assembled devotees and disciples.

Bhilai

From 5th to 14th June, a children's camp was organized at Gyandarshan Yogashram, Bhilai. The children were taught asana, pranayama and chanting of stotras. Teacher was Sattvamukhi who was assisted by Brahmajyoti.



International Day of Yoga



- Gyandarshan Yogashram conducted shivirs throughout the city of Bhilai at the following locations: Manav Utthan Sewa Samiti, Nehru Nagar; FSN; Panchmukhi Hanuman Sewa Samiti, Kohka; CSVTU; Brahmarshi Samaj, Sri Parshuram Bhavan; Sharda Vidyalaya, Risali; P.G College of Nursing; Maitri College (online); BSP Hospital Sec 9; BSP Employees; and at Gyandarshan Yogashram.



- Shivam Yoga Samiti, Jagdalpur, conducted yoga shivirs in many places, including Bastar Chamber Bhavan, Indira Gandhi Agricultural University, Amar Vatika for police personnel, Women's polytechnic, Bastar High School for NCC cadets, children's remand home and Guru Nanak Public School.



Delhi



From 10th to 15th May, a Yoga Outreach Shivar was conducted at the Community Center, Asiad Village, New Delhi. The two-hour sessions comprised of the five capsules and the focus was on how to integrate yoga in one's daily life and live yoga moment to moment. Sannyasi Dharmajyoti conducted the sessions and was assisted by a group of sevaks.

International Day of Yoga

- At the Baprola Unit of Delhi Metro, Sannyasi Dharmajyoti conducted a Sanrakshika Yoga Day session for women. She was assisted by Beena Atal, a CISF yoga trainer.
- In New Motibagh Colony participants between 8 and 55 years of age gathered for a yoga session on the DG's residence lawn. The session was conducted by Sannyasi Dharmajyoti who was assisted by Jayant.
- The Delhi Police organized a yoga session at Greater Kailash 1, New Delhi, which was conducted by Sweta Shekhar. She also held a class at Dwarka which was organized by the 88th Women's Battalion of CRPF.
- At the Sanskriti Foundation, Anandagram, New Delhi, Dr Alka Tyagi



conducted a session which was organized by the Indira Gandhi National Center for Arts.

- The Indian Oil Corporation Limited organized a yoga session at the IOCL Township in Sector 55 of Noida.



Jharkand

Dhanbad

From 18th May to 2nd June, various yoga camps were organized as Dhanbad Yogotsav by Satyananda Ashram Dhansar, Dhanbad. Swami Gorakhnath conducted all the sessions.

- 19th to 28th May, a ten-day morning camp at Shree Maa, Chanchani Colony, Dhaiyya, Dhanbad; the age range of the participants was between 22 and 80 years;
- 19th to 24th May, a five-day evening camp at Shree Maa, Chanchani Colony, Dhaiyya, Dhanbad;
- 24th May, an evening session at Shree Maa, Chanchani Colony, Dhaiyya, Dhanbad, for the Marwari Vikas Trust;
- 25th to 27th May, three days at the IIT ISM, Sport Activity Center, Dhaiya, Dhanbad
- 28th May, at the Satyananda Ashram Dhansar, Dhanbad, kirtan and bhajan.
- 28th May, an evening program was conducted at Bera Ashram
- 29th May to 2nd June, five days of morning class at the Yoga Center, Community Hall, Koyla Nagar, Dhanbad, for CISF & BCCL officers
- 29th May to 1st June, four days of evening yoga camp at the Yoga Center, Community Hall, Koyla Nagar, Dhanbad, for ladies.

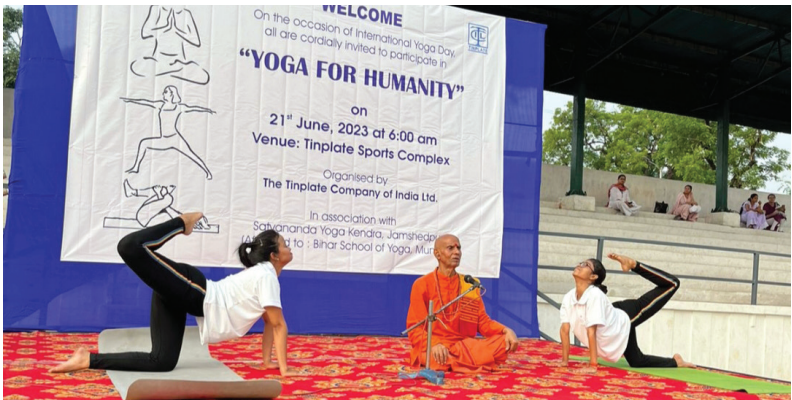
Jamshedpur

- From 22nd to 24th June, a shivir was organized at Gujarati Sanathan Samaj Bistupur. The theme was yogic discipline, lifestyle, sattvic food and yoga capsules.
- From 22nd to 23rd June, the shivir was at Vishwa Vikash Vidyalaya, Mirudi, for underprivileged students.
- From 25th to 27th June, the shivir was held at Golmuri Club.

All three shivirs were conducted by Swami Gorakhnath.

International Day of Yoga

Satyananda Yoga Kendra Jamshedpur in collaboration with Tinplate company of India Ltd celebrated this special day at Tinplate Sports Complex, Golmuri. There was a gathering of total 1,500 school students and 300 adults from all over the city. It was the largest gathering in Jamshedpur on that day. The program was conducted by Swami Gorakhnath. Dr R.N. Sharma and Mr. R.N. Murthy (M.D. of Tinplate company) inaugurated the program by lighting the lamp. At the end of the program, caps and refreshments were distributed among the children as encouragement.



Karnataka

From February to June 2023, an online Outreach program was conducted by Sannyasis Suryashakti and Manoroopa for a group of 20 people. The age range of the group was from 28 to 78, two participants joined from the USA, and among the 20 participants were two men. Five spokes of the yoga chakra were covered. Each one-hour session included 15 to 20 minutes of theory, followed by 2 or 3 asanas performed with the awareness of the koshas. Pranayama practice started with the yogic breathing and subsequently lead to nadi shodhana. The class ended with a meditation or yoga nidra practice.

The focus was on the 'why' of Chapter 2 and how it differed from Chapter 1. Through the theory and practices we encouraged the participants to 'live' yoga from moment to moment by including different modules into their daily routine.

Over the course of 20 weeks, it became clear that some of the 'tools' that we had covered, were becoming a part of their lives such as Review of the Day, Spiritual Diary, Antar Mouna, Ajapa Japa and Yoga Nidra.

Feedback of participants

While of course there are many reasons to prefer in-person classes, the online format allowed me to join from the US, and made the course uniquely intimate and impactful for me, since its lessons were reaching me directly in the time-space of my own life and struggles. The weekly meetings with teachers and classmates realized for me (what I eventually learned was) the first practice of bhakti yoga, satsang, opening a space of collective learning, striving, and community of thought. Without thinking consciously about it, I came to treasure this space and to be transformed by it. This course, seeming to bring back and gather and deepen some of the most elusive lessons of the human journey, became a kind of lifeline for me over the past 20 weeks. We have been given so much to meditate on, to practise and to explore more deeply, no matter what levels we were at. (The profundity of the lessons depended on one's own receptivity and willingness to have one's perception expanded and modified.) I know it is now up to me to take things further through my application of yoga

vidya to life. I will miss the class and wish we could continue to meet weekly. Sincere thanks to my teachers and to the Bihar School of Yoga.

—Thangam Ravindranathan

I am very grateful for having been a part of your yoga sessions over the past few months. The journey has been structured very nicely to help progress towards an easier way of living through self-awareness and management. I found the practice of annamaya kosha, pranamaya kosha and manomaya kosha focus for the asanas very useful and insightful, and it has helped make the asanas feel progressively easier. I found the exercise of recalling incidents of the past week/day and reflecting on how I could have handled situations better, very helpful. Thank you for this journey

—Mehala Kumar

Madhya Pradesh

Rewa

Swami Harishraddhananda conducted a yoga shivir from 28th to 30th April at Saraswati Shishu Mandir. A program was also conducted for doctors of the local Ayurvedic College on 28th April.



Satna

A yoga shivir was organized from 14th to 16th April at Sindhi Camp. The morning and evening sessions were conducted by Swami Harishraddhananda.



From 12th to 14th May, a yoga shivir was organized at Saraswati Shishu Mandir, Nagaud in Satna district. Swami Harishraddhananda conducted the classes.



Maharashtra

The Satyananda Yoga Family of Mumbai continued with the project of *Guna Gathavali* dedicated to Sri Swami Satyananda. The members have completed the gunas 29 to 54 as they try to understand and imbibe through online discussions Sri Swamiji's *gunas*, qualities.

International Day of Yoga



Swami Nirmalananda conducted a yoga day program in the South of Mumbai, introducing the teaching of Sri Swami Satyananda Saraswati and the concept of yoga capsules developed by Swami Niranjanananda Saraswati.

Tamil Nadu

Satyam Traditional Yoga has conducted the fifth of 108 yoga shivirs. It reached 34 spiritual aspirants at a forest near Anthiyur. The shivir was organized by Jignasu Karmadhyan.



International Day of Yoga



Satyananda Yoga Centre Mambalam conducted yoga shivirs in Ashok Nagar Mambalam, Anna Nagar Velachery, Pallavaram and at Sri Lalita Mahila Samajam, Tiruvannamalai.



Uttarakhand



International Day of Yoga



A yoga day program was conducted by Dinesh Chandra and Hansa in Jhimar Sult, Almora, Uttarkhand. In the forest a group of children age 12 to 16 gathered to practise yoga.

Uttar Pradesh

A yoga shivir was organized from 21st to 23rd April at H.L. Inter College, Banda. The morning and evening sessions were conducted by Swami Harishraddhananda.



INTERNATIONAL



Bangkok

International Day of Yoga

The Indian Embassy in Bangkok, Thailand, organized a yoga session at the Chulalongkorn University grounds. Sanjeev Chaturvedi conducted the class.



Brazil

Since April, Sannyasis Atmakiran and Atmatirtha of *Ganapati Yoga Center* conduct yoga classes at a shelter for children and teenagers, the Guide Star. Classes and workshops are also conducted for the social educators at the shelter. The Center also helps by donating clothes and food to the shelter.

The second project is to further develop the activities of Education for Peace which trains school teachers in using yoga in their classroom environment. At the *Instituto Federal do Rio Grande do Sul* (IFRS) in Farroupilha, weekly yoga classes and monthly workshops are being offered.



Bulgaria

April



- On 22nd April, Akshay Tritiya, yoga aspirants from different Satyananda Yoga Centres in Bulgaria organized an event called Ananda Kirtan. The kirtan group of the Sita-Ram Yoga Center performed kirtans wholeheartedly with love and devotion. It was in a large public hall in the centre of Sofia which was easy for everybody to reach. In the beginning the life of Paramahamsaji was outlined and it was followed by three and a half hours of kirtans. The Ambassador of India to Bulgaria also participated in the event and paid his respects to the great spiritual master, Swami Satyananda Saraswati. All participants received as prasada a photograph of Swami Satyananda with a poem on the back, *The Day of Freedom*. More than 200 people were present who felt the energy, presence and inspiration of the three masters.

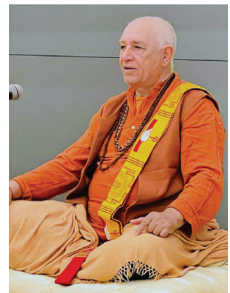


- On the next day, 23rd April, early in the morning 21 aspirants gathered and went to a place in the foothills of a mountain near Sofia. There with the help of State Forestry rangers, they planted more than 150 pine trees. After finishing the planting, they chanted the Mahamrityunjaya Mantra for the health of the forest, nature and planet.
- Sannyasi Devashakti, a judge and yoga teacher, started to give free yoga classes in the building of the law courts for her colleagues – judges and other staff.
- *Yoga Center Sita-Ram – Give a Smile team* continues its activities in the homes for underprivileged children in Bracigovo and Peshtera. The children from Bracigovo painted wonderful flower pots and planted a flower seed on the occasion of Palm Sunday. In Peshtera the theme of the visit was Easter and the children made beautiful Easter decorations. St. Nicholas orphanage is being supported on an ongoing basis, and time and courage is given to blind and elderly people.



May

- On 27th and 28th May, the Bulgarian Yoga Association and Sita-Ram Yoga Center organized a program with Swami Anandananda Saraswati from Italy. The message of Yoga for Health, Happiness and Harmony was experienced through practices and lectures, and the teachings of the Satyananda Yoga tradition were alive and filled the hearts of all present.



- *The Prakriti and Devi teams* continued with the project at the Home for Underprivileged Children. They are very happy to share how with great love, enthusiasm and joy our little friends from the Home for Underprivileged Children adjusted raised beds, filled them with fertile soil, planted tomatoes, cucumbers, peppers, herbs, beans and many other delicious and useful plants. After watering them, hand-painted plaques with the names of the planted plants were placed in the beds. Finally, the children made a schedule for the care of the plants. Narayana blessed this beautiful and happy venture with a light spring drizzle.



June

- On 17th June, *Give a Smile* initiative was carried on by celebrating together with the children from the orphanage in Peshtera the International Day of Yoga and coming Solstice.



Collecting herbs and making a traditional leaf wreath through which each child passed for health, strength and prosperity was part of the activity. The children were acquainted with yoga and practised surya namaskara. With traditional bread and a painted huge Sun, a lot of laughter, joy, dances and love the clouds were provoked to disperse and the external and internal suns were called out shining in every soul, heart and deed. The day that started with torrential rain and storm ended with a clear sky, shining sun and smiling children's faces. It was Paramahamsaji's smile shining through the eyes of everyone and bringing joy in the hearts of everyone.

- *Devi team's* participants joined the initiative 'Give time', visiting a foster home for 20 children aged between 7 and 19 in Dolna Banya, a small town near Sofia. They played volleyball with the children and helped in organizing a team game which created a lot of fun for all. At the end of the visit, birthdays of four children were celebrated.

Ongoing projects

Members of Sita-Ram Yoga Center continue to support blind and elderly people by giving them company, conversation and by accompanying them for a walk and visiting a doctor. The campaign for support of St. Nicholas orphanage at the St. Trinity monastery, in the village of Novi Han with food and clothes also continues.

International Day of Yoga



19th June was the official celebration of the International Day of Yoga in Bulgaria organized by the Embassy of India and the kirtan group of *Sita-Ram* was invited for the opening of the program. Later in the day, Swami Shruti Gnana talked about 'Yama and Niyama' in a hall in the centre of Sofia which was filled beyond capacity. On 21 June, yoga aspirants joined together to celebrate the International Day of Yoga according to the program of Bihar School of Yoga. Starting with the message for the 9th International Day of Yoga, it continued with mantra chanting, asanas, pranayamas, ajapa japa, yoga nap under the guidance of Swami Shruti Gnana and ended with inspiring kirtans. The entire hall was full of yoga followers who came to honour the ancient science of yoga and to renew their sankalpa to live yoga in their everyday life.



Colombia

Academia de Yoga Satyananda Colombia

Taking Care of Caregivers

A 6-month course (one half day workshop and daily practice) has been started for government employees in three institutions, all of which deal with customer service positions in high stress situations that are dealing with 'burn out' syndrome. The served interest groups are:

- Call centre agents at a hate and gender crime hotline (Secretaria de la Mujer)
- Civil servants helping family caregivers of patients with disabilities (Secretaria de Integracion Social)
- Civil traffic officers dealing with road awareness and education in school children. (Secretaria de Movilidad)



47 applications have been received to participate in the course, and over the first 2 sessions, nearly 35 have attended. The program is based on three pillars:

- Personal work and growth through yoga philosophy and lifestyle teaching based on SWAN technique, karma yoga and seva.
- Daily yoga practice with the FFH App.
- Commitment to share with others the most relevant and impactful techniques learnt throughout the course, becoming multipliers of knowledge.





From the initial session it was found that participants began to share their new-found knowledge with other members of their institutions. Civil Traffic officers led relaxation and meditation capsules in the middle of the workday for their team. Call Centre agents led mid-day de-stressing activities for other agents, and caregivers have begun teaching techniques to both patients and family members.

Besides the volunteers committing their time for the monthly session, a group of Yogic Studies students also have weekly follow-up with the participants to deal with any questions and needs. Requests for additional virtual support to deal with anxiety have also been received after a particularly violent high-profile case they had to attend. The team led a virtual class for those participants who were struggling. Here are some impressions of the participants:

- Super, I learned to breathe and that is fundamental for my life.
- The techniques have been very useful to me when I have to approach a person to give him/her a ticket. The first thing I do, is to be aware of my breathing and that calms me down so I can approach the person with more tranquillity.
- If we want to have a healthy body and mind, we have to take care of it as we would do with a luxury car that we had won in a lottery. With the company of our teacher's assistants, we know that we are not alone.

Community activities

Since the beginning of the Outreach program, the Academy has facilitated a series of activities, courses and educational spaces for general wellbeing.

- An hour and a half lecture and Q & A session centred around yoga and the management of emotions. During this session the Academy helped highlight the similarities in the understanding of emotions from a traditional psychological point of view presented by Dr Angela Hernandez, PhD, and the yogic outlook presented by Mr Ignacio Copete.
- A two-hour cooking class, to learn how to make samosas and tamarind chutney, led by Mrs Maria Teresa Valencia de Copete
- Guru Bhakti Yoga on 4th, 5th and 6th of every month according to Bihar School of Yoga program led by Mrs Claudia Schmith.

Yoga Ecology

- The Academia has undertaken an educational and ecological program under the banner of Yoga Ecology, aimed at increasing awareness and knowledge regarding produce growth in urban environments.
- For this project a hydroponic vegetable garden will be built in one of the centre's balconies. This will serve as an educational aid to teach others through lectures to do the same in their homes.
- To finance this project and increase the eco-friendly footprint, tree planting sessions are being organized in the outskirts of Bogotá. In May a gathering of over 30 people, including small children, planted 60 trees. After the activity there was havan, kirtan and a shared meal.





Donations

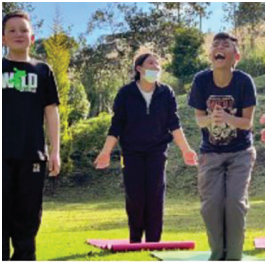
Students and devotees of the Academy are being encouraged to donate goods to be distributed through a charitable organization to underprivileged communities. In May non-perishable food was collected and in June, school supplies.



Kamadhenu Ashram

Since the beginning of the centenary year, the ashram has been conducting various Yoga Outreach projects:

- Yoga, music and arts with rural children
- Online mantra sadhana with a group of yoga teachers in Korea. The teachers learn the *Hanuman Chalisa* and start the day with this chanting, while it is night in Colombia.
- Monthly retreats to various aspects of life: living from the heart; taking care of oneself by nurturing the roots; cultivating joy and harmony in relationships.



Hungary

Hungarian Yoga Association

- *Month of Kindness*: The month of June was declared the *Month of Kindness*. Everybody who signed up had to do at least one good deed a day for others whether it was a kind gesture or a little help. They were also asked to keep a diary about the good deeds. At the end the experiences as to how this awareness and daily practice effected the practitioner, the environment and other people were shared with all.
- *Teaching and Life of a Yogi*: A monthly program was started in which stories about Sri Swamiji's life, his teachings and contributions to yoga will be shared by our teachers. The program will be held in different locations such as the Budapest Center, the Ashram, and in the cities of Pécs and Győr.

Israel

In mid-February 2023, the Satyananda Yoga Community started the LOTUS project in Israel, which includes all Yoga Outreach activities under three areas, inspired by the life of Sri Swamiji and the new Setu Park dedicated to him: *Yoga Dwar*, *Seva Dwar* and *Samarpan Dwar*. The project's name was chosen since it is the lotus year, and after a while it was developed into an acronym which integrates Hebrew as well: **L**ehafitz (= to spread) **O**r (= light) **T**o **U**plift **S**ociety. The project embarked on Sivaratri, with a traditional ceremony of havan and mantra chanting. It was also Saturday night, and that was when the practice of Mahamrityunjaya mantra chanting was revived every Saturday in Israel, after a break of a couple of years. Following are the main activities during the months of April–June, of the Bihar Yoga center in Be'er Sheva (southern district) and the Bihar Yoga activities of the studio in Kfar Oranim (central district):

April

Samarpan Dwar:

- Mahamrityunjaya mantra chanting every Saturday night online, and once a month in person in the centre. Open and free to all.
- Online meetings of long-time aspirants and devotees in which the LOTUS project was presented, discussed and modified. Tasks were given for those who wished to take part in the development of the outreach project.

LOTUS פרויקט

• רעיונות נוספים לכל אחת מהדלתות?

Seva Dwar Samarpan Dwar

• אחת הדרכים להגדיל את ההפצה - קורסי וידאו, העלאת תרגולים בסיסיים ליוטיוב / רשתות חברתיות

• גם מתרגלים שאינם מורים לוקחים חלק מלא (: ארגון התנדבויות ואירועים מיוחדים, תרגום, הפצת היוגה באופן א-פורמלי ועוד



- Starting the preparations and putting together a group of aspirants for two journeys to Munger ashram – one for Hatha and Karma Yoga training in September and the other for the Symposium in November.
- A few times a month, a quote of inspiration from our gurus is being translated to Hebrew and sent to all of the centre’s practitioners.

Yoga Dwar:

- A special yoga class was given for the mayor of the city, head of the theatre and the head of a big municipal organization in charge of the cultural development and enrichment of the city people.
- Yoga for Children is happening in small groups about twice a week through the *Yoga Dwar*.

Seva Dwar:

- The yogic library at the centre, containing mostly the Bihar School of Yoga publications, was expanded. The centre’s practitioners and other yoga aspirants and teachers were invited to come.



Yoga Dwar & Seva Dwar:

- A few yoga classes were conducted for populations with special needs: youth on the autistic spectrum, elderly and blind/visually impaired people.



- Yoga ecology: A spring event happened at the end of the month, which combined the teachings of hatha yoga and karma yoga. A morning hatha yoga practice in nature was followed by a relaxation and meditation practice regarding the five tattwas and the connection between the outer and the inner world. This took place at an educational-agricultural farm for at-risk youth, and so after the yoga class everyone participated in harvesting the vegetables they grow. About 40% of the proceeds went to the farm for supporting this important social project.



- Inviting people dealing with cancer and people dealing with mental disorders/difficulties to join the weekly hatha and raja yoga classes, as a donation based and subsidized class.

May

Yoga Dwar:



- The beginning of a two-month Satyananda Yoga Fundamental Course (second batch)
- Incorporating yoga in gardening classes for children with special educational needs and children from underprivileged background (yoga asanas inspired by nature and animals, and getting to know the different senses).
- Yoga classes for big companies –

reaching many people, from different places of the country.

- 3 Mantra Sadhana – an online workshop.

Seva Dwar:

- Once a week, an AA (Alcoholics Anonymous) meeting takes place at the yoga centre (as a hosting place). The yogic library is open for the participants as well.
- The first Bihar Yoga Israel newsletter was launched and sent to practitioners, aspirants and yoga teachers (from other traditions as well) from all around the country. It included an explanation about the year of seva, some translated texts, and links to Satyam Yoga Prasad and a specific meditation practice. It shall be a monthly newsletter.

Yoga & Seva Dwar:

- Yoga therapy for people dealing with cancer, based on donation

June

Samarpan Dwar:

- June 1st marks 3 years since the Bihar Yoga centre in Be'er Sheva was opened. We celebrated with a digital prasad sent to all practitioners, which included one of Sri Swamiji's songs and a quote by Swami Niranjanananda translated to Hebrew, a short Ajapa Japa recording by Swamiji, and Samiksha audio-practice translated to Hebrew.

Yoga Dwar:

- 3 Mantra Sadhana: an online workshop, second batch.
- Stress Capsule Workshop: the first workshop out of a few planned in the series regarding the yoga capsules of Bihar Yoga.
- 2 yoga workshops were given to social work academy staff of a nearby college

Seva Dwar:

- Joint karma yoga: leading a group of teenagers (pre-army) in cleaning the house of a holocaust survivor.



Yoga & Seva Dwar:

- Finishing a year-long program 'The Arts of Life' of yoga and meditation in a few schools – for the pupils and for the pedagogical staff. Included was one high school in an Israeli-Arab village where yoga was introduced as a bridge between communities. Some classes for a special education school were given as donation-based classes.

International Day of Yoga

- The traditional practice sent by the ashram was given twice during the International Day of Yoga as free classes open to all.
- Parents and Children Yoga class. Free of charge and open to all.



Italy

Sri Swami Sivananda and Swami Satyananda's living yogic legacy nurtures and nourishes human relationships leading to support, cooperation and fellowship. This concept is the basis for online classes open to all on the Spiritual Diary and the Review of the Day conducted by Sannyasis Sadhanashakti and Nityamurti. The questions of the diary concern simple characteristics of lifestyle which can help improve health and generate positivity, happiness and harmony. The compilation of the diary is also guided, providing insight into developing moment-to-moment awareness. Besides the classes there are an online platform and a mobile app where the participants can find the recorded sessions, the questions included in the diary and some extra materials.

Lebanon

At the end of April, *Tools for Inner Peace* began a 9-month project to train a group of 20 Palestinian teenagers aged between 14–20 to teach yoga to other teenagers. The training is held in Palestinian refugee camps located on the outskirts of Beirut, Lebanon. These refugee teenagers who would otherwise not receive an education are given classes at informal education centres, run by a partner organization called Alsama, in Arabic, English, math and yoga. The aim is that the 20 yoga trainees will learn to share simple yoga practices with 800 of their peers.

Sierra Leone

Free weekly yoga classes were held for homeless street youth at two alternating locations in Freetown, Sierra Leone. After each yoga session, participants receive a warm nutritious meal, and once a month they are visited by a mobile nurse. The classes are



usually offered by a team of four yoga trainees supported by *Tools for Inner Peace*; in June two members of the team were in Munger for the two-month Yogic Studies course, but the remaining team members carried on offering classes in Freetown.

United Kingdom

At the beginning of May, *Tools for Inner Peace* launched a one-year foundation yoga training for refugees living in the UK. The aim is to give refugees themselves the skills to share yoga practices within their communities. Participants originate from countries around the world: Afghanistan, Bangladesh, Eritrea, Iran, Nigeria, Sudan and Ukraine. This training is coordinated by Sannyasi Katyayani.

International Day of Yoga



The Indian Consulate in Birmingham, UK, organized a yoga day program and Sannyasi Eknath conducted the session.



USA

Sannyasi Anandaroupa conducted a 10-week yoga workshop at the local high school Burr and Burton Academy (BBA), Vermont. The students range was from 14 to 18 years old. His seva of Yoga Outreach was appreciated by all and had a great impact on the teenagers.

Dear Swamiji,

I have struggled with anxiety all my life, and have tried many different things to try and calm it. Anandaroupa has taught me through practicing yoga that just simple flows and breathing exercises can help something I've struggled

Dear swamiji,

Thank you for teaching Anandaroupa. I really enjoyed him coming in and leading us through yoga nidra and different breathing practices. I enjoy this type of yoga, and found it to be very peaceful. You did a good job teaching Anandaroupa and should be proud because he is a good person and yoga instructor.

With Gratitude,

Mia

Dear Swamiji,

My name is Kendra Niles but my teachers call me Kay.

I play softball as my spring sport at BBA. Anandaroopaa has come in many times and has shared his specialty practice with us. The practice is very helpful with my sport. Right before my softball games I like to meditate and do some yoga nidra to calm my body and mind. Your student Anandaroopaa is very inspirational with yoga.

Thank You,
Kendra Niles

Dear Sw. Niranjanananda, I really appreciate you teaching Anandaroopaa so well. He has come into our class and showed us an authentic style of yoga that isn't seen much in the United States. With your teaching you have influenced and shared with us a sacred practice and I'm very grateful for that.

With Love, Tessanna Valentine

NAMASTE!!

Dear Swamiji,

Your student, Anandaropa, has shown me how yoga isn't just a physical practice. He has shown me ways to calm my anxiety when I'm feeling stressed and it has helped me so much. Thank you for showing him these things and teaching him to spread these tactics to the world.

Best,
Natalie

Thank you, Swamiji.

for teaching Anandaropa so that Anandaropa can teach us how to do the yoga that you practice.

Many Thanks from BBT students. ♡