

YOGA

Year 4 Issue 3

March 2015

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Bihar School of Yoga, Munger, Bihar, India



Hari Om

YOGA is compiled, composed and published by the sannyasin disciples of Swami Satyananda Saraswati for the benefit of all people who seek health, happiness and enlightenment. It contains information about the activities of Bihar School of Yoga, Bihar Yoga Bharati, Yoga Publications Trust and Yoga Research Fellowship.

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Plates: 1: New Years Day; 2-3: Basant Panchami; 4: BYMM Summer Camp; 5: YVMM Foundation Day; 6-7: Yoga Instructor Course; 8: Ashram Life, Yoga and Satsang program



GUIDELINES FOR SPIRITUAL LIFE

Song of Eighteen ITIES

Serenity, Regularity, Absence of Vanity,
Sincerity, Simplicity, Veracity,
Equanimity, Fixity, Non-Irritability,
Adaptability, Humility, Tenacity,
Integrity, Nobility, Magnanimity,
Charity, Generosity, Purity.
Practise daily these eighteen ITIES,
You will soon attain immortality.
Brahman is the only real entity.
Mr So-and-So is a false, non-entity.
You will abide in eternity and infinity.
You will behold unity in diversity.
You cannot attain this in the university,
Madras University, Harvard University,
Or even Oxford University,
But you can attain this in BSY!

—Swami Sivananda

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(53rd year of publication)



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The Yogi is superior to the ascetic. He is deemed superior even to those versed in sacred lore. The Yogi is superior even to those who perform action with some motive. Therefore, Arjuna, do you become a Yogi. (*Bhagavad Gita VI:46*)

तपस्विभ्योऽधिको योगी ज्ञानिभ्योऽपि मतोधिकः । कर्मिभ्यश्चाधिको योगी तस्माद्योगी भवार्जुन ॥

BIHAR SCHOOL OF YOGA PROGRAMS



New Year's Day

On 1st January 2014, Ganga Darshan greeted the new year with havan and the chanting of Hanuman Chalisa 108 times. Established in 2008, this sadhana has become a tradition of Ganga Darshan to welcome and prepare for the year ahead. The evening program celebrated the new year with an array of dance and singing performances.



Public film screening

On 3rd and 4th January, the feature length film, *Satyam*, was screened at Paduka Darshan. The screening over two nights was well attended by the citizens of Munger.



Special program at Satyam Udyan

From 12th to 14th January, a three-hour program of chanting and havan was conducted daily at Satyam Udyan by the acharyas from Varanasi and sannyasins of the ashram to acknowledge many auspicious events, including Makar Sankranti and Swami Niranjanananda's sannyasa diwas.



Basant Panchami

On 1st February, Basant Panchami celebrations began with bhajan and kirtan by the children of Bal Yoga Mitra Mandal and Sri Vidya pooja conducted by the yoginis from Lalita Mahila

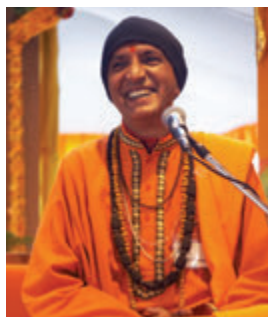
Samajam, Thirueengoimalai, Tamil Nadu. Residents, students and guests were immersed in the sacred and beautiful Sri Vidya pooja.

The morning and afternoon sessions held at Yajnashala were alive with mantra and the energy of Devi. Swami Gorakhnath, Swami Swaroopananda, Swami Anandananda, Swami Kaivalyananda and Swami Dharmakirti told inspiring and often entertaining stories of their experiences with Swami Satyananda.

On 4th February, Basant Panchami, the yoginis conducted poornahuti. As special guest and guru, Swamiji spoke on the expressions of the mind and the qualities of satyam, shivam and sundaram.

Basant Panchami is the foundation day of the Bihar School of Yoga and Swami Shankarananda, the seniormost sannyasin of the ashram and a pillar of the institution, spoke on the importance of observing oneself, including the negative aspects, and how to increase one's positive qualities. Swami Suryaprakash, President of the Bihar School of Yoga, highlighted that it was the 51st birthday of BSY. He then shared his experiences with his guru, Swami Niranjanananda, and ashram life.

The evening program was dedicated to Swami Dharmashakti, fondly known as Ammaji, who took samadhi during Basant Panchami in 2013. The *Vishnu Sahasranama* havan was conducted by the sannyasins of Ganga Darshan.





Sivaratri

On 27th March, Sivaratri was celebrated at Satyam Udyan, the Akhara. The special evening program began with two hours of kirtan conducted by the sannyasa trainees. Swami Niranjana explained the significance of Sivaratri. Havan and pooja was accompanied by the chanting of Shiva stotras and the *Shiva Sahasra Namavali*. The sannyasins of the ashram performed pooja to the Shivalingams of the Akhara, including the 12 jyotir lingams. The celebrations concluded with the distribution of prasad.



Holi

On 17th March, the auspicious day of Holi was celebrated at Ganga Darshan. Residents, students and guests of the ashram gathered at Kutir lawn for satsang and kirtan. Swamiji explained the spiritual significance of the day, and amongst the joy of kirtan, Swamiji offered coloured powder to all.



Navaratri

From 31st March to 8th April, Chaitra Navaratri was celebrated at the amphitheatre of Satyam Vatika at Ganga Darshan. Each evening, havan and pooja was accompanied by the chanting of stotras, dedicated to Sri Ram and Devi Ma, and kirtan.

Ma Durga was worshipped for the first three days. The next three days



were dedicated to Ma Lakshmi, and Ma Saraswati was worshipped on the final two days. Stotras were chanted in honour and praise of Devi Ma whose blessings were felt by everyone present.

Evening programs on 5th and 6th April were held in Satyam Udyan, the Akhara, where the Navaratri program was combined with the monthly Guru Bhakti Yoga sadhana in memory of Sri Swamiji's attainment of mahasamadhi.

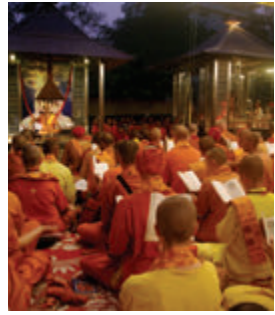
At 12 noon on 8th April, the birth of Sri Rama was celebrated at Satyam Udyan. The hour-long program consisted of stotras and kirtan dedicated to Sri Rama.

Swamiji spoke on Rama as the embodiment of *dharma*, *nyaya* and *maryada*, the three qualities of obligation or inherent duty, natural justice and appropriateness.

Buddha Poornima

On 14th May on the occasion of Buddha Poornima, a special program was conducted at Satyam Udyan in memory of Swami Dharmashakti. Pandits from Shivalaya, Munger, conducted Rudrabhisheka and Sri Yantra abhisheka to the chanting of stotras.

At the Satyananda Ashram in Rajnandgaon devotees celebrated Ammaji's birthday with havan and the chanting of the Mahamrityunjaya mantra and Gayatri mantra.





Guru Poornima

On 11th and 12th July, Guru Poornima was celebrated by the residents, sannyasins and hundreds of guests at Paduka Darshan. Mantras and stotras were chanted by all present and havan was conducted each day by resident sannyasins. The first morning was made complete with beautiful kirtan led by the children of BYMM followed by two expertly performed dances. The first dance was presented by the older BYMM children and the second dance by the youngest – it was their very first public performance!



On 12th July, the Guru Poornima celebrations commenced with an opening statement and a meditation on guru and the guru tattwa. Havan was conducted by resident sannyasins to the chanting of *Sakaradi Satyam Sahasra Namavali*. Swami Shankarananda spoke on the guru-disciple relationship and the importance of the guru in an aspirant's life. This was followed by the chanting of the entire *Saundarya Lahari* and *Sundarkand*.



In the afternoon, the Mahamrityunjaya havan was conducted which was followed by a dance performance and a karate demonstration by the children of BYMM.



In the evening of both days, the citizens of Munger were invited to Paduka Darshan to watch *Satyam*, the feature film on the life of Sri Swami

Satyananda. Shiv Kumar Rungta introduced the film, emphasizing that the life and teaching of Sri Swamiji will remain an inspiration for all generations to come.



Krishna Janmashtami

On 17th August, at Satyam Udyan of Ganga Darshan, the birth of Lord Krishna was joyously celebrated by ashram residents, students and guests. Swamiji's Sunday morning satsang was dedicated to the topics of Sri Krishna and bhakti yoga. The evening program consisted of havan, pooja, kirtan and bhajan dedicated to Sri Krishna.



The joy of Kabir bhajans

From 5th to 7th September, Prahlad Singh Tipanya and his group of musicians enchanted all residents, students and guests with his rendering of Kabir songs.



The first evening, Prahladji filled the Akhara with his soul-stirring music, the next evening the amphitheatre in Satyam Vatika was the scene of his performance, and the last evening he brought Kabirdas to Paduka Darshan.

Prahladji on tamboura and kartal was accompanied by Ajay Tipanya on dholak, drum; Dev Narayan Sarolia on violin; Dharmendra Tipanya with manjira; and Guru Charan on harmonium. The whole group accompanied Prahladji singing the Kabir bhajans.





Lakshmi-Narayana Mahayajna

From 8th to 12th September, the fourth Lakshmi-Narayana Mahayajna was held at Paduka Darshan, Sannyasa Peeth. The first day, being the birthday of Swami Sivananda, was dedicated to the paramguru of the Satyananda Yoga tradition. The following days were dedicated to Ganesha, Ma Lakshmi, Narayana and Sri Swami Satyananda, whose Sannyasa Diwas is commemorated on 12th September.



Acharyas from Tryambakeshwar, Nasik, led by Sri Lokeshji, performed the daily aradhana for the yajna. The sannyasa trainees chanted stotras and mantras in honour of the gurus and to invoke the Divine.



On the second day of the program, Swamiji initiated 175 aspirants into mantra, 54 into jignasu and 28 into karma sannyasa. The newly-initiated disciples performed sahasrarchana while *Ganesha Sahasranama* was chanted. 108 coconuts, representing the egos of disciples, were broken by Swami Gorakhnath, acharya of BSY. In addition, 1,000 offerings of durva grass were made. The following day, 108 selected men and women performed sahasrarchana and made offerings of 9 items to Mother Lakshmi during the chanting of the *Lakshmi Sahasranama*. On the fourth day, sahasrarchana was dedicated to Sri Narayana who was offered 9 items by 108 people to the chanting of the *Vishnu Sahasranama*.

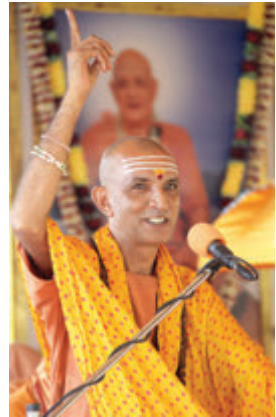


Throughout the yajna, Swamiji spoke on pancharatra, a Vaishnava system of tantra. He explained that 'ratra' means jnana. Through adhyatmic jnana we come to understand the relationship between Brahma, *jiva*, the individual soul, and *jagat*, the world. Muktipada jnana removes tamas from life, and the yogic jnana is the highest yoga, namely kundalini yoga. Swamiji explained samsaravishayak jnana as the knowledge through which one's daily life is harmonized and spiritualized and one's environment beautified. Bhakti jnana is the fifth jnana. The aim for all five is attaining bhakti.

Swamiji described two forms of bhakti: sakara and nirakara, the first being the way and the second the experience. The main basis of bhakti is seva, being able to see God in every being, and offering love and surrender, which is the principle of Sri Swami Satyananda's teachings.

The presence of Devi was felt in the form of Swami Satyasangananda, Peethadhishwari of Rikhiapeeth, who graced the yajna on the last two days. She asked everyone to take the flame of the yajna with them in their hearts and worship it. Speaking on Sri Swamiji, she said that he always gave and gave. She invited everyone to thank him for what he has given to us, namely, "himself in the form of Swami Niranjan."

Between listening enraptured to the satsang, and following the aradhana of





the pandits, the audience was delighted to watch the daily dance performances, classical and modern, of BYMM children and members of YYMM. The 'blue brigade', the youngest members of the BYMM, had their first stage appearance performing to a song by Swami Sivananda. The Yuvas demonstrated advanced yogasanas to perfection in a beautifully orchestrated sequence. They also presented their dance skills for the first time.



For the evenings of the last two days, the doors to Paduka Darshan were open for the screening of *Satyam*, the feature film on Sri Swami Satyananda's life.

The yajna was an experience of joy and connection to the Divine. The participants, left their hearts filled with inspiration, gratitude and the determination to take the spirit of the yajna into their daily lives.



Navaratri

From 25th September to 3rd October, Ashwin Navaratri was celebrated at Ganga Darshan with stotras, bhajans and havan. Swami Niranjanananda spoke on the importance of worshipping Durga, Lakshmi and Saraswati in this sequence as it is conducive to spiritual benefits. He said the sequence commonly followed of worshipping first Saraswati, then Lakshmi and Durga gives material benefit only. However, when one reverses the sequence the material becomes spiritual.



This is the statement of Chapter 15 of the *Bhagavad Gita*, the statement of yoga and of the spiritual traditions of India.

Vijaya Dashami, the last day of Navaratri, is the day Sri Rama conquered Ravana. Swamiji explained that this victory symbolizes every individual's possible victory of righteousness and positivity over negativity or the ten heads of *kama*, *krodha*, *lobha*, *moha*, *mada*, *matsarya*, *raga-dwesh*, *bhaya* and *sanshaya* – passion, anger, greed, illusion, pride, envy, likes and dislikes, fear and doubt.

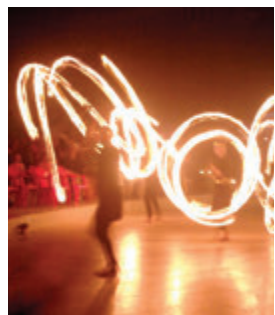
Diwali

On 23rd October, Ganga Darshan celebrated Diwali. In the morning, havan was conducted in the vedi at Satyam Udyan with chants dedicated to Ma Lakshmi.

Senior sannyasins spoke on the significance of Diwali, and Swamiji said that the true message of Diwali was on contentment. Contentment is the most important quality to cultivate for it gives everything and overcomes all limitations, negativity and destructive tendencies.

Swamiji initiated 23 aspirants into mantra and 4 into jignasu sannyasa.

After the havan dedicated to Ma Lakshmi and Sri Rama, the evening program at the amphitheatre of Satyam Vatika was a splendid show of play, song and dance, Indian classical, modern and fire. Students of the one-year





Diploma course, students of the Four-month Yogic Studies course, as well as sannyasa trainees performed the story of Sri Rama's return to Ayodhya through bhajan and narration. The ten-headed Ravana was a fearful sight indeed.



Watching the joyful and skilled BYMM dance teams, the audience joined in with clapping to express their love and admiration for these young artists, talented and happy at the opportunities given to them by Swamiji.

Ashram Life, Yoga and Satsang



This year's 'Ashram Life, Yoga and Satsang' program was held from 11th to 14th December. Swami Niranananda conducted the morning class and introduced the new approach to the practice of asana and pranayama. Yoga nidra class was given by sannyasins of Ganga Darshan. In the afternoon, Swamiji's satsang was held at Satyam Vatika.



He presented the 'Yoga Chakra', the wheel of yoga. Swamiji described the history of yoga from Lord Shiva and his teaching of Pashupat yoga, to the period when the various yoga branches were established by rishis and their treatises, to the modern period which started in the late nineteenth century.

Swamiji spoke on the six main branches of yoga: hatha yoga, raja yoga, kriya yoga – the bahiranga aspect; and karma yoga, bhakti yoga and jnana yoga – the antaranga aspect. This is

the sequence for aspirants to follow. Sannyasins of Ganga Darshan gave brief outlines of each branch as taught in yoga.

The evening programs were a wonderful surprise to the residents and guests of the ashram. Moulana Abdullah Bukhari, former Iman of the Jama Masjid of Munger, and his family attended the program. His young daughter, Rabia Syeda, and son, Atullah Bukhari, spoke in a heart-warming manner on their relationship with Swamiji, the ashram and yoga. After the World Yoga Convention of 2013, Moulana Abdullah Bukhari had taken Swamiji's 'thank-you letter to God' to Mecca, the Kaaba and to the sacred city of Medina. He also took copies of *APMB*, translated into Urdu at Ganga Darshan with the help of his family, to eminent scholars. It was touching to witness the long-standing friendship between Swamiji and Moulana Abdullah Bukhari.

The next evening, the premiere of the film on the World Yoga Convention was screened – a moving tribute of the highlights of those five unforgettable days.

The last evening, the sannyasa trainees presented a beautiful show of slides, song and dance, telling the story of Satyananda Yoga and its three masters. At the amphitheatre, they concluded their three-year training in a joyful manner.

Over 200 guests from 25 countries attended the program. During the week, Swamiji initiated 28 aspirants into mantra, and 15 into jignasu sannyasa.



LESSONS FROM ALYS TO TAKE HOME



I considered myself very blessed to be able to attend the recent 'Ashram Life, Yoga and Satsang' program in Munger, at the Bihar School of Yoga, Ganga Darshan and take part in the presentation of the new vision of yoga for the future, and witness history in the making.

Swami Niranjana conducted a comprehensive number of seminars about the future of the next phase of yoga – the next five decades of yoga, the history of yoga, the branches and aims of yoga, the current wave of yoga and the need to preserve the sanctity of the tradition of Satyananda Yoga, in this current day and age.

Not only were we given the rare opportunity to have insight into the future of Satyananda Yoga, but we were given the unique experience to take part in the daily morning yoga lessons, conducted by the guru himself!

The afternoon seminars comprised of an explanation of the concept of yoga, past, present and future. Swami Niranjana clarified that the end of the first chapter ended last year with the WYC and the Golden Jubilee of BSY. This chapter, he

said, was that of yoga propagation and the dissemination of the teachings throughout the world, which has been accomplished. He went on to say that the focus must be made on the principles of yoga, and in order to do this, we have to ask, "What is yoga?" "Yoga," he answered, "is a lifestyle to cultivate the qualities or faculties of head, heart and hands."

He then questioned the purpose of yoga, and in order to understand this, he went back to yogic history, and listed three periods – the early, middle and current-day period.

Starting with the early period, the Pashupat period, he defined *pashupat* as becoming the master of the wild animals in one's life or nature. The purpose of yoga was defined as the eradication of pain, limitation and suffering and for the attainment of peace and creativity, not for self-realization or illumination, but for the experience of one's inner purity and luminosity.

The middle period was the period when the ancient texts were written down, in order to avoid ambiguity or inaccuracies. It was the period which bore masters such as Swatmarama, Gheranda and Patanjali. Yoga became segregated into many branches, such as hatha, raja, bhakti, jnana. During the first two periods, yoga was considered a lifestyle, not a practice.

The third period began about 100 years ago with such masters as Ramana Maharshi, Swami Vivekananda, Sri BKS lyenger and Swami Sivananda. It is the revival of yoga, but from being a lifestyle, yoga practice, especially asana, is now the focus. During this current-day period, yoga is being redefined, according to one's personal requirements and needs, and yoga is mushrooming into newly invented names and branches. But the Bihar School of Yoga tradition is firmly grounded in tradition and in the precept that 'yoga will be the culture of tomorrow'. Swamiji defined culture as evolution through the four stages of yogic practice: yoga practice, yoga sadhana, yogic lifestyle and yogic culture.

Swamiji went on to say that one starts by defining the purpose for doing yoga. If one's purpose is for physical wellbeing, then one should focus on health – and hatha

yoga, for example. He made a point of emphasizing that by becoming aware of our purpose, we can move into sadhana and following the principles of that branch of yoga we can experience its aim. Raja yoga, he explained has the aim or goal to manage the *vrittis* or fluctuations of the mind.

One moves from yogic practice to yogic sadhana with the theme of last year's Golden Jubilee – seriousness, sincerity and commitment – to experience and permeate the five koshas or dimensions of one's being: *annamaya*, the physical dimension, *manomaya*, the mental dimension, *pranamaya*, the vital dimension, *vijnanamaya*, the consciousness, and *anandamaya*, the inner spiritual or blissful experience.

The new vision of yoga culminates with the sequence of progression for the next stage of yoga, which was in fact given by Swami Satyananda many years ago: the wheel of yoga. It lists two types of yoga, *antaranga* and *bahiranga* yoga, the inner and outer yogas, in the following sequence: *bahiranga* yoga: hatha, raja and kriya yoga; and *antaranga* yoga: karma, bhakti and jnana yoga.

It was emphasized that once the inner effort has been made, the attainment of one's effort is manifested in the external dimension and one's interactions in daily life. It is here that yoga becomes a lifestyle and culture, and an experience of self-transformation once again.

—*Dhyantirtha, Greece*



Hari Om Swamiji

Thank you for your hospitality, for your endless generosity and kindness. The days which I spend in the ashram were the most peaceful and useful days in my life. Thank you for the energy, which was all in great richness and sometimes I got the feeling that I can fly – literally. I am feeling inspiration and happiness, it overwhelms me with a desire to share, to give, to love. Thank you for every time I come, get conscious knowledge of my nature, the nature of other people. Losing all the illusion and expectations my way gets clearer and satisfying.



The satsangs with you are blessing for me, despite that I don't get enough English. I remember each of your look, smile and gesture and I seek to do everything like you, which really helps me to be stronger, more confident and braver.

Thinking of what can I do for you I decided even that it sounds a bit naive, to send everyday a flame from my heart to you and Swami Satsangi and I am trying to be good and useful person every day and more and more. Here is my prayer:

*Please now and just today
I succeed, to can, I should know,
To feel, to believe, to give
Of my strength, from my knowledge,
And not seek human recognition.*

I'm looking forward to my next visit and new inspiring adventures.

Hari Om Tat Sat

—Vibhooti, Bulgaria

Dear Swamiji

“Thank you” and “Never give up” – these are the only and the most accurate words after my stay in Munger. Usually we separate our life to ‘before’ and ‘after’. That has happened with me too. ‘Before’ and ‘after’ these two wonderful weeks in the ashram. By ‘wonderful weeks’ I do not mean the days of serenity and daydreaming, although there were some moments like these, but days of awareness and growth. Because of that the only words are I can say are ‘thank you’. I am grateful that I have lost a lot of illusions and fake notions by such an easy and painless way.

I was thinking that only in the ashram one could grow and go ahead in the consciousness about the self and its own place in the world. But the place really does not matter. It is very important to never give up, to work hard and looking for inspiration in every moment, everywhere and at any time. And that is why I repeat “Never give up.” I’ll go further, step by step, with love, joy and thankfulness.

Thank you for these wonderful days, for everything said and unsaid, everything experienced and un-lived.

How long will I separate the time ‘before’ and ‘after’ Munger? Maybe to my next trip to India, to the next moment of touchdown and awareness? I don’t know and actually it doesn’t matter!

With love and appreciation

—Radha, Bulgaria



Christmas

On 24th December, Jyoti Mandir was filled with the sounds of Christmas carols. Everyone was immersed in the spirit of celebration.

On 25th December in the evening, havan was conducted to the chanting of the 100 names of Jesus and the 108 names of Sri Swamiji. Carol singing, dances of BYMM children and a performance of Indian classical dance made it a wonderful evening for BYMM children, Yuvas, guests and ashram residents. Father Christmas gave presents to all present among lots of laughter.

Swamiji spoke on Jesus who had come with the message of peace. Wherever Jesus went, he would say, "Go in peace," or "Peace be with you." Swamiji explained that through peace we connect to love and through our love we connect to the divine.

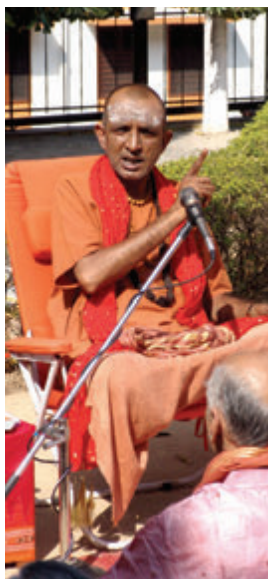
New Year's Eve

The year 2014 ended with havan, stotras and kirtan dedicated to Ganesha. This was followed by a dance performed by the BYMM boys on the life of Lord Shiva. The students of the Yogic Studies course performed an African harvest dance, and one student gave a demonstration of Kalari, the martial arts originating in Kerala.

With an offering of a candle, in the spirit of dedication and positive affirmation, everyone joyfully welcomed the New Year.



GANGA DARSHAN COURSES



Teacher Training Course

From 1st to 21st March, a Teacher Training course (Hindi) was held at Ganga Darshan. Nine ladies and twenty-five men between the ages of 18 and 64 participated in the course; they hailed from Andhra Pradesh, Bihar, Haryana, Jharkhand, Madhya Pradesh, Maharashtra, Punjab, Rajasthan, Uttarakhand, Germany and UK.

Swami Taponidhi and Swami Sivadhyanam conducted the classes.

Health Management Course

From 3rd to 21st March, a Health Management course was held, which focused on the management of asthma. Sixteen participants between the ages of 22 and 63 attended the course; they hailed from Andhra Pradesh, Bihar, Jharkhand, Rajasthan and West Bengal.

Swami Daksharaj, Sannyasi Soumyashakti and Sannyasi Vasundhara conducted the classes.

From 3rd to 21st April, under the guidance of Sannyasi Soumyashakti, a Health Management course was held focusing on the management of diabetes. Seventeen participants between the ages of 26 and 75 attended the course, coming from Bihar, Jharkhand Madhya Pradesh, New Delhi, Tamil Nadu and UP.



Yogic Studies (Hindi)

From February to May, the four-month Yogic Studies course (Hindi) was conducted at Ganga Darshan. Thirteen ladies and 48 men attended the course. They came from Bihar, Chhattisgarh, Delhi, Haryana, Jharkhand, Madhya Pradesh, Maharashtra, Odisha, Rajasthan, Uttar Pradesh, Uttarakhand, West Bengal, as well as from Finland and Nepal. Classes were conducted by Swamis Sivadhyanam, Swami Shraddhamati, Sannyasis Satyapriya, Soumyashakti and Yogashraddha. Tutorials were given by Swami Gyanbhikshu, Swami Nirmalananda, Swami Taponidhi and Swami Sivadhyanam.



Skill Foundation, Patna

From 10th to 19th May, a group of 25 children, 5 trainers and three adults from the Patna Skill Foundation came to Ganga Darshan. The children participated in asana, pranayama and yoga nidra classes and enjoyed yoga games while here. Ashram residents, students and guests experienced their lively presentation of the *Ramayana* performed in perfect English. This was the sixth batch of Skill Foundation children to visit Ganga Darshan.



Summer camps at Ganga Darshan

From 2nd to 16th June, two one-week camps were held for approximately forty BYMM children each. Classes in asana,



chanting, dance, karate, painting, spoken English and yoga nidra were conducted by sannyasa trainees and guests. The children also joined wholeheartedly in seva in various departments assigned to them: morning cleaning, GDO, decorations, pubs and magazine.



At the end of each session, the children organized a performance to display the skills learnt. The programs included modern dances, a folk dance from Maharashtra and a dance performed to Sufi music. A series of asanas were performed to a story which the children had written themselves. A practice from the Shaolin-Do system and a Tai Chi meditation comprised the karate component. Interspersed through the evening, children presented their impressions of the week in English.



Notre Dame Academy

Eight sisters from the Notre Dame Academy in Patna stayed at Ganga Darshan from 16th to 26th July. Their ashram visit was part of a six-month training period for the seven junior sisters, two of whom came from Kenya and two from Indonesia.



During their stay at Ganga Darshan, the sisters participated in different yoga classes, where they were exposed to asana, pranayama, yoga nidra and meditation. A special Sunday evening program dedicated to Jesus Christ was also conducted during their stay. The

program included a havan, which was followed by some beautiful English devotional songs and kirtan.

Yoga Instructor Course

From 1st to 30th August, a Yoga Instructor Course was held at Ganga Darshan. Thirty-two ladies and thirty-two men from 14 countries (Argentina, China, Germany, Greece, Italy, Japan, Lebanon, Macedonia, Philippines, Russia, Slovakia, Spain, UK and USA) and 15 states of India (Assam, Andhra Pradesh, Goa, Haryana, Jharkhand, Karnataka, Kerala, Maharashtra, Pondicherry, Punjab, Rajasthan, Tamil Nadu, Uttarakhand, Uttar Pradesh and West Bengal) participated in the course. Swamis Ahimsadhara and Sivadhyanam conducted the practical classes.

The syllabus for this course was personally overseen by Swamiji as part of his vision to firmly set the direction of Satyananda Yoga teaching for the next fifty years. Not only did he guide the teachers on a daily basis, he himself taught some of the APMB classes and gave a series of satsangs tracing the history of yoga from its origins to the present day, with a focus on Satyananda Yoga as the classical yoga for the modern age. Swamiji made it clear that the disciplines and lifestyle that are part of Satyananda Yoga are a continuum of the ancient teachings, giving examples to illustrate this.





In the asana classes he spoke on the importance of awareness in the various components of each practice. Principles of yogic living were woven into the meditation classes, introducing students to the idea that yoga is not confined to practice techniques. For example, the practice of pratipaksha bhavana was given for use in family life and in society. Classes with Swamiji, evening satsang in the Akhara, participation in ashram events and celebrations and the discovery of karma yoga filled the students with enthusiasm and gratitude for the fresh vision of yoga and life they had been blessed with.



Yogic Studies (English)

On 1st October, the four-month Yogic Studies course commenced. Their syllabus comprised APMB, yoga nidra and meditation classes. The yoga capsules, a combination of practices, were also introduced.

The 23 men and 23 women participating in the course came from 12 states of India: Andhra Pradesh, Bihar, Haryana, Jharkhand, Karnataka, Kerala,

















Madhya Pradesh, Maharashtra, Orissa, Punjab, Telangana and Kerala. Overseas students represented the following countries: Australia, Colombia, France, Germany, Greece, Hungary, Ireland, Nepal, Norway, Romania, Russia, South Korea, Spain, Sweden and the UK.

Teachers for the course were Swamis Ananda Kumar, Krishnapriya, Yogatirtha and Sannyasis Atmarpan, Pragyadhara and Vijayashakti.

Total Wellbeing

From 4th to 8th November, 36 Junior Engineers and Senior Section Engineers, Indian Railways, came to Ganga Darshan for the experience of an introductory course in yoga and ashram life. Their APMB and yoga nidra classes were conducted by Swami Sivadhyanam who was assisted by Sannyasi Yogashraddha.

From 11th to 15th November, a second group of 39 Indian Railway engineers experienced ashram life. The classes were conducted by Sannyasi Yogashraddha assisted by Sannyasi Yogaratna.

Swami Shankarananda, Swami Gyanbhikshu and Swami Taponidhi spoke to the participants on various facets of yoga and answered questions.

The focus was on the yoga capsule for total wellbeing, which includes mantra chanting, asana, pranayama, yoga nidra and meditation. The engineers left with a rounded package of yoga practices which aim at developing total wellbeing.



YOGA PROPAGATION

BHARAT YOGA YATRA 2014 – KNOW YOURSELF YOGOTSAV



Mumbai

From 10th to 15th April, Swami Niranjanananda was in Mumbai initiating his 2014 Bharat Yoga Yatra with the theme 'Know Yourself and Find Divinity in Life'.

For the first three days, the program took place at NSCI (National Sports Club India) Sardar Vallabh Bhai Patel Stadium, Worli. The morning sessions included asana, pranayama, yoga nidra and ajapa japa with more than 500 participants attending the sessions.

In the mornings and afternoons, informal satsangs were held where Swamiji met with various groups of devotees. Between 100–400 delegates attended. The evening sessions were attended by over 1,000 delegates.

Swamiji initiated 133 aspirants into mantra, 26 into jignasu and 10 into karma sannyasa.

From 13th to 15th April, the program took place at the Rashtriya Chemicals and Fertilizer Grounds, Chembur.

Over 500 delegates participated in the morning sessions. The two informal satsang sessions for the general public were held at the Loreto Convent School and were attended by 200–300 delegates. In the evenings, over 800 delegates came to hear Swamiji speak.



In Chembur, Swamiji initiated 111 aspirants into mantra, 23 into jignasu and 14 into karma sannyasa.

Swami Sivadhyanam conducted the asana and pranayama components, Swami Nirmalananda and Swami Gorakhnath the yoga nidra and Swami Vigyan Chaitanya the meditation component of the morning sessions. Amargeet, BYMM Munger, and Sivankari from Chennai inspired all with their joyful and uplifting kirtan. On two evenings, a group of children from a local blind school in Worli enthralled all with their soul-stirring kirtan.

In his lectures and satsangs, Swamiji developed the theme of the Bharat Yoga Yatra. Over the six-day period, Swamiji explained that after spreading yoga for 50 years, the new chapter of Bihar Yoga is dedicated to the total development of the human personality.

All aspects of yoga and spiritual life were covered, from asana practice to kundalini, chakras and the koshas, stress and health management, the history and application of yoga, the practices of Swami Sivananda's 18 ITIES, pratipaksha bhavana and pranayama, as well as the mandates given by Sri Swamiji and his own vision of yoga for the future. Swamiji emphasized the need to change one's attitude to yoga by developing sincerity, seriousness and commitment.





Kathmandu, Nepal

From 4th to 7th June, Swamiji took the Yoga Yatra to Kathmandu, Nepal. In the heart of the city, the large ground of Tudi Khel was the venue of the morning and evening programs.



The morning classes of APMB were conducted by Swamiji and attended by up to 1,500 participants. The pandal could only accommodate half the number, and the grounds around had to take in the other half. On the last day, Swamiji invited participants up to the stage as there was no other space available. Swamiji introduced chakra awareness to the asana practice. Swami Sivaraj and Sannyasi Satchidananda (ST) gave the yoga nidra, and Atmaprem from Delhi demonstrated the asanas.



The evening sessions consisted of satsang on hatha yoga, raja yoga and bhakti yoga, Q&A sessions and meditation. On the first evening, *panchakanyas*, five young girls, from the Hindu Vidyapeeth School welcomed Swamiji, and local devotees sang beautiful kirtan at each session. Over



600 participants attended the evening program.

The response at each session was overwhelming, and Swamiji announced he would come back to Kathmandu in two-year's time. In total 545 participants received mantra initiation.

On 6th June, Swamiji was invited by the Indian Ambassador to Nepal and met dignitaries of the Government of Nepal. On 7th June, Swamiji was guest to the President of Nepal. At both functions, a keen interest in Bihar Yoga and its integration into Nepalese society was expressed. One school chose to develop a pilot project for introducing yoga into the education system, and one hospital will be conducting research into yoga in the medical field.

Swamiji visited Pashupati Mandir, Buddha Neelkanth, and had darshan of Guhyeshwar Devi. After the program in Kathmandu, Swamiji travelled to Pokhara and on his way had darshan of Mankaamna Devi and then went to the Gupteshwar Mahadev caves and Guru Gorakhnath Temple.



Kolkata

From 25th to 30th July, Swamiji conducted yoga programs in Kolkata with the theme 'Know Yourself and Find Divinity in Life'. A three-day program was conducted at Swabhoomi Rangamanch in Salt Lake City, followed by a two-day program at Khudiram





Anushilan Kendra, Netaji Subhash Stadium.

In the morning classes, Swamiji covered a wide spectrum of practices of hatha and raja yoga. He also provided a taste of kriya yoga through chakra visualization and akashi mudra. Between 800–1,000 delegates participated. The evening satsang sessions were attended by over 1,200 delegates. Swamiji also held three informal satsangs for devotees and a special satsang at Eastern Railway headquarters for railway officers and their families.



Over the course of the program Swamiji initiated 116 aspirants into mantra, 29 into jignasu and 7 into karma sannyasa.



In his satsangs, Swamiji spoke on the history of BSY and the teachings of Swami Sivananda and Swami Satyananda. He explained the different yogas and the significance of using integral yoga to 'know yourself'. This is done in two stages, firstly, to experience oneself and unfold one's potential through the practice of hatha yoga, raja yoga and kriya yoga. Hatha yoga brings harmony to annamaya and pranamaya kosha, raja yoga harmonizes manomaya and vijnanamaya kosha, and kriya yoga allows one to get in touch with anandamaya kosha.



Once there is experience of oneself and unfolding of one's potential the second stage begins, reflecting this experience in one's behaviour and expression in



society. It is the ability to live the yamas and niyamas, the 18 ITIES, the ideals of 'serve, love, give' and the harmony between 'head, heart and hands'.

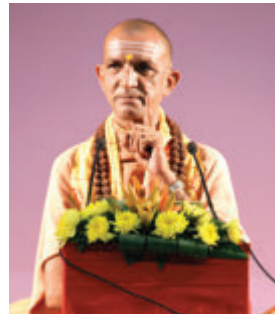
Delhi

From 18th to 21st September, Swamiji conducted programs at the Tyagraj Sports Stadium in Delhi.

In the early morning sessions, Swamiji gave the asana and pranayama classes and explained the origin, theory and purpose of yogasanas, pranayama and hatha yoga. He said that the three stages of asana practice are: 1. to make the body supple; 2. to make the body healthy, the therapeutic purpose; and 3. for inner growth.

In the mid-morning Q&A sessions, Swamiji received a broad spectrum of questions concerning life, the spiritual quest, yoga for children and mothers, and sannyasa.

On the first evening session, the former Vice Chancellor of Delhi University, Professor Upendra Baxi, spoke on yoga as technique, culture and sadhana. In his





satsang, Swamiji developed the various branches of yoga and referred to the chief propagators of yoga in the 20th century. Over the next days, Swamiji developed the satsang topics on tantra, the spiritual journey through the chakras, Sri Krishna's teaching in the *Bhagavad Gita*; disciples and true discipleship; and answered questions ranging from obtaining good sleep to the concept of destiny and free will. He said that success is correct action plus correct thinking plus belief that one will achieve.



Between the programs at the Tyagraj Sports Stadium, Swamiji conducted sessions at CAG, Ministry of Finance; the PHD Chamber of Commerce; and the Railway Officers Club. He gave satsang and explained the relevance of yoga in daily life.



On the last day, Swamiji initiated 288 aspirants into mantra, 53 into jignasu and 19 into karma sannyasa.

Between 700 to 1,500 participants attended the program. At the concluding session, a ten-minute-long standing ovation expressed their appreciation and gratitude.



Other than the Bharat Yoga Yatra the following programs were conducted.

Bihar

From 6th to 11th January, a six-day yoga camp was organized at NTPC Ltd., Eastern Zone-I, Head Quarters, Patna. Three sessions were held daily, two for men and one session for ladies. The camp was conducted by Swami Atmabhishek who was assisted by sannyasa trainee Mantramurti and the local yoga teacher, Neelam Varma.

In addition to this camp, two more were held, one at IAS Bhawan and another at the clinic of a senior orthopaedic consultant. Both sessions were conducted by Swami Atmabhishek.

From 18th to 22nd January, a five-day yoga shivir was conducted at NCC National Integration Camp, Barauni. About 600 National Cadet Corps together with their ANOs (Associate NCC Officers, college professors with honorary army ranks who conduct NCC activities in their respective institutions) from about 20 states participated. The shivir was conducted by Swami Sivadhyanam and assisted by Gautam, Kunal, Saurav and Bhanu from YYMM.

From 7th to 21st February, an intensive yoga training program was conducted for inmates of Munger District Jail. The participants were taught most of the components of integral Satyananda Yoga, including mantra





chanting, asana, pranayama, relaxation, meditation and shatkarmas. In addition, some of the men were trained to teach the practices to other participants so that the classes could continue after the initial training program.



Swami Niranjana visited the program along with senior district administration officials. In his address he elaborated upon the 'Ashram-Prison Project' being conducted in Europe and America and how it could prove to be a role model for prisons in India as well. Swami Shankarananda and Swami Sivadhyanam addressed the students on the last day of the program and exhorted them to make yoga a part of their lives in order to achieve physical health, mental peace and spiritual fulfilment. Swami Shankarananda gave yogic literature to the participants and for the prison library. The program, attended by over 40 participants, was conducted by Bal Yogesh and Chandrashekhar of the Yuva Yoga Mitra Mandal (YYMM).



From 8th to 13th February, a yoga camp was held for 65 participants in Dharahara, District Munger, at the Madhya Vidyalaya campus. The camp was conducted by Swami Atmabhishek who was assisted by Uttam Kumar Singh and Vickay Kumar of the YYMM.



From 9th to 16th February, a yoga shivir was organized by the Yoga Dhyana Kendra at the Barauni Oil Refinery Township, Begusarai. Four classes were

conducted daily by Swami Gyanbhikshu for men, school children and ladies. He was assisted by Gautam Kumar and Bhanu Anand of the YYMM.

From 3rd to 5th April, a yoga program was organized at Notre Dame Academy, Munger. Sannyasa trainee Harishraddha conducted APMB and yoga nidra sessions for 250 students from classes 9 and 10.

On 5th April, Swami Niranjanananda inaugurated the 35th District Convention of the Lions Club Munger. He spoke on the difference between charity and daan: charity being a temporary solution while daan is a means towards empowerment of a person in need, helping them convert their selfishness into a selfless and caring nature.

From 24th August to 4th September, a yoga shivir was conducted for the Police Lines, Munger. Classes of APMB, yoga nidra, meditation and mantra chanting were attended by over 350 officers and policemen trainees. Sannyasi Dharmavijay was assisted by Kunal, Ashwini, Ashish, Roshan and Rahul, all members of YYMM.

Chhattisgarh

From 8th to 14th February, Dhyan Yoga Sadhana Kendra, Kanker, organized an advanced yoga sadhana shivir for 90 participants. Swami Gorakhnath, Acharya of Shanti Darshan Ashram, Bokaro,





conducted the classes of meditation. The evening sessions consisted of yoga nidra, kirtan and satsang.

From 16th to 19th February, a yoga sadhana shivir was held at the Satyam Yoga Kendra, Kondagaon. Swami Gorakhnath conducted classes similar to the shivir in Kanker. Also, around 1,000 students of different schools were introduced to yoga and its techniques.



From 22nd to 24th March, a workshop on developing efficiency at the workplace through yoga was organized at the Hindustan Steelworks Construction Limited (HSCL), Bhilai. Swami Gorakhnath conducted the program explaining how the various components of yoga can be integrated into one's lifestyle. Over 150 participants attended.



From 19th to 25th May, a yoga shivir was organized by the Yoga Mitra Mandal, Bilaspur. Swami Vigyan Chaitanya conducted classes in four venues: at the Guru Nanak School Hall for 100 participants; at the Indian Railways Electric Loco Training Institute, Uslapur, for 40 loco drivers; at the Central Jail for around 80 participants; and at the E. Raghavendra auditorium for around 50 participants.



The Satyananda Yoga style was appreciated by all participants who felt the benefits of peace and renewed energy. Two Yuva Yoga Mitra Mandal members, Gautam and Kunal, ably

assisted in the programs, and had the opportunity to conduct part of the sessions at the Electric Loco Training Institute and at the jail.

From 7th to 13th November, the Yoga Mitra Mandal, Pharasgaon, organized a special yoga sadhana shivir under the banner of the Vivekananda Youth Motivation Program. Pharasgaon is a village situated in a remote forest area. The shivir was conducted by Swami Gorakhnath.

Morning classes were open for everyone, the afternoon classes were for ladies, and the evening sessions were again open to all. The focus was mental peace and spiritual upliftment. In the evening, yoga nidra, meditation and mantra sadhana were taught. Bhajan, kirtan and satsang touched the hearts and minds of all. The shivir was attended by 100 men and 50 ladies.

Apart from these sessions, Swami Gorakhnath visited three educational institutions, the Adarsh School Pharasgaon, the Higher Secondary School Langoda and the Modal School Badedonga. He spoke to over 2,000 students on how to improve their physical, mental and intellectual development with asana and pranayama. He also said that it is important to introduce yoga in their daily lives to awaken their natural talents. Students and teachers listened with open hearts and enjoyed his talks thoroughly.





Participants of this shivir expressed that they had felt great joy and lived a unique experience. People of every strata of society appreciated the shivir and expressed their desire to organize shivirs again and again. They took the resolution to start daily yoga classes.

Jharkhand



Satyananda Yoga Kendra, Jamshedpur, organized two programs conducted by Swami Vigyan Chaitanya at the Gujrati Sanatan Samaj, Bistupur, Jamshedpur.

From 6th to 12th October, an advanced yoga sadhana shivir was held. The shivir comprised the meditative practice of asana, sagarbha pranayama, pranayama with mantra, kaya sthairyam, ajapa japa and mantra meditation. A total of 97 participants attended the shivir.



From 6th–8th and 9th–11th October, two three-day 'Mind Management for Executives' shivirs were conducted. Asana, pranayama, yoga nidra, meditation and the chanting of mantras comprised each class. Over the three days, awareness of the energy dimension, relaxation and release of tension, relaxed concentration and awareness of the dimension of the mind was developed. A total of 170 participants attended the two programs.



Madhya Pradesh

From 1st to 15th April, Satyananda Yoga Kendra, Jabalpur, organized a yoga shivir for officers, staff and family members of

the Central Bureau of Investigation. The programs were conducted by Rahul Awasthi.

On 22nd April, Swami Nirmalananda delivered a one-hour lecture on the 'Role of yoga on health and samskaras of a child during pregnancy'. The lecture was arranged by the Department of Obstetrics and Gynaecology, at the Kasturba Hospital run by BHEL, Bhopal, for pregnant mothers. About 30 expectant mothers attended and the talk was well received.

On 23rd April, another lecture was organized for the doctors and paramedical staff of Kasturba Hospital, by their Research Director. The topic was 'Chakras and their role in behaviour and diseases'. About 25 participants attended the one-hour session, conducted by Swami Nirmalananda.

The research centre run by BHEL, Bhopal, organized a three-day shivir for their regular participants. 40 to 45 people of mixed age group and gender attended. Swami Nirmalananda and Sannyasi Vasundhara conducted the one-hour sessions which included the practices of mantra, asana, pranayama and yoga nidra.

From 15th to 30th May, a yoga shivir was conducted for officers and employees of West Central Railway, as well as their family members. Special classes were held for their children. The venue of the camp was at the Rail Ullas





Bhavan, Rail Colony, Jabalpur. The shivir was organized by Satyananda Yoga Kendra, Jabalpur, and classes were given by Rahul Awasthi (Sannyasi Gyangiri).



Maharashtra

From 5th to 9th February, a yoga shivir was conducted at the Cricket Club of India (CCI), Churchgate, Mumbai. Almost 300 participants attended the morning and evening sessions which were conducted by Swami Vigyan Chaitanya.



Uttarakhand

On 2nd March, during the International Yoga Mahotsava organized by Muni Ki Reti, Rishikesh, Swami Gorakhnath represented the Bihar School of Yoga, introducing the Satyananda Yoga system, karma yoga and bhakti yoga. He spoke on the importance of awareness, discipline, yogic lifestyle and health-related issues.



West Bengal

From 24th to 28th August, Swami Gorakhnath conducted a shivir at the Haldia Refinery. About 200 Refinery family members participated. Yogic lifestyle as a means to reduce stress and improve general health was emphasized.

European Yoga Tour 2014

Swami Satyadhama toured Europe in August and September. She first visited the Satyananda Yoga Ashram in Hungary. This ashram was inaugurated by Swami Niranananda in 2008, and Swami Satsangi visited on her European tour in June 2011. Swami Satyadhama conducted a three-day seminar on 'Yoga and the Intuitive Mind'.

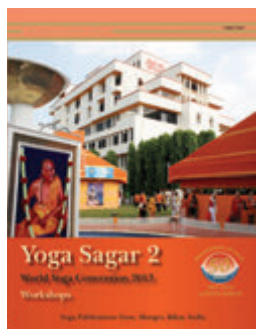
In Bulgaria, she gave an in-service training session on 'Introducing Meditation' for the new teachers at the Satyananda Yoga Center in Sofia, and a public lecture at a conference hall in the inner city on 'Yoga in Modern Society'. Afterwards she conducted a three-day seminar on the 'Psychological and Symbolic Significance of the three Lower Chakras' for over 300 aspirants.

In Southern Germany she conducted satsangs and a public lecture on 'Karma and Destiny' and a weekend seminar on the subject of 'Opening the Heart'.

In Northern Italy she conducted a public lecture on 'Yogic Awareness' and a weekend seminar for over 50 aspirants on 'Yoga, Meditation and the Mind'. In Sardinia she conducted a public lecture on 'Kundalini Yoga' and a weekend seminar on 'Chakra Shuddhi'. In Turin she gave public satsang and a weekend seminar on the topic of 'Prana Vidya'.



YOGA PUBLICATIONS TRUST



By the end of 2013, one hundred and thirty-five titles were in print in English and seventy-one titles in Hindi. In 2014, fifteen books and five booklets were reprinted in English; four new books and seven new booklets were added. In Hindi, eight books and three booklets were reprinted; two books and four booklets were added as new titles. One new Hindi-English title was also published.



New English books printed in 2014

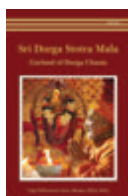
- *Yoga Sagar 2: World Yoga Convention 2013 Workshops*
- *Glimpses of the Divine II: Sri Lakshmi-Narayana Mahayajna*
- *Yoga Chakra, Swami Niranjanananda*
- *Thoughts on the Gita, Dr Rishi Vivekananda*
- *Sri Durga Stotra Mala*



New English booklets printed in 2014

Satyam Tales:

- *Great Escapes: Memoirs of a guardian angel*
- *Humans and Superhumans: The touch of grace*
- *Grandpas Memories: About the man who never slept*
- *The Ancient Astra: An invocation & a resurrection*
- *The Gift of Peace: Precious bequest*
- *The Yogi and the Maya: Renewing an ancient*
- *Divine Play: A loving connection with the celestials*



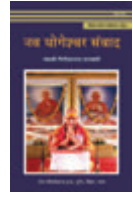
New Hindi books printed in 2014

- *Nav Yogeshwar Samvad, Swami Girishananda*
- *Ramcharitamanas Sundarkand, Avalokiteshwar*

New Hindi booklets printed in 2014

Satyam Tales:

- *Diggaja*
- *Chandraloka ke Sahasi Sannyasi*
- *Diler Dolphin*
- *Anmol Anushasan*



New Hindi-English books printed in 2014

- *Pashupata Astra Yajna*, Swami Niranjanananda



English books reprinted in 2014

By Swami Satyananda

- *Sure Ways to Self-Realization*



By Swami Niranjanananda:

- *Origin of Yoga & Pashupata Yoga*
- *The Paths of Pravritti & Nivritti*
- *Sannyasa*
- *Yoga of Sri Krishna*
- *Yoga in Daily Life*
- *Prana and Pranayama*
- *Dharana Darshan*



By other authors:

- *The Practices of Yoga for the Digestive System*, Dr Swami Shankardevananda
- *Karma Sannyasa*, Swami Satyasangananda
- *Yoga on Hypertension*, Dr Swami Shankardevananda
- *Sri Vijnana Bhairava Tantra*, Swami Satyasangananda
- *Swara Yoga*, Swami Muktibodhananda
- *Light on the Guru-Disciple Relationship*, Swami Satyasangananda
- *Hatha Yoga Pradipika*, Swami Muktibodhananda





English booklets reprinted in 2014

- *Likhita Japa*, from the teachings of Swami Sivananda
- *Sri Saundarya Lahari: Sadhana*
- *Water the Roots* (9 booklet set)
- *Satsangs on Yoga*, Swami Satyasangananda
- *Tantra Shastra*, Swami Satyananda



Hindi books reprinted in 2014

By Swami Satyananda

- *Rikhiapeeth Satsangs 2*
- *Dama aur Madhumeh*



By Swami Niranjanananda:

- *Bhakti Sadhana*
- *Pravritti evam Nivritti Marg*
- *Karma aur Karma Yoga*



By other authors:

- *Satyam Aradhana*
- *Sri Durga Stotra Mala*
- *Nava Yogini Tantra*, Swami Muktananda

Hindi booklets reprinted in 2014



- *Bhakti Yuga*
- *Seva*
- *Bhet*

Translations

In 2014, the following titles were translated into foreign languages:



- *Yoga Nidra* – Hungarian
- *Bhakti Age* – French
- *Swami Sivananda's 18 ITIES* – Greek
- *Prana and Pranayama* – German
- *Yoga Education for Children* – Greek

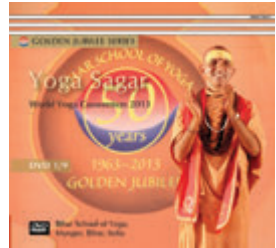
AUDIO CDS AND DVDS

New stotra & chanting CDs released in 2014

- *Shiva's Spirit*
- *Siddha Ganesha Stotram*

CDs reprinted in 2014

- *Navaratri Sadhana*, CD 1-3
- *Ramacharitamanas*, CD 1-2
- *Ishavasyopanishad*, CD 1-8
- *Life with Swami Sivananda*, CD 1-2
- *SWAN Sings Vol. 1-6*
- *Siddha Shiva Stotrams*
- *Siddha Durga Stotrams*
- *Siddha Narayana Stotrams*
- *Siddha Rama Stotrams*
- *Siddha Sivananda Stotrams*
- *Siddha Satyananda Stotrams*
- *Bhava - Sentiments (Instrumental)*
- *Tapowan Sangeet I & II*
- *Tapowan Mantras*
- *Darshan*, CD 1-2
- *An Offering: Amargeet*
- *Bhagavad Gita*, CD 1-31
- *Advanced Meditations: Dharana Series*, CD 1-4



New DVDs released in 2014

- *Yoga Sagar, World Yoga Convention 2013*, DVD 1-9)

DVDs reprinted in 2014

- *Abhishek 2010*
- *Sri Durga Anushthana 2011*, DVD 1-2
- *Sri Katyayani Anushthana 2012-14*



BAL YOGA MITRA MANDAL



Children from Chennai

On 14th February, children from seven schools in Chennai treated the ashram residents and guests to a humorous and inspiring presentation. The children illustrated their depth and breadth of knowledge on various topics of yoga, ecology and social issues through speeches, asana demonstrations and drama. In 2013, the children participated in the Chennai Yoga Festival that had been organized in 27 schools.



Bal Yoga Diwas

On 15th February, Bal Yoga Diwas, Children's Yoga Day, was celebrated at Ganga Darshan. The Bal Yoga Mitra Mandal (BYMM) children presented a drama based on the Satyam Tales publication, *Great Escapes*, depicting events in the life of Sri Swamiji. The presentation was a colourful and engaging combination of narration, karate, yogasana, dance and chanting. The performance was enjoyed by the residents and guests of the ashram as well as the children's parents. Swami Niranjan explained the purpose of BYMM and said that the second generation of children from Munger district have joined the movement, imbibing its three sankalpas: positive samskaras, self-reliance and independence, and love for the culture of the land.



YUVA YOGA MITRA MANDAL



YYMM Courses

From 26th May to 1st June, the Yuva Yoga Mitra Mandal organized a Foundation 1 course at Ganga Darshan. Sannyasi Chandramani conducted the APMB, relaxation and pratyahara classes and the mantra chanting. Ten female and thirty male members of YYMM attended the course.

At the end of the course, the participants received prasada and Swamiji's blessings.



YYMM Foundation Day

On 19th October, the YYMM celebrated their foundation day at Paduka Darshan, Sanyasa Peeth. Before their families, ashram guests and students, the Yuvas performed a beautiful sequence of asana, a modern dance and sang wholeheartedly kirtan and bhajan to the delight of all present.





Swami Shankarananda spoke on the profound impact of yoga in our daily life.



Swami Niranjan described the transformation of human beings to extraordinary beings through yoga. He highlighted how children from a humble background can rise to the top position in India, and further explained how Munger, the City of Yoga, and its citizens contribute to and shape the future of yoga.



Swamiiji sang the bhajan *Karo Raksha Vipatti Se* conveying the message that one should pray to God for courage, strength and hope to endure the hardships of life, for only by facing obstacles bravely one will shape a positive personality. Swamiiji ended with a big 'thank you' to the parents for inculcating good samskaras in their children who will no doubt reap the fruit in the future. He then gave his blessings to all members of YYMM.

250 Yuvas, 250 family members and a hundred guests and students from Ganga Darshan attended the program.

Form IV (See Rule 8)

Statement about ownership and other particulars about newspaper, YOGA, to be published in the first issue every year after the last day of February.

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Names and addresses of individuals who own the newspaper and partners or shareholders holding more than one percent of the total capital: Bihar School of Yoga, Ganga Darshan, Fort, Munger – 811201 Bihar.

I, Swami Shaktimitrananda Saraswati, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Date: 25 March 2001

Sd/- (Swami Shaktimitrananda Saraswati) Editor.



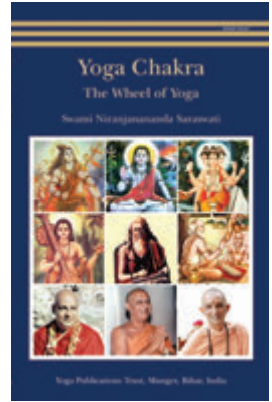
Yoga Publications Trust

Yoga Chakra: The Wheel of Yoga

Swami Niranjanananda Saraswati

79 pp, soft cover, ISBN: 978-93-84753-20-7

During the World Yoga Convention and Golden Jubilee celebrations of the Bihar School of Yoga in October 2013, Swami Niranjanananda Saraswati announced a new direction for yoga. This approach became apparent in the first month-long Yoga Instructor Course conducted in August 2014 at Ganga Darshan Vishwa Yogapeeth under the direct guidance and inspiration of Swami Niranjan. Over a series of talks to residents and students of the ashram he outlined the future direction of Satyananda Yoga–Bihar Yoga. *Yoga Chakra* presents this innovative and groundbreaking vision of yoga for the coming age.



New

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Satyananda Yoga Websites



www.biharyoga.net

The official website of Bihar Yoga. Includes information on: Satyananda Yoga, Bihar School of Yoga, Bihar Yoga Bharati, Sivananda Math activities, Sita Kalyanam events, Yoga Publications Trust catalogues.

www.rikhiapeeth.in

The Rikhiapeeth website is a sanctuary for all spiritual seekers so they can stay connected to the cardinal teachings of Swami Sivananda, 'Serve, Love, Give', that are practised and lived at Rikhiapeeth. Includes inspiring satsangs, information about Rikhiapeeth, upcoming events, courses and more.



Living Yoga with Swami Niranjan

www.biharyoga.net/living-yoga/. Dedicated to the vision and mission of Swami Niranjanananda Saraswati, the spiritual successor of Sri Swami Satyananda Saraswati, it contains news and articles.

www.yogamag.net

The official website of *Yoga* magazine. Includes worldwide links to Satyananda Yoga centres and teachers, a brief history of *Yoga* magazine, news and more.



Avahan Online

www.biharyoga.net/sannyasa-peeth/avahan/. Provides online access to *Satyaka Avahan*, the bi-monthly magazine of Sannyasa Peeth, which contains the higher teachings of Sri Swami Sivananda, Sri Swami Satyananda and Swami Niranjanananda, along with the programs of Sannyasa Peeth.



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Ganga Darshan Events & Courses 2015

<i>Feb 1-May 25</i>	4-month Yogic Studies Course (Hindi)
<i>Mar 1-30</i>	Yoga Instructor's Course (Hindi)
<i>Mar 3-20</i>	Yoga HMC*: Asthma (Hindi)
<i>Jun 1-Jul 25</i>	2-month Orientation in Yogic Science & Lifestyle (Hindi)
<i>Jul 27-30</i>	Guru Poornima Satsang & Aradhana
<i>Jul 31</i>	Guru Paduka Poojan
<i>Aug-May 2016</i>	1-year Diploma in Yogic Studies (English)
<i>Aug 1-30</i>	Yoga Instructor's Course (English)
<i>Sep 8</i>	Swami Sivananda Janmotsava
<i>Sep 12</i>	Swami Satyananda Sannyasa Diwas
<i>Oct 1-30</i>	Bihar Yoga Training for Satyananda Yoga Teachers (English)
<i>Oct 1-Jan 25</i>	4-month Yogic Studies Course (English)
<i>Oct 3-20</i>	Yoga HMC*: Diabetes (Hindi)
<i>Nov 1-7</i>	Yoga Sadhana & Swadhyaya Week with Swami Niranjanananda
<i>Dec 25</i>	Swami Satyananda's Birthday
	*HMC: Health Management Course
<i>Every Saturday</i>	Mahamrityunjaya Havan
<i>Every Ekadashi</i>	Bhagavad Gita Path
<i>Every Poornima</i>	Sundarkand Path
<i>Every 5th & 6th</i>	Commemoration of Sri Swami Satyananda's Mahasamadhi
<i>Every 12th</i>	Akhanda Path of Ramacharitamans

Please be aware that mobile phones are NOT permitted in the ashram.
Ensure that you do not bring your mobile with you.

For more information on the above events contact:

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