

YOGA

Year 4 Issue 11
November 2015

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Yoga is going to emerge as a
mighty world-culture. It will change the
course of world events.

Swami Suktanand



योग परमशांति शाली विश्व लोकहित के समर्थ
प्रकट होता है। श्री विश्व की धरती को
निर्देश देता है।

Swami Suktanand



Bihar School of Yoga, Munger, Bihar, India



Hari Om

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GUIDELINES FOR SPIRITUAL LIFE

Song of Cosmic Consciousness

I am not this body,
this body is not mine
I am not this prana,
this prana is not mine.
I am greenness in the leaf,
Hue in the rainbow.
I am silence in the forest,
Thunder in all clouds.
I am mind of all minds,
Prana of all pranas.
I am Soul of souls, Self of selves.
I am neither mind nor body,
Immortal Self I am,
I am witness of three states,
I am knowledge absolute.
I am fragrance in jasmine,
Beauty in the flowers.
I am coolness in the ice,
Flavour in coffee.
I am not this mind,
this mind is not mine,
I am not this buddhi,
this buddhi is not mine.
I am not this body, I am not this mind,
I am not the senses, Immortal Self am I.

—Swami Sivananda

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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 ॥

The Making of the International Day of Yoga

In 1956, Swami Sivananda Saraswati gave the mandate to Sri Swami Satyananda to 'spread yoga from door to door and shore to shore'. In 1963 Sri Swami Satyananda founded the Bihar School of Yoga to fulfil this mandate and proclaimed, "Yoga will emerge as a mighty world culture and change the course of world events." More than fifty years later, his vision is becoming a reality as yoga enters the world community at large.

On 27 September 2014, Indian Prime Minister Narendra Modi addressed the United Nations General Assembly. Speaking on the subject of yoga, he said:

"Yoga is an invaluable gift of India's ancient tradition. This tradition is 5000 years old. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and wellbeing. It is not about exercise but to discover the sense of oneness with yourself, the world and nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Day of Yoga."



On 11 December 2014, the United Nations General Assembly declared 21 June as the International Day of Yoga. The text of Resolution 69/131 received broad support from 177 Member States which adopted the text without a vote. It was the highest support ever given to a UN Resolution.

The Bihar School of Yoga supported and honoured the first International Day of Yoga with its own commitment to use yoga for the wellbeing and happiness of all.

Bihar School of Yoga, Munger, presents

Yoga: Our Heritage

What is yoga?

Yoga is an ancient science and lifestyle that was discovered and developed by rishis and seers millennia ago. It has been carefully preserved and maintained as well as propagated on the Indian subcontinent across ages and through the highs and lows of history. This has been possible due to a conducive social, cultural and historical environment here. And today, yoga has become a part of the whole world. Millions have embraced yoga to attain health and harmony, and to explore the inner potential.

Contributors to the cause of yoga

Many spiritual masters have contributed to this achievement, and one of the names that stands out in this legion of yogis is that of Swami Satyananda Saraswati, inspirer and founder of the Bihar School of Yoga. In 1963, he proclaimed: "Yoga will emerge as a mighty world culture and change the course of world events." As the twenty-first century dawned, the truth of his words was evident all around. Therefore, since 2008, the yoga-vidya tradition of India celebrates 'Yoga Purnima' on the full moon day of the month of Margashirsha (Nov-Dec) to pay tribute to the fullness of yoga that has blossomed in the lives of people throughout the world. This was a day chosen by Swami Satyananda to mark the pinnacle of human evolution that yoga can achieve.

International Day of Yoga

What was the thought of the sages has now become a thought of the world. In 2014, the General Assembly of the United Nations passed a unanimous declaration that 21 June would be celebrated as International Day of Yoga. On this day of the summer solstice, when night and day express imbalance, the power of yoga to bestow equilibrium will be honoured.



Your Yoga Program:

The Bihar School of Yoga fully supports the idea of the International Day of Yoga and the effort being made by national and international communities to promote yoga. In response to requests by individuals and organizations on how best to participate in the celebration of the International Day of Yoga, the Bihar School of Yoga would like to share its ideas.

We are directing children, youth, women and other associated Yoga Mitra Mandals to conduct two yoga sessions of specific practices at specified times.

Morning: From 6 am to 7 am, people will gather on the rooftops, verandahs, courtyards and other open spaces of their homes and community centres and do the following practices:

1. Shavasana*
2. Kaya sthairyam
3. Om chanting (3 times) and Shanti mantras**
4. Tadasana (10 rounds)
5. Tiryak tadasana (10 rounds)
6. Kati chakrasana (10 rounds)
7. Shavasana*
8. Surya namaskara (5 rounds)
9. Shavasana*
10. Nadi shodhana pranayama (10 rounds)
11. Bhramari pranayama (10 times)
12. Shavasana*
13. Om chanting (3 times)

* *Shavasana may be practised as per the need of the group.*

** *Om saha naavavatu. Saha nau bhunaktu.
Saha veeryam karavaavahai.
Tejasvinaavadheetamastu maa vidvishaavahai.
Om shantih, shantih, shantih.*

These practices have been specially selected as they promote and enhance all-round health and wellbeing. The idea is also to come together as a family or community in the spirit of yoga.



International Day of Yoga 2015

Evening: From 6 pm to 7 pm a short yogic meditation will be practised. An oil lamp or candle will be lit on the floor in the centre of a room which will illuminate the entire space evenly. Participants may sit in a circle around the lamp or candle and practise a three-step meditation:

1. Om chanting (3 times) and Shanti mantras**
2. Kaya sthairyam (body stillness) for 5 minutes
3. Trataka (steady gazing at the lamp/candle) for 10 minutes.
4. Pratipaksha bhavana: Review the activities of the whole day to identify the most disturbing or negative experience that occurred. Next, focus on the opposite positive and uplifting quality. Then, convert the negative experience into a joyous, happy and fulfilling one.
5. Chanting of the yogic prayer:

*Asato maa sad gamaya
Tamaso maa jyotir gamaya
Mrityor maa amritam gamaya
Sarveshaam svastirbhavatu
Sarveshaam shantirbhavatu
Sarveshaam poornam bhavatu
Sarveshaam mangalam bhavatu
Loka samastaa sukhino bhavantu
Om shantih, shantih, shantih.*

The prayer is a resolution and contains the essence of yogic teachings. It represents the personal and social aims of yoga for every aspirant. From unreal to real, from darkness to light, from mortality, destruction and transformation to stability, continuity and eternity, this is the personal goal that yoga has given us to discover. Once these personal aims of harmony, equilibrium and balance are attained, then they are transformed into aims that reach out and touch everyone in the world. The social aims of yoga are abundance of goodness, peace, wholeness, an auspicious environment everywhere, and a content, joyous and harmonious life. These are the aims that a yoga aspirant aspires for in order to perfect yoga.





Aim of the International Day of Yoga

What should be the focus of the International Day of Yoga? In order to honour the true intention of this ancient spiritual science, the aim should be to inspire people to adopt yoga not as a physical culture but as a lifestyle. When yoga becomes a lifestyle, there is enhancement of physical health and stamina, development of mental clarity and inner creativity, and an experience of peace and fulfilment from life. Therefore, on the International Day of Yoga, every yoga practitioner and sadhaka should make a *sankalpa*, a resolve, to incorporate yogic components into their daily routine and live the yogic principles so that a healthier, brighter and more peaceful future for humankind is ushered in.

Hari Om Tat Sat



Training the Team



For three days prior to the International Day of Yoga, the langar at Yoga Vidya became a gigantic classroom. Sannyasins guided the new team of yoga instructors through the program designed by Swamiji. 60 children from BYMM. 90 Yuvas and 75 ladies from the Ramayana Mandali attended the training sessions with enthusiasm and an eagerness to learn how to teach.

Thoughts on 21st June 2015

Swami Niranjanananda Saraswati

Yoga is a discipline to improve the quality of life; a philosophy to attain peace. If you want to experience health, if you want to experience peace, and to evolve, make yoga a part of your lifestyle.

– *Swami Satyananda Saraswati*

21st June 2015 was declared the International Day of Yoga and represents the international recognition that yoga has gained as a holistic approach to physical wellbeing, mental peace, and emotional balance. Across the globe, millions of people have embraced yoga to attain health and harmony, and to explore their inner potential. The acceptance of the International Day of Yoga proposal, adopted with a record consensus vote at the United Nations General Assembly, was a historic moment for India.

On the occasion of the first International Day of Yoga we offer our deepest respect to the ancient science of yoga, a science of transformation and spiritual evolution perfected and handed down by the ancient sages and seers of humanity over the ages. This is our real spiritual heritage.

To honour and benefit from this heritage, we need to connect with the teachings, the wisdom of yoga as a lifestyle. Only when yoga becomes a lifestyle, there is enhancement of physical health and stamina, development of mental clarity and inner creativity, and an experience of peace and fulfilment from life.

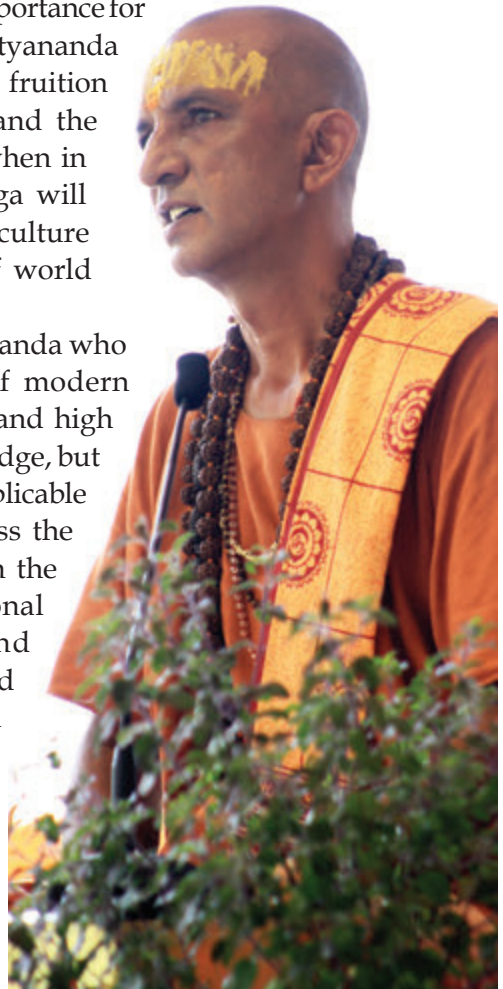
A prophecy come true

The yogic lifestyle is based upon the precepts of practice, awareness, attitude, action, detachment and discrimination. Awareness is the ability to observe and understand the

environment, conditions, situations and events that influence us. Attitude involves developing a positive and creative outlook on life, and the ability to convert the negative influences into positive inspirations to improve and encourage others to improve also. Action involves an understanding of how we act, think and interact in the world, which should be assisted by *viveka*, discrimination: knowing just from unjust, right from wrong, appropriate from inappropriate and universal from limited.

This day is of special importance for the disciples of Swami Satyananda Saraswati, as it marks the fruition of the *vakya*, the vision and the prophecy, of our Guru, when in 1963 he proclaimed: “Yoga will emerge as a mighty world culture and change the course of world events.”

It was Sri Swami Sivananda who realized that the need of modern society was not Vedanta and high spiritual scriptural knowledge, but rather practical, simple, applicable yoga. Yoga was to address the needs of modern man, on the physical, mental, emotional and spiritual level and provide a complete method of transforming the human personality. In 1963 yoga was an unknown word in the West, and in India considered a practice for sannyasins and sadhus who lived in seclusion. As Sri Swamiji said “There



was a time when seclusion was a necessity but times have changed and now everyone can practise yoga. Peace and wisdom are everyone's birthright and everyone should make an effort to achieve it."

The disciples of Sri Swami Sivananda, such as Swami Venkatesananda, Swami Satchidananda, Swami Chidananda, Swami Sivananda Radha, Swami Nadabrahmananda, and Swami Satyananda took yoga from Rishikesh, a small hamlet in the foothills of the Himalayas, to all the corners of the globe.

Today, history recognizes the International Day of Yoga. For me it is a day to honour and respect the vision of my Guru, a vision he proclaimed over fifty years ago, and dedicated his life towards. The first International Day of Yoga is an occasion of great significance, for when the words of the guru manifest, all are blessed by the grace, auspiciousness and beauty they reveal.



Yoga as a component of life

As a sannyasin my first duty is to my Guru, Swami Satyananda, and to honour him, his mission and vision of yoga, I have chosen to spend the first International Day of Yoga at the Samadhi of my Guru, at Rikhiapeeth. As a sannyasin I have dedicated myself to working for yoga as a science, a lifestyle and a culture, as I follow the instructions of my Guru to develop and live the vidya of yoga, sannyasa and spiritual life.

Bihar School of Yoga has been receiving numerous invitations from across the world and also from many national organizations, NGOs and government departments, requesting the institution to guide and participate in the celebrations in various locations. The sannyasins of Bihar School of Yoga have lent their full support to the International Day of Yoga and they are conducting a program in Munger to encourage the community and family, to embrace yoga not only as a set of practices, but as a component of daily life.

For the last 53 years, Bihar School of Yoga has worked towards this day, as have other institutes of yoga such as the Divine Life Society, Iyengar, Kaivalyadham, S-VYASA, Moraji Desai and many others for whom every day is a day of yoga, and every moment is a yoga moment.

On this day I wish to acknowledge and thank all the supporters of yoga, all those who have worked to uphold this ancient wisdom of our ancestors so that the future generations may benefit from the wisdom, purity, and grace of its teachings. I wish to thank all those who have walked along the path of yoga, whether as teachers, students or well-wishers and friends; you have all contributed to the light of yoga which is now shining in every corner of the world.

I wish to extend my good wishes to all those who have been inspired by the tradition and the teachings of yoga. I hope and pray that the inspiration and the spirit of yoga remains with you and in turn, you are able to assist others on the path of yoga and yogic living.

The resolution for the International Day of Yoga was cosponsored by 177 of the 193 member nations of the United Nations, and it is through their goodwill that this international celebration of yoga is possible. The openness and enthusiasm with which the world community has embraced yoga and the collective goodwill that yoga has inspired, is a matter of great happiness and joy which all can share, and history will remember forever.

Paduka Darshan Opens Its Doors



On 21st June, the Bihar School of Yoga conducted a program from 6 to 8 am at Paduka Darshan on the occasion of the first International Day of Yoga.

The more than 600 participants who attended were led by Swami Tyagraj through the simple practices of asana, pranayama, relaxation and meditation outlined in the sadhana of BSY for this special day.

An audio CD on the subject of yoga was also released on the occasion. On the CD, Swami Niranjanananda and sannyasins of the Bihar School of Yoga speak on the various branches of yoga, on the origin, history, purpose and role of yoga. All present listened in rapt silence to the clear explanations given on this vast topic of yoga.

Welcome to All

Hari Om Tat Sat

I wish you all a very warm welcome on behalf of the Bihar School of Yoga on this occasion of the International Day of Yoga.

Though there is not a particularly large gathering of people present here at Paduka Darshan, yoga as a lifestyle is being practised at this very moment within the courtyards and on the rooftops of more than 2,000 homes in Munger, the 'City of Yoga.' Not only here, but all over India and overseas yoga lovers and aspirants belonging to the Bihar Yoga tradition are expressing their faith and resolve to practise yoga in a simple and unassuming yet deeply steadfast manner.

On this historic day our focus, our thoughts, our memories are naturally drawn towards our guru's tradition because it was Sri Swami Satyananda's dream and his resolve that the Yoga-Ganga would flow down from the heights of the Himalayas to nourish and enrich the plains of society the world over.

Our paramguru Swami Sivananda used to say, "Every moment of life should be infused with yoga." Here at the





Bihar School of Yoga it is this principle that we live by and endeavour to bring alive in each and every moment.

Swami Sivananda held the belief that through yoga humankind can achieve the highest expression of intellect, emotions and actions. It is this belief that took a concrete form when his foremost disciple, Sri Swami Satyananda, established the Bihar School of Yoga in 1963 with the resolve of bringing yoga from door to door and shore to shore and transforming this challenge into a living reality.

Sri Swami Satyananda was a seer with incredible foresight, declaring way back at that time, “Yoga will emerge as a mighty world culture and shape the course of world events.” The veracity of this declaration was borne out in the year 2014 when our honourable Prime Minister Narendra Modi’s proposal to observe an International Day of Yoga was placed before the United Nations General Assembly with the support of 177 member nations and was readily accepted and passed by the world community. This is a moment of great glory for the whole nation.

The fact that yoga is an integrated method which bestows good health and is uplifting to all has in this way received

international recognition and acceptance. Through the declaration and observation of the International Day of Yoga the world over, all nations and representatives of different traditions have signalled their acceptance and involvement in the teaching of yoga. The Bihar School of Yoga wholeheartedly supports the International Day of Yoga and expresses its best wishes for its complete success.

Today in Munger the hardworking members of the children's yoga movements Bal Yoga Mitra Mandal and Yuva Yoga Mitra Mandal, and the Ramayana Mandali are enthusiastically engaged in over 108 centres guiding yoga sessions on the rooftops and in the courtyards of countless homes so that the maximum number of people can receive its benefits. Not just that but even in the prison close by we are conducting a yoga program for our brothers there. We pray and hope that this ancient *vidya* or science of yoga brings health, happiness and peace into the lives of all. *Hari Om Tat Sat.*

– Swami Sivadhyanam



Munger – True City of Yoga



In Munger, 'the city of yoga', similar programs to the BSY sadhana were conducted by the members of Bal Yoga Mitra Mandal, Yuva Yoga Mitra Mandal and the Ramayana Mandali at 108 venues, in which more than 7,500 people participated.

Besides these organized programs, more than 10,000 people followed the prescribed program in over 2000 private homes. Thus family members and friends joined in the celebration of the International Day of Yoga, making yoga a part of their daily routine.

Impressions by the Yuvas



I was very nervous since this was the first time that I was going to be a teacher and not a student in a yoga class. I had never taught before and at the start of the session I was very nervous; but as the class progressed I found that my fear had vanished. People were following my instructions and practising so well, my colleague was demonstrating the asanas perfectly! There were about 25–30 men and women in the class and they all offered us snacks and cold drinks after we had finished. I returned to the ashram and was very happy for this wonderful opportunity. Thank you, Swamiji!

– Afzal Khan

I saw great enthusiasm in the children and youth at the venue where I taught. Another special experience was to witness the faith and respect that people have towards BSY. It is hard to express in words, but the manner in which we were treated – with such honour and warmth – was only because we had come to teach yoga as representatives of this great institution. I noticed that not only did people experience the importance of yoga practice in their lives but that they were eager to adopt it as a lifestyle as well.

– Sikander Kumar (Satkirti)

I was assigned to go to the session at the Central Jail in Munger. I do not have much knowledge about yoga and was worried about how I would be able to teach. The three-day training program we attended in the ashram gave me a different kind of energy and inspiration. When I went for the session to the jail, I felt that all my fears had fled far away and I was able to conduct the class very well. This is only possible because of the blessings and grace of Swamiji.

– *Ashish Kumar*

I was given the opportunity to contribute towards the celebration of the International Day of Yoga. I was involved in making arrangements for the participants coming to attend the yoga session at Paduka Darshan. During the session I was able to guide people to perform the asanas in the right manner since they did not know the correct way to practise. I was very happy to help in this small way towards such an important and special day of yoga.

– *Nandini Kumari*

My personal experience on this day was a very important one. The confidence that I feel makes me so happy, I can teach yoga anywhere and anytime! I am proud to be associated with Bihar School of Yoga and to call myself a citizen of Munger!

– *Amit Kumar Malakar*



Impressions of the Children of BYMM



I was wondering what special activity we would do on the International Day of Yoga and was thrilled when I was chosen to guide a yoga session at the Vijay cinema venue, Bengali Tola.

After every three asanas, we were told to ask the people to practise shavasana and everyone was enjoying it. One lady said that she could not do surya namaskar because she had high B.P. so we asked her to do shavasana instead. After that, as soon as she heard the word 'shavasana' she would lie down with her head in our direction and happily relax!

After the class was over, the participants started talking amongst themselves but we could not understand anything since they were speaking in Bengali. One lady said, 'Can you not come every Saturday and Sunday for a class here?' We were so happy that day!

– Jyoti Kumari Roy

Several hundred children went out into the city of Munger as yoga ambassadors – because that is exactly how we felt when we went to conduct yoga sessions and were guiding the asana and pranayama practices! It was as if we had taken birth for this very purpose – to spread the teachings of yoga. Many people became aware of this great gift and took a sankalpa to practise

yoga as a lifestyle and also to introduce their children to yoga so that they can achieve success in life. We seek the blessings of Swamiji so that we can carry this tradition forward and bring glory and honour to the Bihar School of Yoga.

– *Khushi Kumari (age 10)*

This day was the most glorious day of our lives because for the first time we had the good fortune to go out and teach yoga to people. I feel that every day should be a World Yoga Day so that we children can distribute the priceless gem of yoga that we have received from Swamiji and everyone can benefit from it. I thank Swamiji from the bottom of my heart. I had better finish with this because if I express everything that I am feeling, it will become a very big book!

– *Aman*

We reached the ashram at 5am on the International Day of Yoga and were very excited. Vagisha and I went to Sri Hari uncle's house in Safiyabad to conduct a yoga session. There were many ladies and children already gathered on the roof. When they took a look at us, one of them remarked, "How will such little children do a yoga class?"

We began the class according to the plan given to us by Swamiji. More than 50 people participated and everything went well. After the class was over, we asked them to please excuse us for any mistakes we might have made. Hearing this, they smiled and said, "Not only were we happy that you small children taught us asana and pranayama so well, you have stolen our hearts too!"

I was very happy that the seeds of yoga planted by Swami Satyananda have grown into a huge banyan tree – and like a banyan tree, it has grown more and more, it will never wither away!

– *Sangam Kumari Ray (Shiokanya)*

India Celebrates Yoga



Programs were conducted by associated ashrams and centres in different parts of India, including Balangir, Bargarh, Bengaluru, Bhilwara, Bhuj, Bhubaneswar, Chennai, Delhi, Dhanbad, Katni, Jamshedpur, Lucknow, Patna, Raipur and Rajnandgaon.

Satyananda Yoga Vidyalaya, Bhubaneswar, Odisha

Ten days prior to the day, a large signpost welcoming people to Yoga Vidyalaya to celebrate this day was fixed by the side of the ashram's front boundary wall. Free yoga sessions of one-hour duration were conducted in the morning and evening and attended by around 150 people.



In addition, there were invitations from the following organizations to grace the occasion, to create yoga awareness and to conduct demo yoga sessions both in the morning and evening on this day. Along with our own celebrations, I and some yoga teachers attended as per different schedules:





- East Coast Railway Head Quarter
- Ministry of Home Affairs, Government of Odisha
- BSNL's state head office
- Indian Navy, Coast Guard
- Utkal University
- Prajapita Brahmakumari Ashram
- Mothers Public School
- Head office of Reliance Telecom (P) Ltd.

Om Tat Sat
Swami Swaroopananda



Lucknow

Hari Om Swamiji

With your kind blessings, the Lucknow Yoga Centre arranged two morning yoga camps at two locations in Lucknow to celebrate the International Day of Yoga.



At 6 am in Arvindo Park, a popular public place at Indiranagar, about 500 people took part in an hour-long camp which was conducted by Sannyasi Gurupremanand assisted by other sannyasins, all as per directives of BSY. The camp drew a lot of interest and appreciation from the participants.



At 7.30 am, another hour-long camp was held on the invitation of the State Intelligence Bureau of Uttar Pradesh. The yoga camp at their office was attended by about 200 officers and staff. The head of the organization showed great interest in holding more such camps for officials and their families in the near future.

The evening session was held from 6 to 7 pm at the Shakti Club, where about 70 people took part in trataka and pratipaksha bhavana practices. This new practice generated great interest among the participants.

– Lucknow Yoga Centre



Yoga – from Door to Door and Shore to Shore



Worldwide the International Day of Yoga was celebrated by centres and ashrams. Programs were conducted by teachers in Bulgaria, Canada, Colombia, Croatia, France, Greece, Hungary, Ireland, Italy, Serbia, Singapore, Slovenia, Spain, Sweden, Switzerland, Thailand, The Netherlands and USA.

Bulgaria

Blessed Self, Hari Om

The first International Day of Yoga in Bulgaria was a wonderful celebration of yoga!

It was held in several cities (at least nine) so all yoga centres in the local community could work together.

In Sofia it was held in the National Palace of Culture in the same hall where in 2008 Swami Niranjan's seminar was held. The program was conducted in the big hall and two adjacent smaller halls. Entrance was free. The program for the events in Bulgaria can be seen on the site of the Indian Embassy in Sofia. It was streamed live on www.youtube.com.

PADUKA DARSHAN, MUNGER



MUNGER...





MUNGER...





INDIA



OVERSEAS



RIKHIAPPEETH





In the big hall was the official introduction in which the participants could hear the video greeting by the Prime Minister of India Narendra Modi and then a greeting by the Indian Ambassador in Sofia who was present the whole day.



Then three other greetings by very well-known Bulgarians were read - by Irina Bokova (The Director General of UNESCO), Kristalina Georgieva (Vice-President of the Budget and Human Resources Committee in the European Commission) who mentioned in her letter that many of her colleagues in Brussels attend yoga classes, and Yordanka Fandukova (the Mayor of Sofia). In their letters they mentioned the importance of yoga and its value for people in the modern world.



– Swami Vivekamurti, Bulgarian Yoga Association

Satyananda Yoga Corfu, Greece

At 9 am, the program was held at the Hotel Corfu Palace.

During an Indian breakfast kirtan was conducted by Swami Savikalpananda and sannyasins Ananda Jyoti, Antaratma and Atmashanti.



From 9 to 11 pm, a Kirtan Concert was held at the Museum of Asian Art with the Philharmonic Orchestra of Corfu Mantzaros.

The concert was attended by 1300 people approximately. This is the first time ever in Greece and Europe that the Philharmonic Orchestra plays kirtan. It took two months for the musicians to prepare the notes and partitions for these kirtans. The orchestra 'Mantzaros' is one of the oldest philharmonic orchestras which was founded in 1890.



The Director of the Museum of Asian Art, Mrs Despoina Zernioti, welcomed the concert.

Sannyasi Atmashanti gave a presentation of yoga.



The Artistic Director of the Municipal Theater of Corfu, Petros Galias, recited a poem by Paramahamsaji.

Kirtan with Swami Savikalpananda, Sannyasins Ananda Jyoti and Antaratma and the Philharmonic Society 'Mantzaros' ended the program.

Ireland

Hari Om



In Ireland the teachers in each County got together to organize the celebration for their students.

During the week leading up to the celebration the flier from BSY was distributed to all students, which was an inspiration in itself. In Cork we



ran the morning class from 8.30 am as Ireland is not a nation of early risers, and the response was good with a mix of new and established students, some bringing their young family members for an introduction to yoga.

We followed the session with breakfast for the participants; this gave a chance for the students to meet each other and for us to chat to them to answer questions and explain more fully the benefits of yoga practised daily and the steps to establish this.



It was a very inspiring process to see the joy it brought to all who participated and the connection it created between people as it unfolded how many places were celebrating yoga on this day, not only around Ireland but around the world. It has created a strong base on which to progress this growth of understanding yoga as a way of life that is with each of us all day and not just for the 'class' time.

This year we have taken the first small steps but already are working on ways to allow it to grow in the months ahead.

We all thank the work and vision of Swami Satyananda that allows the whole world to now benefit in a very real way to keep inspiration strong and the desire to keep the effort going to attain to the vision he gave. *Om Tat Sat.*

Swami Yogajyoti



Spain

Hari Om Blessed Self

Best wishes to all of you on the first International Day of Yoga.

Sri Swamiji's vision of raising the Yoga Flag on planet earth is accomplished where all humankind for one DAY have been united in JOY LIKE A HUGE WAVE IN THE OCEAN. This will definitely create a creative and collective vibration to be discovered.

My humble pranams and gratitude for the endless opportunities that Sri Swamiji's mission has provided to all of us around the globe. *Om Tat Sat.*

– Kamal Mukhi, Spain



Celebration in Colombia

The celebration in Colombia was divided into two events; first, the program done by the Academia de Yoga Satyananda in Bogotá, followed by the program organized by the Indian Embassy in Colombia.

The Academy in Colombia, upon receiving the protocol sent by Bihar School of Yoga, informed all of its associates, students, friends and benefactors about the celebration that was going to take place. At 6 am on the designated day, a group of





students gathered to do the proposed sadhana and then had breakfast offered by the Academy. A small souvenir was given to all the attendees commemorating the day's events. At 6 pm that same day, another group of students attended the evening sadhana. All were very enthusiastic and many mentioned that the protocol that was executed would become their personal sadhana from that day onwards.

With the help of the local authorities of Bogotá, Cali, Medellín, Barranquilla and Pasto, the Indian Embassy organized events in each one of the above-mentioned cities. In Bogotá, a National Park was chosen to gather the crowds to celebrate this well-announced event. All the local yoga schools in each city were contacted to help spread the news of the planned programs. In Bogotá, 18 schools contributed to make this historic event a success. The Academia de Yoga Satyananda sent a large group of teachers that volunteered to help the attendees perform the asanas in a correct way, according to the protocol sent by the Indian Government which was presented on a huge screen at the park.

More than 500 people gathered at 10 am to attend the event. The master of ceremonies was the president of the 'Amigos de la India' organization, and after a few words of introduction, the Indian Ambassador in Colombia explained the purpose of the day and reminded the attendees that the approval by the UN of the initiative to celebrate the International Day of



Yoga was supported by 177 countries, an unprecedented event in the history of the UN.

For two hours, with great respect and devotion, the attendees followed the instructions displayed on the large screens. The program ended with a universal prayer for peace and harmony in Colombia.

It was a wonderful experience to recognize the tremendous accomplishments of Bihar School of Yoga and its affiliates who have worked tirelessly to spread the teachings of yoga around the world. It is remarkable to think that what Sri Swamiji said more 50 years ago has become a reality. Yoga has become a world culture and clearly it is already changing the course of the events in the world.

The sankalpa ushered by Bihar School of Yoga on this day, to incorporate the yogic components into our daily routine and to live the yogic principles, will be kept in our minds throughout the coming year and forever. *Hari Om Tat Sat.*

– Academia de Yoga Satyananda, Bogotá



No End to Celebration



In the evening of 21 June, Satyam Vatika was the stage of a glorious children's finale to the International Day of Yoga. Swami Niranjan had returned from Rikhia to grace the program with his presence.

It had been a long day which for many children started at 4 am. They had been organizers, teachers and inspirers throughout the city of Munger, yet no trace of fatigue showed when they gathered at Satyam Vatika to present their dance and asana performances or when they spoke on their experience with yoga.



International Day of Yoga

Swami Niranjanananda Saraswati



Today is a historic day for today the world has adopted a *vidya*, a lifestyle and a culture from India which is the most precious foundation of this land. 'International Day of Yoga' is being celebrated for the first time in the world today. This day was supported by 177 countries in the General Assembly of the United Nations and today in 199 countries people belonging to diverse nations, religions, communities and cultures have participated wholeheartedly in the celebrations. This is undoubtedly an occasion of great glory for India and an occasion of great glory for our yogic culture.

Many people were curious about what would happen in Munger. They had heard about the government preparations on Rajpath in Delhi, in Times Square New York, in the parks of London, and they must have thought that in Munger there would also be a grand yoga program on the Polo Ground.

Yogasanas are practised by crores of people. If there are hundreds of thousands who play golf in the world, there is an equally large number of people who perform some yoga practices. There is nothing so special about it. The importance

of yoga is only understood when we adopt it as a way of life, as a lifestyle; this should be the purpose of practising yoga. Today we have seen these thoughts taking a definite form and coming alive in Munger.

Though this has been the first International Day of Yoga for India and the world, for the ashram it has been just a regular day because here every day is 'yoga day'. For a person who lives yoga with every incoming and outgoing breath from morning to night, what is the importance or relevance of a yoga day for only one day? Nothing. It is like a drop of water in the ocean or a single cumin seed in a camel's mouth. We observe International Day of Yoga for 365 days of the year.

Yet the importance of this day has certainly been exceptional. So many nations agreed and adopted the resolution with keen interest and enthusiasm. It was celebrated with gusto and yoga was practised not only in our country but all over the world. I am also happy to see the quality of yoga that came out in the world today, not just rifferaff yoga but solid, classical yoga was present and it was inspiring and encouraging.

When Sri Swamiji established the ashram and made the declaration that "Yoga will emerge as a mighty world culture and change the course of world events", people laughed and mocked him saying what a crazy sadhu he was to say that one day yoga would become a world culture. Today it is his words



that have proved to be true! The words he had uttered about the future had reached a point of fruition; they had completed a full circle and taken living shape by being accepted by the world community.

Through the programs that have been held here by the BYMM, YMM and other Yoga Mitra Mandals in which people have participated so wholeheartedly, the message that Munger has sent out into the world is that in a quiet but sure way we have adopted yoga as a lifestyle, we have integrated it into our lives and continue to make every effort to express this in our lives in the best possible way. It is within this expression that our humanity lies; this is our culture.

The people have made the effort to adopt yoga as a lifestyle and are committed to it. It is possible that you may see four lines in a newspaper report that in the City of Yoga such number of people in so many thousands of homes adopted yoga as a lifestyle while yogasanas were being practised the whole world over. To each and every one of you who made this wonderful program possible, I congratulate you and offer you my thanks.

– Evening of 21 June 2015, Satyam Vatika, Ganga Darshan



Thank You Munger, City of Yoga



On 24 June 2015, Swami Niranjanananda invited citizens of Munger to Ganga Darshan to express his gratitude and joy. For truly, Munger, the City of Yoga, had shown the world the yoga of the future: a lifestyle and path of transformation towards peace and harmony.

Children, ladies and villages

I not only thank everyone who contributed their efforts towards organizing this immensely successful program on the occasion of the International Day of Yoga, I salute them all. You are aware of the manner in which Sri Swami Satyananda fulfilled his guru's mandate of taking yoga 'from door to door and shore to shore'. Swami Niranjan has taken this message even further into the very hearts of people.

I have been associated with the ashram since 1965 and been witness to three world yoga conventions. The unstinting support and enthusiasm that I have seen in the past few days



from people who have been coming to the ashram frequently, who have come once in a while and even those who have never come to the ashram has been truly astounding.

The ashram has been receiving requests for programs from the people of Munger who were eagerly offering to host yoga sessions in hotels, their homes, community spaces and many other places. People have come forward on their own accord and shown great support towards achieving what Swamiji had in mind for this day. There can be no better tribute we can offer to the mission of Sri Swami Satyanandaji than to wholeheartedly do whatever we can and participate in such endeavours.

Our children from the Bal Yoga Mitra Mandal (BYMM) conducted classes under the open sky with the sun blazing above their heads. Some venues fell short of space and people were gladly practising even on the streets. Many people asked that such programs be conducted regularly and for longer periods of time.

Munger truly lived up to the honour bestowed upon it by our late President Sri A.P.J. Abdul Kalam who conferred the title 'City of Yoga'. On 21 June it was proved without any doubt that the people of Munger have great faith, trust and fully support the mission of yoga. Everyone contributed in their own way, and so did the villages of Suryagadha, Khadagpur, Tarapur and many more.

I wonder if such a successful program has ever been carried out in such an easy and simple manner where people came forward spontaneously and everything came together in this beautiful way. There was no major show or propaganda, people just came forward and became part of this effort on their own. It is certainly laudable.

Our dedicated band of BYMM children and the extraordinary sense of commitment they showed on 21 June left a very deep impression on all of us. From the early hour of 4 am, over one hundred of them started arriving at the ashram gates though the time they were given was 5 am when they would be taken to the various centres where they were to conduct yoga sessions.



These children who usually wake up by 5 or 6 am had all come here without having had their breakfast. Each and every child who was selected as a yoga teacher came on time, there was 100% attendance. It was also a very heartening sight to see that the people who had undertaken to host sessions at the various centres were all there by 5.30 am to transport their 'teachers' to the venue by car, rickshaw, motorcycle and some by foot. The children were not only taken to the centres and dropped back to their homes after the session but they were welcomed at many places with such respect and warmth, it made us all wish we could also have been children ourselves!

One of the most amazing things that happened was that the Ramayana Mandali organized more than 30 such sessions on their own steam without asking for teachers from the ashram or any of the mitra mandals. The members of the Ramayana Mandali attended the intensive three-day training program to prepare teachers for conducting yoga sessions in their own homes and also in many other places – over 30 venues! I personally believe that they deserve the top honour for that day.

The lamps of yoga that have been lit by all of you to spread this mission must continue to burn bright and I request you to keep coming to the ashram and renew this flame. You will receive renewed inspiration and the enthusiasm you all have shown will grow from strength to strength. *Hari Om.*

– Swami Shankarananda



All eyes were upon our city of Munger

As the preparations for the International Day of Yoga celebrations commenced all over the world, everyone was wondering how it would be observed here at BSY in Munger.

According to Swamiji's instructions, it was to be observed in a peaceful manner without any pomp or propaganda. Swamiji was clear about adopting an unassuming manner. He wanted programs to be conducted from the ashram courtyard to the rooftops and courtyards of homes all over the city. A meeting was convened with the citizens of Munger who willingly offered their homes, courtyards, rooftops, schools and other venues, each according to the means at their disposal and several such centres were set up. The children of Bal Yoga Mitra Mandal (BYMM), members of Yuva Yoga Mitra Mandal (YYMM), Ramayana Mandali and eminent citizens of Munger decided that centres would be established by them in their own homes.

Though yoga teachers were present in most homes, a concern was expressed to the BYMM, YYMM and Ramayana Mandali by those people who did not have the privilege of an 'in-house' teacher. What was to be done? The three groups



dealt with the question beautifully. An intensive three-day training program was organized which gave detailed instructions about the overall plan for the International Day of Yoga program, the specific set of practices for that day were carefully taught to everyone so that the same program would be conducted in each and every place.

After this three-day training on 20 June, the places where classes were to be conducted were visited to see what might be required. When we went to the various venues, we saw people enthusiastically engaged in cleaning and arranging everything for the next day. Neighbours came to see what was happening.

On 21 June, venues that seemed capable of accommodating about 30 participants were packed to the limit and people were seen practising outside as well. Rooftops were full and maidans were packed with people practising yoga. In over 108 centres there were more than 7,500 participants, in almost 2,000 homes yoga was being practised by the whole family. Everywhere the same yoga practices were conducted – from Paduka Darshan to the many centres and innumerable homes of people who are associated with the ashram through BYMM, YYMM and other groups.

To all those who have been instrumental in making this program a resounding success, whether their help was offered in person or with the spirit of support, we extend our heartfelt congratulations and offer our deepest thanks.

– Swami Shashwatananda



Thank You Swamiji



The Yoga Peeth in Munger is undoubtedly an exemplary institution and as the International Day of Yoga drew near we knew that this occasion would be observed by them in a unique and special manner and we have all seen that this was exactly what happened.

I have come here to request Swamiji that we, the citizens of Munger, be included in your plans and we seek your advice and guidance in how we can also continue to contribute towards spreading the message of yoga among more and more people.

– Jay Kishore, Red Cross Society, Munger

In 1963 I had attended a yoga program which was held by Sri Swami Satyanandaji at the Goenka Dharmashala and have been associated since those days. My older son Pavan Kumar used to be called by Swamiji every day to spend time with him and learn yoga and thanks to Swamiji's grace, today he is a well reputed yoga teacher in Dhanbad.

In the recent program I had also hosted a session at my home in Belan Bazaar, Bengali Tola, which was attended by many men, women and children, so much so that the space was insufficient to accommodate everyone. It went off very

well and the teacher who had been sent to us conducted everything in an excellent way. I wish to offer my thanks and seek the blessings of Swamiji. With your encouragement and support, so many little children are doing such an amazing job in this City of Yoga. I feel great joy to be witness to this and I am sure that in the future we will continue to have many such programs. All we need is your blessings. Many thanks.

– *Naval Kishore Prasad Singh*

I retired from the Town High School eleven years ago. When we heard about the plans for the International Day of Yoga celebrations in Munger and that a session was being organized at the Intermediate Teachers Bhavan in Bada Bazaar there was not a shadow of doubt in our minds about it and we readily agreed.

It is a widely accepted fact that in order to attain all round progress at the mental, emotional, spiritual and physical level the practice of yoga on a daily basis is very necessary. Even those who express many negative attributes become transformed into healthy and better individuals after the practice of yoga.

Swamiji mentioned that they also conducted classes in the jail. One of the senior instructors of our Training College recounted an incident from way back in 1972 that after he conducted yoga classes for the prisoners in the Bhagalpur Jail, many of the prisoners came and fell at his feet, thanking him for teaching them yoga and helping them find a way to live as better human beings.

We all have deep faith in the benefits of practising yoga and being in contact with the study of yoga because it is not related to any community, religious or political affiliations. All intelligent people have accepted it and we are honoured that the light that shines bright from the yoga ashram helps those stumbling about in the dark to find a better path in life.

– *Ram Naresh Pandey*

Though our ashram has been spreading its light and fragrance throughout the world for many years, several thousand people have been fortunate to be associated with the ashram, but for the first time today Swamiji has also brought thousands of homes into its fold.

We, the citizens of Munger, are extremely grateful to the ashram and to this culture which included all our homes in this wonderful program. It is our earnest hope that such activities should carry on so that we can continue to benefit.

– *Prabhudayal Sagar (Sagar Yadav)*

On 21 June 2015 in the city of Munger that is blessed by the flow of the Ganga and Ma Chandika Sthan and the Bihar School of Yoga, it is not possible that in this first City of Yoga people would not awaken to the message of yoga. In the early hours of the morning when I went up onto the roof of my house, I beheld a beautiful flow of people heading towards the many venues where yoga sessions were being organized. It looked like a river and everyone was flowing along, swept by the current that made them seek out places where they could practise yoga.

I could not imagine that 40 people could be accommodated on my roof but that is exactly what happened and all of them practised with a lot of enthusiasm. Everyone came together with a new energy and hope that was inspired by Swamiji and the children of BYMM. It was heartening to see the vigour and spirit with which people worked to organize the programs and make all the arrangements, giving totally of themselves to acquaint people with this culture of yoga. What more can I say? The children stole our hearts and we all benefited greatly from everything.

– *Citizen of Munger*

My name is Roshni Kumari and I conducted a yoga session at the home of Manju Sharma in Vasudevapur. When I arrived I saw that there were very few who had come, not more than ten or so. But by the time I began the session there were more



than 50 people participating and the place was not enough to accommodate them all so we asked about 10 to 15 people to follow the practices mentally through visualization. Everyone who was there performed the asanas very well, most of them were old aunties and they did very well. When I was guiding the practice of surya namaskar they did it with great eagerness and when I increased the speed they said, “Oh, could you please slow it down, my child?” We all enjoyed it very much.
Hari Om Tat Sat.

– *Roshni Kumari (BYMM)*

Swamiji asked for a women’s program. Well, mothers and women work everywhere so there is no question of them being left behind. We requested Swamiji to give us some training for a few days and then we went out with these new teachers. Such zeal and enthusiasm even in ladies who were 60 or 65 years old! They went to the market and bought kurtas and pyjamas for themselves saying that they would also practise surya namaskar.

The seeds sown by Paramahamsaji and Swamiji in Munger are growing into plants all by themselves and bring forth flowers and fruit. This is the effect of the blessings of a saint which we have received. Swami Sivananda and Swami

Satyananda brought this to us from Rishikesh and helped it flow into Ganga Sagar – how can we put this glory into words? Our tradition is strong and will endure forever. Like the yoga sutra which states *Sato deerghakaaalanairantara* – our institution of yoga will endure.

What we celebrated was a festival of yoga like Holi and Diwali when we make special delicacies according to our means. It is one festival that we will now look forward to every year. The members of the Ramayana Mandali said that they would not lag behind in this yoga day celebration and earnestly participated in the training classes held at Ganga Darshan. It was really wonderful, the help we received from the ashram and the children made it possible for the newly trained ladies to conduct classes in so many places.

Everything is due to guru's grace; we are just the medium to carry out the work.

– *Sannyasi Mantranidhi (Ramayana Mandali)*



Bihar's Flag of Pride

Swami Niranjanananda Saraswati



The world observed International Day of Yoga on 21 June and this is a great achievement for India because without any opposition 177 countries agreed to accept this proposal. On the day itself, more than 199 countries came forward and participated in this yoga program with great enthusiasm. People came forward, not just in small numbers or to have their face appear on television, but with true hope and inspiration. What our Prime Minister said about the whole world coming together under the shelter of yoga is undoubtedly true.

This story begins 53 years ago, because when the ashram was established here in Munger and the first world yoga convention was held in 1963, Sri Swamiji made a declaration that 'yoga will emerge as a world culture'. At that time the people who heard this laughed because in those days hardly anyone knew anything about yoga. When I came to Munger and joined the ashram almost as many years ago, the idea prevalent in society about yoga was that this was something meant only for sadhus and sannnyasins. What do householders have to do with observing austerities and such practices in order to have a vision of the divine? What can householders

gain from all this? In such an environment those many years ago Sri Swamiji declared that yoga would emerge as a world culture and 53 years later it has been proved true!

When the International Day of Yoga was announced the question that arose in my mind was what should be the goal of this Yoga Day. Yoga is a part of our culture and so should become an inseparable element in our lives. After deciding upon this goal and with this intention of adopting yoga as a lifestyle we started planning and preparing the program that would be carried out in Munger.

This took the form of a capsule of practices that one can easily incorporate into one's daily routine. After all, half an hour of asana practice in the morning and fifteen minutes of concentration and relaxation practices at night is not difficult to do. The morning practice energizes you and takes care of your physical health and wellbeing, while the practices in the evening bring relief from stress and help you relax. If you practise these two capsules on a regular basis, your social life will be easily regulated, as the main cause for unhappiness and lack of success in life is mental stress that hampers thinking and intellectual capacities.

Contemplation is not possible when there is tension and stress; there is only worry and anxiety and it is not possible to transform the worry into positive and fruitful thoughts and action. The effects of stress and tension are strong and the morning and evening yoga capsules have been prepared with the intention of finding a means to alleviate these problems. If you are able to follow these practices with regularity, it is you who stands to gain. You will attain good health, peace of mind, and overcome the weakness of your mental faculties. Keeping this goal in mind, we planned a program that would extend from the ashram courtyard and flow into compounds and rooftops of your homes and into your lives. And what was the message that was sent out into the world from here? Adopt yoga as a lifestyle and live it in your daily lives! So this is what was planned and conducted here.

Many people said to me that the date was drawing near; what was being arranged, what were the plans? They had no idea that we had already set things in motion but it was all done in a quiet manner. People presumed that just like during the convention there would be a massive set-up and we would have a grand program. Well, it was certainly a grand program but done in a simple, unassuming and effective way.

Not only in Munger but even Suryagadha and several other places in the country as well as overseas, wherever there were teachers and practitioners from our tradition, many programs were conducted on the occasion of the first International Day of Yoga. If we count just the number of people in Munger city and the Munger district who participated, it will exceed the number of people who practised yoga on Rajpath in Delhi. They practised in their homes along with their family and friends and some of you might have seen the photograph that appeared in the newspaper of one of our Bal Yoga Mitra Mandal girls. She was conducting a yoga session with about twelve people and she was all of eight or nine years of age!

People from every age and group played a role, assuming responsibility for the programs here – eminent citizens of Munger, the youth, our associates, children, mothers, fathers – each one contributed according to their capacity towards making this historic event a reality.



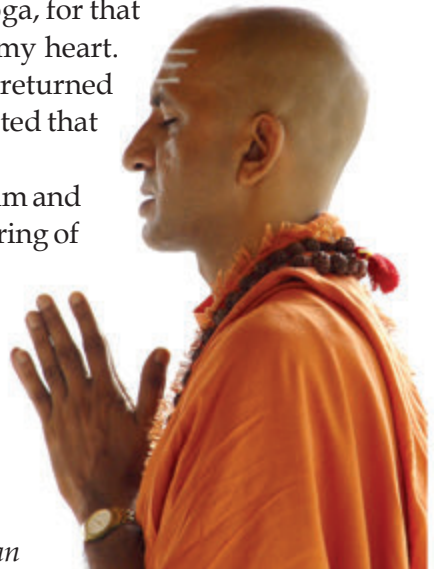
Now there is only one job left: to compile a record of all the sessions and camps that were conducted as part of the celebrations of this special day. It will not only provide everyone with a record of what happened but also inspire us to make an effort to improve upon these achievements and build upon them each year.

It is a matter of real importance that the world culture and the international community have accepted our culture of yoga. If this is sustained and continues, it will have an impact in the coming decades with a positive transformation in the mental, emotional and spiritual life of humankind. People will strive together in order to bring about peace, happiness and prosperity in society. It is for this that I extend my heartfelt thanks to each and every one of you.

On that day I was absent from Munger and the reason for this was that I went and sat beside my Guru's samadhi that morning. I told him that what he had declared 53 years ago has reached a special stage of fruition today. So while the whole world was engaged in practising yoga, I was sitting beside my Guru and telling him all about what was taking place as part of the International Day of Yoga, for that was the feeling and sentiment in my heart. At about 12 o'clock or so, I left and returned to Munger. That was how I celebrated that day.

Munger held a beautiful program and in Paduka Darshan we had a gathering of almost 600 people who live within the Fort area. That was a good number too! This was possible because of you, not because of me; it was your effort. And I salute you all for raising Bihar's flag of pride to new heights here!

– 24 June 2015, Ganga Darshan





Yoga Publications Trust

Yoga Chakra: The Wheel of Yoga

Swami Niranjanananda Saraswati

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

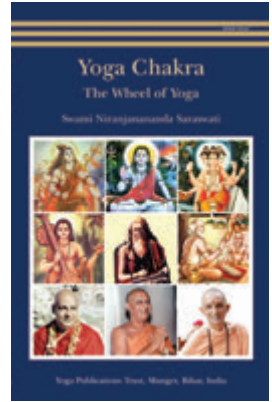
During the World Yoga Convention and Golden Jubilee celebrations of the Bihar School of Yoga in October 2013, Swami Niranjanananda Saraswati announced a new direction for yoga. This approach became apparent in the first month-long Yoga Instructor's Course conducted in August 2014 at Ganga Darshan Vishwa Yogapeeth under the direct guidance and inspiration of Swami Niranjan.

Over a series of talks Swamiji provided a contemporary understanding of yoga, outlined the future direction of Satyananda Yoga-Bihar Yoga and presented an innovative and groundbreaking vision of yoga for the coming age. This theme, further expanded during the 'Ashram Life Yoga Satsang' program held in December 2014, forms the content of the 2nd edition of *Yoga Chakra*.

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A self-addressed, stamped envelope must be sent along with enquiries to ensure a response to your request



2nd edition

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.

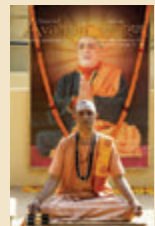


Living Yoga with Swami Niranjan

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 contains an archive of over 30 years of the magazine. This archive is fully searchable and ever expanding.



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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Yoga Peeth Events & Courses 2016

Jan 1	Akhanda Path of 108 Hanuman Chalisa
Feb 2-May 29	Yogic Studies Course, 4 months (Hindi)
Feb 9-12	Sri Yantra Aradhana
Feb 13	Basant Panchami Celebrations/ Bihar School of Yoga Foundation Day
Feb 14	Bal Yoga Diwas, Children's Yoga Day
Feb 21-27	Yoga Capsule: Respiratory (Hindi)
Mar 20-Apr 3	Yoga Capsule: Total Health (Hindi)
Apr 24-30	Yoga Capsule: Digestive (Hindi)
Jul 15-18	Guru Poornima Satsang Program
Jul 19	Guru Paduka Poojan
Aug 1-30	Yoga Instructors Course (English - Indian nationals)
Sep 8	Swami Sivananda Janmotsava
Sep 12	Swami Satyananda Sannyasa Diwas
* Sep 24-30	Hatha Yoga: Shatkarma Intensive (Hindi/English)
* Oct 1-30	Progressive Training for Satyananda Yoga Teachers (English)
* Oct 3-Jan 29	Yogic Studies Course, 4 months (English)
* Oct 22-28	Raja Yoga: Asana & Pranayama Intensive (Hindi/ English)
Nov 5-11	Kriya Yoga: Preparatory (Hindi)
* Dec 19-23	Yoga Chakra Series III (Hindi/English)
Dec 25	Swami Satyananda's Birthday
Every Saturday	Mahamrityunjaya Havan
Every Ekadashi	Bhagavad Gita Path
Every Poornima	Sundarkand Path
Every 5th & 6th	Guru Bhakti Yoga
Every 12th	Akhanda Path of Ramacharitamanas

* *Indicates courses available in English language for Overseas students*

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:

Bihar School of Yoga, Ganga Darshan, Munger, Bihar 811201, India
Tel: +91-06344-222430, 09304799615, 06344-228603, Fax: +91-06344-220169
Website: www.biharyoga.net

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