

# YOGA

Year 5 Issue 3

March 2016

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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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Bihar, India

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

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## GUIDELINES FOR SPIRITUAL LIFE

### OBSTACLES TO SADHANA

#### Talkativeness

The energy that is spent in talking must be conserved and used for divine contemplation. A talkative person cannot dream of having peace for even a short time. Talkative people are restless people. An aspirant should say only a few words when necessary and that, too, only on spiritual matters. A talkative person is unfit for the spiritual path.

Mouna does not mean silence but 'measured speech'. It is an important practice for all aspirants as it develops discrimination. Silence itself is a practice which connects the aspirant with peace, contentment and the divine.

—Swami Sivananda

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# YOGA

Year 5 Issue 3 • March 2016  
(54th 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 TRAINING



## **Kriya Yoga**

From 2nd to 11th January, Swami Anandananda from Italy conducted a kriya yoga course for 27 participants from Italy and 33 from Spain. Swami Muktidhyanam assisted with the translation.



The participants were able to fully immerse themselves in the practices as they had been well prepared throughout the year in weekend seminars in Italy and Spain.

On 6th January, Swami Niranjana initiated 16 aspirants into mantra and 12 into jijnasusannyasa.



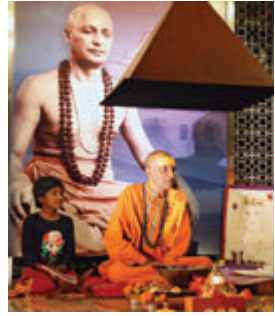
## **Yoga Instructor's Course (Hindi)**

From 2nd to 29th March, the Yoga Instructor's Course was organized at Ganga Darshan. Ten women and twenty men participated in the course. They came from Andhra Pradesh, Bihar, Chhattisgarh, Himachal Pradesh, Jharkhand, Maharashtra, New Delhi, Punjab, Uttaranchal, Tripura and Nepal. Swami Taponidhi and Swami Shivadhyanam conducted the classes of asana, pranayama, yoga nidra and meditation; they were assisted by sannyasis Atmarpan, Satchidananda and Vasundhara.



As the certificates were given to the new instructors, Swamiji spoke on the two components of yoga: practice

or *abhyasa*, and lifestyle. To learn the yoga practices a competent teacher is required, not a guru. For lifestyle, when one wants to further improve one's personality, behaviour and interaction, then a guru is necessary. The yamas and niyamas are not part of yoga practice but play a role in the yogic lifestyle.



## WHAT I HAVE LEARNT – IMPRESSIONS

During this course, I have learnt to face the challenges that life brings to us, to accept them and overcome them. The divine and beautiful lifestyle of the ashram has shown me that the journey from being a 'rogi' to becoming a 'bhogi' and even trying to live as a 'yogi' is something that is possible and within the grasp of everyone if we make the effort.

—*Durga Baasel, Pokhara, Nepal*

To practise awareness at all times, to maintain a balanced state of mind, to understand pratipaksha bhavana and try to make it a part of our daily life – these are the highlights of the teachings I have received in the ashram. The evening sadhana in Jyoti Mandir with chanting and kirtan is a cherished memory along with the beautiful, clean and peaceful environment of the ashram that automatically calms the mind. All this I take back with me – thank you!

—*Aparna Ashok More (Mantrashruti), Mumbai*

One of the most important things I have learned at Ganga Darshan is that cleanliness, whether of a toilet or one's own chitta, can bring so much peace and joy. The invigorating and energized feeling after each class that stayed with me throughout the day is also another delightful and memorable experience of this course.

—*Kishore Kanti Majumdar, Bihar*

This yoga course helped me gain an intimate understanding of the importance of time management and how one can optimize every moment of the day. I experienced many changes taking place within myself: my thought patterns were gradually altering; I was awakening to a culture that had faded into a lost memory; I was living a methodical and disciplined life, and I was making a continuous effort to enhance the beauty of the time we have all been given.

—Rakesh Kumar Jha, Bangalore

## Yoga Instructor's Course (English)

*The attitude of the teacher at the time of teaching is more important than the attitude of the students or the practice of asanas.*

—Swami Niranjanananda Saraswati



From 4th to 31st August, the Yoga Instructor's Course was conducted at Ganga Darshan and was attended by 57 participants. They came from Bihar, Goa, Gujarat, Jharkhand, Karnataka, Kerala, Madhya Pradesh, Maharashtra, New Delhi, Odisha, Punjab, Tamil Nadu, Telangana, Uttarakhand, Uttar Pradesh, West Bengal and Nepal. Between the 26 ladies and 31 males who participated, the age ranged from 18 to 64 years.



Teachers of the course were Swami Upasana, sannyasis Nimaichaitanya and Priyadhara. Swami Niranjanananda conducted some asana classes and gave satsang at many occasions. He spoke on the tradition, purpose and aim of yoga.

## Ashram Life

From 20th to 28th September, Sannyasi Harimaya brought a group of 29 TTC students from Bangalore to Ganga Darshan after completion of their one-year course. They spent one week at the ashram to experience ashram life. They met Swamiji for satsang and had APMB classes conducted by Sannyasi Vijayashakti and yoga nidra classes by Swami Yogamaya.



## Progressive Training

From 1st to 30th October, the first Progressive Training Level 1 was conducted at Ganga Darshan. The course was attended by 38 ladies and 20 males who have been associated with the Bihar School of Yoga for many years.

Swami Niranjanananda conducted asana and pranayama classes and study sessions on the *Yoga Chakra* and *Yoga Chakra 2*. He emphasized the need to deepen one's understanding and experience of the aims set out by yoga, and thus become a true sadhaka. In the practical classes, Swamiji introduced a novel way to access the depth inherent in each yoga practice, and in the study sessions, Swamiji made the ancient wisdom of yoga relevant to the day-to-day life of the participants. He explained the need to practise yamas and niyamas, not only those of raja yoga but of other branches of yoga as well.





For one week, Swami Yogakanti conducted Tattwa Shuddhi classes comprising of theory and practice. Swamiji introduced the practice of Tattwa Shuddhi 2, in which the practitioner discovers and purifies the subtler tattwas mentioned in the ancient spiritual traditions.



The month-long training was an overwhelming beginning to the second chapter of yoga which will take yoga from practice to sadhana. In his last talk Swamiji exhorted the participants to maintain their connection with the yoga vidya and to continue on their yogic journey with seriousness, sincerity and commitment.



The international group consisted of participants from Argentina, Australia, Brazil, Bulgaria, China, Colombia, Finland, France, Germany, Greece, Iraq, Ireland, Italy, Nepal, New Zealand, Serbia, Sweden, The Netherland, Uruguay and the USA. Participants from the following Indian states were attending: Andhra Pradesh, Karnataka, Tamil Nadu and West Bengal.





### Yoga Chakra Series III

From 1st to 7th November, the Yoga Chakra Series III was conducted by Swami Niranjanananda. In the morning APMB class, Swamiji showed how to deepen the experience of yoga through the simple practices of pawanmuktasana.

In the afternoon Swamiji spoke on jnana yoga which is the process of strengthening one's wisdom. In detail he described the seven *bhumikas*, levels, of jnana yoga, the effort that needs to be made in the first three levels and the attainments experienced in the last four.

Over 85 participants took part in a truly novel approach to this often misunderstood branch of yoga.

The following international group was represented: Argentina, Austria, Brazil, Bulgaria, Canada, Channel Island, China, Colombia, France, Germany, Greece, Hungary, Ireland, Nepal, Netherlands, New Zealand, Portugal, Serbia, Spain, Sweden, Switzerland, UK and USA. The national participants represented the states of Andhra Pradesh, Bihar, Delhi, Jharkhand, Madhya Pradesh, Maharashtra, Odisha, Rajasthan and West Bengal.



## PROGRESSIVE TRAINING, OCTOBER 2015 – IMPRESSIONS



This progressive training was so complete I have no words to describe it nor the gratitude and the happiness that I feel. I never imagined that Swamiji would conduct the entire training. I had never had the opportunity to learn directly from Swamiji since my first visit and experience of the ashram in 1998. For me it is like a dream come true.

The classes were intense but balanced; asana, pranayama, mudra, bandha taught and experienced in a much deeper way, deeper than I used to practise at home. This has given a new understanding and a new experience. I have learnt a lot; about everything, from the different theoretical topics on yoga, the history of yoga, the branches of yoga, and about myself too. I will do my best to work for the Satyananda Yoga tradition in my country and in myself.

—*Sannyasi Sankalpa, Argentina*

Two things have been highlighted for me in the progressive training with Swamiji: purity and vidya. Purity on all levels,

starting with the shatkarmas for the gross physical dimensions, pawanmuktasana for the different doshas, and strengthening and toning asanas for muscles and joints. Our awareness was refined from the physical movements to colour, symbol and sound.

In a satsang Swamiji said that the Mrityunjaya Shiva is a symbol for vidya. He is sitting surrounded by waters – vidya, two pots next to him are filled with water; one pot is pouring water over his head and from one pot water is flowing out forward. For me Swamiji is that. He holds vidya and makes sure it remains pure, he is bathing in vidya and he also pours it out to us. I feel very blessed that I could be part of this progressive training and I am very happy that instead of receiving a certificate we made a contract with Swamiji to imbibe vidya in our lives.

—*Sannyasi Gyanmudra, Germany*

For me this training is a life changing experience. It gave me a clear focus and understanding. I learnt a lot of new deeper elements of the practices and the whole subject of yoga. I feel like travelling by airplane being able to cover a very long way in a short time.

—*Sannyasi Radha, Bulgaria*

Swamiji has transmitted a profound sense of respect towards the vidya that has been guarded and offered in this tradition. This has made it very clear what a great responsibility has been entrusted to us as recipients and aspirants. This responsibility is both personal in regard to our understanding, efforts, sadhana and lifestyle; and far beyond personal interest, it is connected to the vision and mission of our gurus and the needs of sincere aspirants in today's society.

I may only express deep gratitude to Swamiji for giving us so much in this progressive training and I hope to be able to make myself progressively worthy of it!

—*Sannyasi Mantrashakti, Colombia*

Yoga is an immense ocean of knowledge and wisdom, and we are truly blessed to be on this path. Although we are at the beginning of the very beginning, the beauty is that it is a lifelong process and there will always be many new things to imbibe and apply. The important thing is to be open to the process and to keep on making the effort.

—*Sannyasi Mudita, Bulgaria*

There are many things that I realized and understood during this training, but I think the most important is the greatness and truthfulness of the tradition which I belong to and to maintain the original and true teachings with sincerity, commitment and seriousness.

My heart is full of hope. When I go back I will have to face difficulties and negativities, but I know that I have all the tools I need to overcome them and live a happy and positive life.

—*Swami Arun Kiran, Italy*

This training was a deep, beautiful and enriching experience and a wonderful opportunity. The classes with Swamiji were a unique experience; a combination of knowledge, wisdom, inspiration, care, clear direction and compassion, and given with a lot of humour. The classes have inspired me to make more effort in my own sadhana, to work on myself, to have my own experience, to become a better student and disciple before I transfer it to my teaching. The classes and study sessions with Swamiji have reminded me once more how rich, beautiful and complete our tradition is. Nothing else is required. With love, gratitude and appreciation.

—*Swami Savikalpananda, Greece*

I feel that I am on the right path and I am very happy that I follow Satyananda Yoga – this unique and great tradition. The course helped us to reconnect with the source, the guru and the teachings. The morning classes helped us to realize how much more we need to work with our bodies and prana



and gave us a new direction for hatha yoga sadhana as per the goals of yoga.

Swamiji gave us so much knowledge, wisdom, energy and love. He is our inspiration and we will continue the path of yoga with strength and motivation. Our Swamiji is one, who is in the state of sthita prajna! Whenever he appears he radiates light and joy. This can be easily seen in the glowing eyes of the people being in his presence. I thank Guruji for this very special time and teachings he gave us!

—*Swami Yoga Gnana, Bulgaria*

Swamiji, I am much indebted to you for imparting the essence of the most valuable vidya in a simple and practical form and inspiring me to live my life accordingly. Thank you very much once again for providing your most valuable time and also kindly allowing Shambhavi to be a part of it. October 2015 happened to be the fastest and the best month in my life.

—*Sannyasi Premananda, Nepal*

The Progressive Training has created the feeling of connection to vidya; of being linked to the rich understanding, through the teaching and lifestyle, handed down, lived and expressed by the masters of this tradition. We were also given the classification of the greater purpose: by making the effort, going step by step, we gain the understanding of how to manage the body, mind and emotions. Swamiji taught us how to build. He explained the importance of a foundation and how to build it.

Swamiji reflects what he teaches, he brings yoga alive and he brings not only their teachings but Sri Swamiji and Swami Sivananda themselves alive.

—*Swami Yogajyoti, Ireland*

## BIHAR YOGA BHARATI COURSES

*The word yoga represents harmony, unity and coordination. This sense of harmony and unity has to be expressed to your own self first, then with the people you live with.*

—Swami Satyananda Saraswati



### **One-year Diploma course**

From August 2014 to May 2015, the one-year Diploma Course was conducted at Ganga Darshan. Eleven students participated. They came from Bihar, Himachal Pradesh, Jharkhand, Karnataka, Madhya Pradesh, Maharashtra, Greece, Kurdistan and Nepal. Daily APMB classes, meditation and yoga nidra were given by swamis Ananda Kumar, Krishnapriya, Taponidhi, Yogamaya and Yogatirtha, and sannyasis Atmarpan, Devileela, Pragyadhara, Satchidananda, Soumyashakti and Vijayashakti.



### **Yogic Studies (Hindi)**

From February to May, the four-month Yogic Studies course was conducted at Ganga Darshan. Nine ladies and 32 men attended the course. They came from Bihar, Gujarat, Haryana, Jharkhand, Karnataka, Madhya Pradesh, Maharashtra, Rajasthan, Uttar Pradesh, West Bengal, and Nepal.



Classes were conducted by sannyasis Yogashraddha and Atmarpan; they were assisted by sannyasis Mayankeshwar and Preamsagar.

## WHAT I HAVE LEARNT – IMPRESSIONS

The first day of karma yoga was a lot of fun, the second day was okay but by the third day we were engulfed by waves of negativity. 'We have come here to study yoga and all we do is clean, clean, clean. These people are making us do menial jobs that we did not come for!' Since I had committed myself to the four-month period, I battled with the negative thoughts and stuck it out. Over time I discovered that the negativity slowly disappeared and I found myself full of optimism and energy.



The role of cultural and artistic activities in the ashram helped enhance our confidence in ourselves. We sang, played music and danced with abandon in a manner that freed us from stage fright and low self-esteem. At the end of our course we were given an opportunity to showcase our talent which we offered in gratitude and appreciation for everything we had received with such abundance in the ashram and from Guruji.

The one thing that had me totally confounded was this – for some strange reason, every single thing that we disliked, avoided or felt insecure about doing was the very same activity that we would be assigned for our seva! Initially it would fill me with rage and I would wonder, 'How do these people here know about our weaknesses and vulnerabilities.' But slowly the fears melted away and we strode ahead with the glow of confidence lighting up our faces. I used to shun anything that involved writing but after my long stint in the Hindi editing department, that demon has been laid to rest.

I express my deep thanks to Guruji and all the ashram residents for this invaluable experience.

—Jyoti Roy, Pune



## Yogic Studies (English)

On 1st October 2015, the four-month Yogic Studies Course commenced. The international group of students came from 13 countries: Argentina, Bulgaria, Colombia, France, Germany, Iran, Lebanon, Lithuania, Nepal, Sri Lanka, Switzerland, Taiwan and the USA. The Indian students came from the 9 states of Andhra Pradesh, Bihar, Karnataka, Maharashtra, New Delhi, Rajasthan, Tamil Nadu, Uttaranchal and Uttar Pradesh



Classes were conducted by swamis Krishnapriya, Maitreyi, Shivadhyanam and Yogatirtha, and sannyasis Soumyashakti and Vijayashakti.



On 24th January, the 33 students received their certificate in Jyoti Mandir. Swamiji gave an inspiring talk, thanking them for their wholehearted involvement and participation in ashram life. He then said that yoga means developing and expressing positivity, happiness and optimism in life. A certificate has only meaning if it becomes a reminder of one's commitment to the yogic process.





## WHAT I HAVE LEARNT – IMPRESSIONS

I have gradually learned to accept,  
not just the wonderful things about the ashram, but also  
the rigid rules and schedules  
that made me wonder if I was in jail at the beginning,  
the irritating sevas and duties  
that made my mind crazy and my mood shitty,  
the stressful conditions and situations  
that made me act like a mean witch, and  
the frustrating miscommunications and misunderstandings  
that made me whine like a baby.

I have gradually learned to accept,  
not just the wonderful strengths in me, but also  
my unchangeable flaws and faults  
that made me embarrassed and ashamed once,  
my uncontrollable thoughts and feelings  
that will most likely remain out of control,  
my impulsive reactions and expressions  
that make me an unpleasant company at times, and  
my contradicting nature that makes me ponder  
the possibility of me having multi-personalities.

I have failed many times, but each time I chose to accept.  
I sensed the stress decreased and tension eased.  
I noticed my patience extended and tolerance expanded.

I have failed many times, but each time I chose to accept.  
I felt my mind clearer and sometimes inspired.  
I made my heart moved and acceptance improved.

I have failed many times, but each time I chose to accept.  
I found myself smiling at nothing stupidly but sincerely.  
I realized being happy and positive is in fact quite easy.

Therefore, acceptance has been my biggest learning in these  
four months. It will continue to be one of the greatest learning  
in my life for I believe it will eventually bring out the best of me.

—Wan-Jung Tsai (Abby), Taiwan

# No Repeats

*Swami Niranjanananda Saraswati*



In 2015 my aims and aspirations have become absolutely clear for the next fifty years. During the World Yoga Convention in 2013, I said that the first chapter of yoga propagation was over and the second chapter of understanding yoga had to begin.

In 2014, thinking and observation was my main work. In 2015, I focused on introducing some new teachings of yoga. From 2016 onwards all the programs that have been conducted by BSY for the last fifty years will come to a complete standstill and a whole new generation of yoga program begins. This will set the course for the next fifty years.

Nothing is a repeat of any of the old courses, classes, teacher training or health management that have been conducted in the past. From 2016 yoga takes a new birth at BSY. The old yoga which you know is out the gate. A new yoga will develop, which will have its base on the sadhana component.

*– 31 October 2015, Ganga Darshan, Munger*

# YOGA PROPAGATION

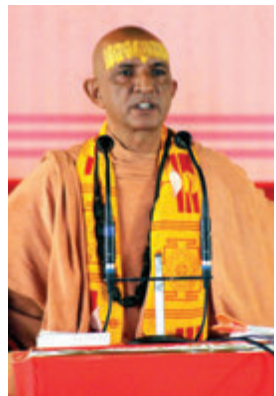
## BHARAT YOGA YATRA 2015 – KNOW YOURSELF YOGOTSAV



### Assam

From 8th to 11th October 2015, Swami Niranjanananda conducted the fifth 'Know Yourself Yogotsav' at Vrindavan Garden, Shri Guwahati Gaushala, Athgaon, Guwahati, Assam. It was jointly organized by the citizens of Guwahati; Bihar School of Yoga, Vishwa Yogapeeth, Munger; and Satyananda Yoga Darshan Peeth, Tryambakeshwar, Nasik.

In his satsangs Swami Niranjan emphasized the need for inner effort to transform and uplift life. In the discharge of responsibilities, one should follow the tenets of dharma, which implies appropriateness in thought, behaviour and action. One should remain committed to the higher values of life and pursue them with seriousness and sincerity. There should be continuous effort to reinforce one's strengths and eliminate one's weaknesses.





Swamiji spoke on the branches of yoga, presented the yoga capsules and encouraged the audience to practise the morning mantra sadhana.

Swamiji also addressed the army officers at the 51 Sub-Area headquarters, Narangi, and the railway executives at the Officers Club of N.E. Railway. He provided them with yogic clues to a stress free, efficient and happy life.



On 11th October, thirty-seven participants were initiated into mantra and two into jignasu sannyasa.

Thousands of people participated in the yogotsav. They had never had such a holistic approach to the teaching of yoga and to life and were impressed by the depth of Swamiji's teaching.



## Other than the Bharat Yoga Yatra the following programs were conducted:

### Assam

From 26th to 29th March, the Dakshinapat Satra (ashram) in Majuli, Assam, organized a yoga shivir 'Adhyatmik Yuva Sammelan'. Majuli, an island in the river Brahmaputra, has 22 Vaishnavite ashrams. Out of the 800 participants attending the program, 700 were in their twenties. With little prior knowledge of yoga, all were interested in the satsang and talks on the various branches of yoga, and the practices.

Swami Sivaraj and Swami Gyanbhikshu conducted the daily sessions; they were assisted by Kunal and Gaurav of the Yuva Yoga Mitra Mandal.

From 6th to 13th December, a yoga shivir was held at the Narangi Military Cantonment, Guwahati. Swami Kaivalyananda conducted classes for soldiers and officers and their wives, for the medical staff of the Base Army Hospital and the soldiers of the Electrical Mechanical Engineering Unit.

Yoga sessions were also conducted at the Kendriya Vidyalaya for 600 children of classes 6 to 10, and at the APS Army Public School for 150 students.

A total of 1330 participants benefited from the yoga classes, and it was requested that similar seminars be organized every 3 to 4 months.





## Bihar

From 15th to 20th May, a yoga shivir was organized by Vir Kunwar Singh Maheshwari Academy in Katihar. Two daily classes of APMB and satsang on the tradition of Satyananda Yoga were conducted by Swami Kaivalyananda. Over one hundred participants took part in the shivir. Many expressed the desire to visit Ganga Darshan.



On 16th October 2015, a program was held at Soochana Bhavan, Munger, in the memory of Acharya Laxmikant Mishra. The discussion covered the views of Mahatma Gandhi and Swami Satyananda in relation to public and social responsibility of the media. Swami Niranjanananda was chief guest and his talk focused on the importance of positive attitudes. He said that one should have a clearly defined goal for the larger good of society which can be achieved through complete dedication. The event was well attended by members of the press and social workers.



From 26th to 30th October, a yoga seminar was held at Chamaria Maidan, Balia. More than 650 participants attended the morning and evening sessions. Swami Kaivalyananda conducted the APMB classes, the meditation and kirtan sessions.



From 26th to 29th November, a yoga shivir was conducted at the Yoga Dhyana Kendra at the Barauni Oil Refinery. Swami Tyagraj introduced the Yoga

Capsule for Total Wellbeing in a morning class for males and in the afternoon for ladies. The evening session consisted of relaxation practices and kirtan.

The Training and Development department organized a lecture on the role of yamas and niyamas for attaining excellence in life. Around 100 participants attended the various sessions.



### **Chhattisgarh**

Several advanced yoga sadhana shivirs were conducted in Chhattisgarh in April and May.

From 27th April to 3rd May, the shivir was organized by Sivam Yoga Samiti in Jagdalpur and was attended by 195 aspirants.



From 3rd to 9th May, the shivir at Dantewada was attended by 70 participants.

From 10th to 14th May, the shivir was organized by Satyam Yoga Kendra in Kondagaon for 100 participants, and the shivir conducted by Yoga Sadhana Kendra, Kanker, was attended by also over 100 participants. At the outset of each shivir the aspirants were given the sankalpa to remain positive and unaffected by any negativity.



From 27th April to 2nd May, a yoga program was conducted at the Central Women's Jail, Jagdalpur.

Swami Gorakhnath guided the programs and meeting the youth he spoke on the importance of mantras





and samskaras to over 100 children at Sivananda Ashram and over 80 students at Gayatri Vidyapeeth, Jagdalpur.

### Jharkhand

Swami Kaivalyananda was in Jamshedpur from 20th to 28th June where he conducted yoga shivirs for over 100 advanced students, about 100 beginners and 80 children at the Golmuri club. He conducted a program at the club on the International Day of Yoga which was attended by over 250 yoga enthusiasts. He also gave talks on yoga and mind management to 70 employees of Tinplate Company of India, 150 employees of Tata Robins Fraser Company and 100 employees of Tata Motors Ltd. He addressed 100 participants at the Graduate College for women, and spoke on the importance of yoga to 500 students of Little Flower High School and 100 students of DAV School.



From 1st to 7th July, a yoga shivir was conducted at Central Coal Field Limited, Kargil, Bokaro. Over 100 officers and their wives attended the program and experienced relief from work-related stress. Swami Gorakhnath, head of Bokaro centre, conducted the program.



### Maharashtra

From 23rd to 28th February, Swami Vigyan Chaitanya conducted a yoga shivir at the Cricket Club of India in



Mumbai. The morning and evening sessions of mantra chanting, asana, pranayama, satsang, yoga nidra, antarmouna and kirtan were attended by over 120 participants. One evening was dedicated to the screening of the film *Satyam*, depicting the life of Sri Swami Satyananda.



From 27th to 30th December, Kaivalyadhama, Lonavla, hosted their 8th international conference on 'Yoga in Education'. Eminent speakers from India and overseas spoke on the subject. Swami Nirmalananda presented a paper on an integral approach to yoga in education and gave a workshop on yoga nidra. Swami Yogabhakti from France also shared her experiences of many decades and delighted all with her lively presentation.



### **Odisha**

From 7th to 11th January, Swami Goraknath conducted a shivir in Rourkela, Odisha, which was organized by the Maharaja Agrasen Seva Sangha. It was the first yoga shivir of the Bihar School of Yoga in Rourkela. Among the 65 male and 80 female participants were many yoga teachers from different organizations. The classes consisted of the practices of asana, pranayama, meditation and yoga nidra.



From 11th to 23rd May, a children's yoga camp was organized at Bargarh ashram. For the 55 children, APMB,





drawing and semi classical dance classes were conducted. The English language sessions were based on Swami Sivananda's stories and instructions from *Divine Life for Children*. The children were at the ashram from 7.30 to 10.30 every morning.



On 25th and 26th November, Tata Steel offered two yoga sessions to senior leaders during their annual Global Leadership Development Program (GLDP) organized in Bhubhaneshwar. Swami Vigyan Chaitanya conducted the classes for the third year. Participants from Europe, South East Asia and India appreciated the scientific methodology and holistic approach.



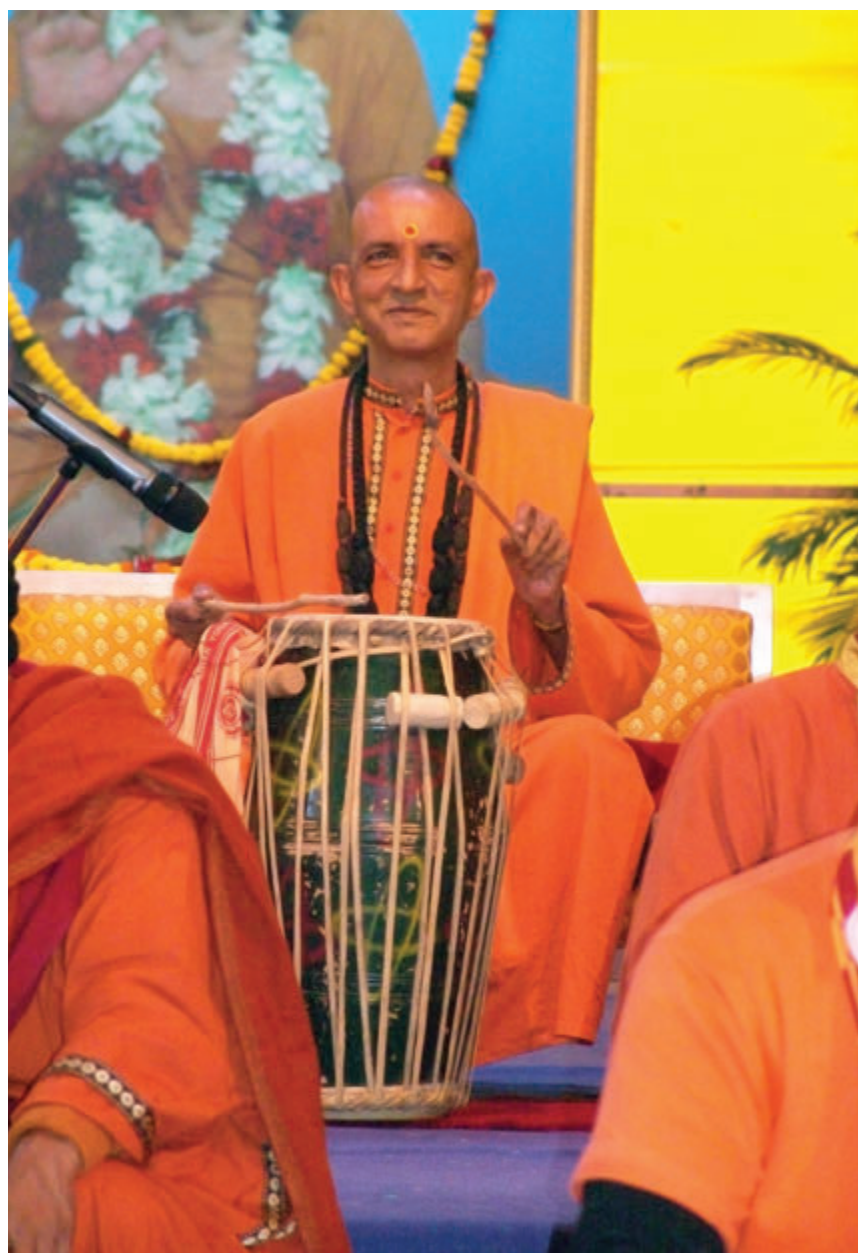
From 30th November to 5th December, a yoga shivir was conducted at TRL Krosaki Ltd., Belpahar. Swami Vigyan Chaitanya conducted the program for the senior executives and their families.



Besides the morning class of APMB, special sessions were conducted at the school for 400 students of classes 6, 7 and 8, for doctors and nurses of the Jehangir Gandhi Hospital, and for nurse trainees at RSETI, (Rural Self Employment Training Institute).

### Uttar Pradesh

From 17th to 19th April, the Bankers Institute of Rural Development (BIRD), Lucknow, organized a yoga shivir for Senior Officers of the National Bank



















for Agricultural and Rural Development (NABARD). The morning classes, attended by about 50 participants, were conducted by Sannyasi Gurupremanand and assisted by Sannyasi Poornapragya and Sri R.C. Adhikari. The organizers expressed the desire to hold more yoga shivirs for local officers, staff and their families.



From 25th April to 5th May, Swami Kaivalyananda conducted various programs in Kanpur. At the gun factory, 15 officers attended the morning classes. At the Chintels Higher Secondary School, in total 600 students and 100 teachers attended the mid-morning classes. A separate satsang was organized by Sannyasi Karunamurti at Yashodanagar in Kanpur. The participants and organizers of the various programs expressed the wish to have regular yoga classes and visit Ganga Darshan.



On 16th and 17th May, a yoga workshop was organized at the Railway Electrification Officers Club, Allahabad. About 110 officers and their family members attended the morning and evening classes. Sannyasi Gurupremananda conducted the shivir; he was assisted by sannyasis Poornapragya and Krishnajyoti.



On 15th November 2015, Yoga Anusandhan Sansthan organized a workshop on 'Yog Se Vyaktitwa Vikas' at Shakti Club Indiranagar, Lucknow. Sannyasi Gurupremananda, president





of Yoga Anusandhan Sansthan, introduced the subject of the workshop and explained the basic features and importance of the Satyananda Yoga tradition for the modern society.

Chief Guest of the program was Sri B.K. Maurya, ADG Police Training Directorate, Uttar Pradesh, who spoke on particular aspects of yoga and the need of training the police force of UP. About 100 yoga sadhakas, yoga teachers and guests participated. Seven papers were submitted by speakers on various topics of Satyananda Yoga.



### **Nepal – Kathmandu**

From 5th to 7th July, a shivir was held at Paropakar Maternity and Women's Hospital. Doctors, residents and nurses attended the morning and afternoon classes. The shivir was jointly organized by the hospital and Nepal Society of Obstetricians and Gynaecologists, NESOG.



From 6th to 8th July, a shivir was conducted at Ullens School, for the primary school teachers.

On 8th July, a shivir was conducted at the Kathmandu Engineering College for about 50 nursing students from BP Memorial Health Institute and Research Centre.



On 10th and 11th July, a program was held at Sooriya Wellness Studio; it was attended by around 35 Nepalese, Indian and overseas participants.

From 12th to 14th July, a shivir was conducted at Reliance International School which was attended by about 25 school teachers.

The programs were organized and conducted by Jignasu Gyanmala (Dr Rashmi Yadav), by sannyasis Premananda (Kathmandu Yoga Centre), Sivgiri (Ananda Yoga Centre) and Satchidananda. At each shivir the participants requested that classes be continued on a regular basis, and many venues offered their space for future shivirs.

On 16th July, the above-mentioned organizers met the President of Nepal, Dr Ram Baran Yadav. He enquired about the status of a yoga centre or ashram in Nepal and mentioned areas of Nepal which would benefit, especially areas with high rates of social violence and disorder. He also expressed a deep concern that spiritual movements and organizations be free from any bias, particularly political, and he suggested that the ancient spiritual sciences be blended with modern medical science.



## YOGA PROPAGATION IN THE MIDDLE EAST



### **Egypt**

From 29th to 31st May 2015, we visited Cairo for the second time and gave a workshop on the topic of 'Purification through Yoga'. The program was held at a quiet property, AL-Fayoum, at the outskirts of the city where 26 participants stayed for three days in seclusion and in a perfect atmosphere for doing yoga practices. Some participants had previous yoga experience and some were beginners. All of them were very enthusiastic about learning and doing Satyananda Yoga which was a system completely new to them. We introduced shatkarmas: neti, jihvashodhana, kunjla and lagoon shankaprakshalana which they embraced with great optimism.

Participants, ranging from their early twenties to their late sixties, and representing various religions joined together in the spirit of yoga. Egyptian Muslims and Orthodox Christians (Copts) were joined by some foreigners from Canada, and together they lived and did yoga from morning to evening. Clothing ranged from modern western style and jeans to traditional Muslim burkas.

Egyptian people left a deep impression in our hearts, warm and friendly and open as they are. A thought came to mind that these are probably the simplest and warmest people we have met in all programs we gave in different countries and regions. They listened attentively, were

open to new ideas and concepts, had lots of sensible questions, and were ready to do all yogic practices with full gusto. Maybe the only 'flaw' was what they call the 'Egyptian sense of time'. It actually manifests in their time management which sometimes was so fluid and floating that we had to remind them occasionally that time does not wait for anyone, and that yoga programs follow a precise time routine.

Apart from that, the participants maintained proper discipline and a lively, friendly, relaxed and supportive atmosphere throughout the seminar. It was a fulfilling experience to spend time with them and see them all doing yoga together.

### **Lebanon**

On 2nd June, a one-day workshop was conducted in Beirut which was attended by 38 participants.

From 4th to 8th June, a four-day retreat was held at a Christian monastery. The theme was 'Purifying with Yoga' and the 38 participants practised shatkarmas, antarmouna and antar darshan, and the 18 ITIES.

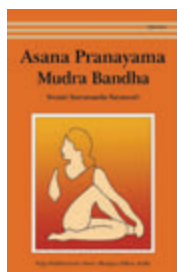
On 9th June, a one-day workshop was organized in Beirut at Krishnateertha's Yoga Centre for 17 participants.

—Swami Omgyanam and Swami Mudraroop, Serbia

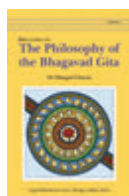


# 2015 ACTIVITIES REPORT COURTESY OF YOGA PUBLICATIONS TRUST (YPT)

## BOOKS:



By the end of 2014, one hundred and forty titles were in print in English and seventy-three titles in Hindi. In 2015, four books were reprinted in English; five new books and nine new booklets were added. In Hindi, one book was reprinted and two booklets were added as new titles. One new Hindi-English booklet was also published.



2015 also saw the launching of the first YPT digital publication on Amazon Kindle: *Asana Pranayama Mudra Bandha*.

### **New English books printed in 2015**

- *Discourses on the Philosophy of the Bhagavad Gita*, Sri Mangal Charan
- *On the Wings of the Swan, Volume VII*, Swami Niranjanananda
- *On the Wings of the Swan, Volume VIII*, Swami Niranjanananda
- *Yoga Chakra 2: Cultivating Spiritual Samskara*, Swami Niranjanananda
- *YRF Journals 1989–1990*



### **New English booklets printed in 2015**

Satyam Tales:

- *Om Niranjan: Realizing godhead in guru*
- *Dhoom Dham: Program, download and print*
- *Sodium and Potassium: The play of Kamala and Kali*
- *Spike the Hedgehog: And his open-heart surgery*
- *The Crew: For the welfare and happiness of many*





- *An aim, an ity, a ness, a ment: Watchwords that spell success*
- *Destiny's Child; When guru becomes the guide*
- *My Friend Namrata: Not just a blade of grass*
- *A Ray of Joy: That lit up the earth and sky*



### **New Hindi booklets printed in 2015**

Satyam Tales:

- *Unmukt Gagan ka Panchi*
- *Satyam ke Charnon Me*



### **New Hindi-English booklets printed in 2015**

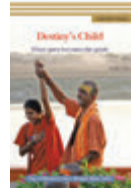
- *Chhaya Samadhi of Sri Swami Satyananda Saraswati*



### **English books reprinted in 2015**

By Swami Satyananda

- *Dynamics of Yoga*
- *Surya Namaskara*
- *Yoga Nidra*



By Swami Niranjanananda:

- *Yoga Chakra (2nd edition)*

### **Hindi books reprinted in 2015**

By Swami Satyananda

- *Asana Pranayama Mudra Bandha (new edition)*



### **Translations**

In 2015, the following titles were translated into foreign languages:

- *Yoga Nidra*, 2nd edition – French
- *Yoga Nidra* – Chinese



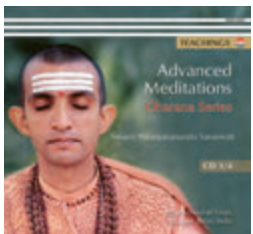
## CDS AND DVDS:



### New CDs released in 2015

Satsang Series – Swami Satyananda:

- *Colombia 1982 & 1984*, CD 1–9



### CDs reprinted in 2015

Teaching Series – Swami Niranjanananda:

- *Beginners' Yoga Nidra & Ajapa Japa*
- *Advanced Meditations: Dharana Series*, CD 1–4



### New DVDs released in 2015

Golden Jubilee Series:

- *Siva's Spirit Manifest (WYC 2013)*
- *A Tribute: Sri Swami Satyananda Saraswati (WYC 2013)*
- *The Swan and the Seagull (WYC 2013)*
- *World Yoga Convention 2013: Compilation*



### DVDs reprinted in 2015

Satsang Series – Swami Niranjanananda:

- *Satsang: Bangalore, India, 2007*
- *Satsang: New Delhi, India, 2007*
- *Bhakti Yoga: Munger 2009*, DVD 1–12
- *Karma & Karma Yoga: Munger 2010*, DVD 1–4



## 2015 ACTIVITIES REPORT COURTESY OF YOGA RESEARCH FOUNDATION (YRF)

Over the past two decades a significant collaboration has been with BHEL (Bharat Heavy Electricals Limited) at its industrial setup in Bhopal to conduct research in the area of yoga therapy. BHEL runs a multi- disciplinary hospital exclusively for its staff, retired staff and their families. In 2015, two ongoing projects were completed.

The objective of the first study was to observe the comparative effects of yoga and cognitive behaviour therapy (CBT) on depression. The study conducted over a six-month period was a progressive controlled trial with 20 subjects in each group: yoga, control and CBT.

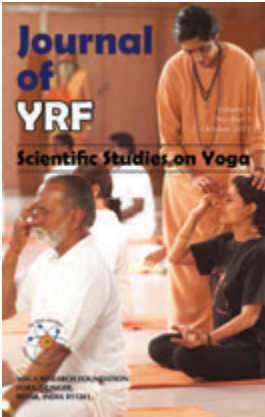
The second project on Occupational Stress was undertaken with the Department of Occupational Health Services, however data collection has not been completed. Also a progressive controlled trial it involved 30 subjects each in a yoga and control group.





## **Jawaharlal Nehru School**

Moving away from management of diseases, a project on the impact of yogic practices on factors influencing academic performance with graduating middle school students was undertaken at the Jawaharlal Nehru School patronized by BHEL. This project being conducted over one academic year will end in February of 2016. A pre-post design, 100 subjects from six divisions of Grade 8 have voluntarily chosen to participate in either the yoga or control group. Parameters include memory, concentration, creativity, self-confidence and behaviour.



## **Publications**

2015 was especially important for YRF as it saw the revival of the YRF Journal. All research that has been conducted by YRF in its over thirty years of establishment will be published in a set of volumes. In this regard YRF actively worked to collate, compile and edit completed projects and create reports that are reader friendly and suitable for publishing.



## **Ongoing activities**

The rest of the year was dedicated to the scoring, data-entry, analysis and reporting of projects that had been undertaken in previous years.

Noteworthy among them was a one-week project on bhakti yoga.

The effect of kirtan was studied in this project. Undertaken by the department of Applied Yogic Science (AYS), Bihar Yoga Bharati (BYB), Munger in the year 2004, a total of 41 students participated in the study. It was a study conducted by students of yoga on students of yoga. Six feeling/emotion states of mind and three experiential states were observed pre and post a one-hour session of kirtan over a seven-day period. The states included:

- Peace and contentment
- Introversion
- Devotion
- Security
- Emotionality
- Positivity
- Pranic experience
- Emotional experience
- Psychosomatic experience.

The study found beneficial effects of kirtan.



## 2015 ACTIVITIES REPORT COURTESY OF BAL YOGA MITRA MANDAL (BYMM)

*Children are independent beings who need their own space in which to develop, and they require your encouragement, support and guidance.*

—Swami Niranjanananda Saraswati



### **Bal Yoga Diwas – Children’s Day**

On 14th February, the children of BYMM celebrated their annual children’s day at Satyam Vatika. It was a splendid stage for their performances of dance, song, yogasanas and karate, as well as the Mahamrityunjaya havan which they conduct every Saturday with great expertise at Ganga Darshan. The children demonstrated their skills to the delighted residents and students. Swamiji congratulated the children for expressing their talents through art and yoga in such a graceful manner.



### **New Admissions**

From 6th to 9th April, BYMM children visited approximately 30 schools in the Munger area to invite children to become members of the BYMM.

From 17th to 26th April, the process of new admissions took place after a period of two years. Admission was open for 6 to 12 year old children. Twelve members of the BYMM administration team planned, organized and conducted the complete admission process.

From about 600 children attending the first round of interviews, 217 were



selected for the second round of practical activities, such as games, chanting and yogasanas. Finally 112 children were selected who attended their first BYMM class on Sunday, 3rd May.



### **Children's summer camp**

From 1st to 8th June, a residential summer camp for children was held at Ganga Darshan. A total of 38 children between the age of 10 and 18 participated in APMB, chanting and English classes which were conducted by sannyasis Amargeet, Buddhimani, Paramananda and Yogashraddha.



The highlight during this camp was the organization and management of a children's yoga program at Paduka Darshan.

### **Children's yoga program**

From 1st to 6th June, over 200 children from the Munger area had morning APMB classes from 6 to 8 am. The children from the summer camp acted as teachers and demonstrators, and were fully involved in all the activities required to make this event successful.



## 2015 ACTIVITIES REPORT COURTESY OF YUVA YOGA MITRA MANDAL (YYMM)

*Young people must have contact with yoga. They will attain peace through yoga and spread it throughout the world.*

—Swami Satyananda Saraswati



### **Refresher course**

From 29th April to 2nd May, YYMM conducted a yoga refresher course in which 50 yuvas participated. The classes were conducted by sannyasis Chandramani and Gautam.



### **Admission**

From 9th to 11th July, introductory APMB classes were conducted for admission into the YYMM. More than 700 young people attended the first round of selection which included talks on the tradition of Satyananda Yoga and ashram life. In the personal interviews



the candidates were asked about their general knowledge and what they had learnt in the APMB classes. Participation in various seva activities in the ashram followed. 200 males and 50 females were selected as new members.

### **Foundation Day**

On 6th October, the YYMM celebrated their fifteenth Foundation Day at Sannyasa Peeth, Paduka Darshan, in the presence of Swami Niranjanaanda. More than 1200 people attended the program: sannyasis, ashram residents, students, guests, YYMM members and their families.

The program consisted of havan and a dance performance dedicated to Sri Swamiji. The yuvas also gave a demonstration of advanced asanas and delighted all with a beautiful flute recital.

Swami Shankarananda addressed the gathering, and Swamiji gave his blessings, inspiration and best wishes for the future of the yuva members.



## BIHAR SCHOOL OF YOGA EVENTS



### **New Year's Day**

On 1st January 2015, Ganga Darshan commenced 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.

In the evening, ashram residents and guests were transported back to the World Yoga Convention as they watched a wonderful collage of impressions and magic moments of the historic event.



### **Makar Sankranti**

On 15th January, between 11 and 11.30 am, residents, students and guests converted the car park at Ganga Darshan into a giant classroom. With twelve rounds of surya namaskar they greeted the sun as it entered its northbound journey.



### **Basant Panchami**

From 21st to 24th January, Basant Panchami was celebrated at Ganga Darshan. The yoginis from Lalita Mahila Samajam at Thirueengoimalai in Tamil Nadu, conducted daily Sri Vidya Aradhana. The blessings of Devi Ma were invoked through the Sri Chandi, Sri Lalita and Saraswati havan.

In the afternoons, sannyasins of Ganga Darshan presented the Yoga



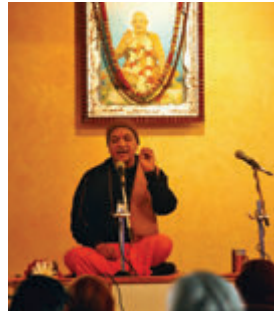
*Chakra*, the wheel of yoga. They spoke on the history of yoga and the six branches of yoga as taught at the Bihar School of Yoga: hatha, raja and kriya yoga, the bahiranga branches; and karma, bhakti and jnana yoga, the antaranga branches of the yoga system.

The children of Bal Yoga Mitra Mandal (BYMM) brought their smiles and contagious good cheer to the pandal as they were singing kirtan and bhajan, and performing their many new dances.

On 24th January, the day of Basant Panchami and 52nd Foundation Day of the Bihar School of Yoga, Swami Suryaprakash, President of BSY, addressed the assembled guests and residents. Chinmayananda and Pran Mohan Keshri, senior citizens of Munger, spoke on their long association with Sri Swami Satyananda and the Bihar School of Yoga.

Chief Guest, Swami Niranjanananda, concluded the celebration by referring to Ma Saraswati, the goddess of learning. He said that on the spiritual journey, aspirants need knowledge, understanding and wisdom in regard to their being and personality, the society they live in and the relation with the transcendental. The three levels of learning have to be developed within the three areas of one's involvement.

Over five hundred guests attended the four-day program.





### Sivaratri

On 17th February, Sivaratri was celebrated at Sivalaya and Satyam Udyan with havan, abhisheka and the chanting of stotras. Swamiji gave an inspiring satsang on Shiva's family and the difficulties he had to face managing the various animals and family members. The teaching which Shiva imparts to aspirants is that the best way to control the conflicting situations of the mind and the environment is to adapt, adjust and accommodate.



### Holi

On 6th March, residents and guests celebrated Holi with joyful kirtan and many colourful faces.



### Navaratri

From 21st to 28th March, Chaitra Navaratri was celebrated at Satyam Vatika. Havan was conducted to the chanting of stotras and bhajans dedicated to Durga Ma, Lakshmi Ma and Saraswati Ma. Swami Niranjan initiated 4 aspirants into jignasu sannyasa and gave mantra diksha to 27 aspirants.



On Ramnavami, Swamiji spoke on Sri Rama and Sri Krishna. He said how different the time of their births was and how it reflected their character.

Sri Rama was born at midday, when the season was gentle and everything in nature was in balance. He is known as *maryadapurushottama*, the perfect being. Sri Krishna was born at midnight.

He came like a thief in the dark and is known as *chitchor*, the thief of hearts.

### **Hanuman Jayanti**

On 4th April, Hanuman Jayanti was celebrated with the chanting of *Hanuman Chalisa* 108 times. Ashram residents, students and guests participated wholeheartedly in the daylong chanting.



### **Akshaya Tritiya**

On 21st April, Akshaya Tritiya was celebrated at Ganga Darshan with havan and kirtan.



### **Buddha Poornima**

On 14th May, on the occasion of Buddha Poornima, a special program was conducted at Satyam Vartika in memory of Swami Dharmashakti (Ammaji). After the havan a slide show on the life of Ammaji was shown.



### **SKILL Foundation**

Forty-two children from the SKILL foundation, Patna, visited Ganga Darshan from 7th to 15th June. Together with the BYMM children from Munger, they participated in morning yoga classes conducted by swamis Shivadhyanam, Satyamurti, Daksharaj and sannyasi Yogashraddha. Afternoon chanting sessions were conducted by Sannyasis Priyaratna and Paramananda, and the yoga nidra classes by BYMM children. In





the evenings the children participated in karma yoga in the garden and kitchen. On 12th evening, they presented a beautiful program of song and dance in Satyam Vatika.

### **International Day of Yoga**

On 21st June, BSY 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 through simple practices of asana, pranayama, relaxation and meditation. An audio CD on the subject of yoga was also released on the occasion.



In Munger, 'the city of yoga', similar programs were conducted by the members of BYMM, YYMM and the Ramayan Mandali at 108 places, in which more than 7,500 people participated. More than 10,000 people in over 2,000 homes followed the prescribed program on their own as well.



Programs were also conducted by associated centres in different parts of India (including Akaltara, Bengaluru, Bhilai, Bhilwara, Bhuj, Bargarh, Balangir, Bhuvaneshwar, Chennai, Dhanbad, Katni, Jamshedpur, Lucknow, Patna, Raipur and Rajnandgaon) and the world (including Bulgaria, Canada, Colombia, Croatia, France, Greece, Hungary, Italy, Ireland, the Netherlands, Serbia, Singapore, Slovenia, Spain, Sweden, Switzerland, Thailand and the USA).



## Guru Poornima

*Discipleship is a state of mind where there is receptivity, harmony and unity.*

—Swami Niranjanananda Saraswati

From 27th to 31st July, Guru Poornima was celebrated at Paduka Darshan. The daily program consisted of havan, chanting of stotra and kirtan dedicated to the guru, and satsang by Swami Niranjanananda.

Swamiji described the many aspects of the guru-disciple relationship. Guru is the guide, the torchbearer, and the disciple or shishya is the one who makes the effort to imbibe the guru's teaching and who expresses the teaching in his life.

The journey of the disciple is from tamas to sattwa, from ignorance to jnana, and from negativity to positivity. The guru gives the method and shows the way. The disciple's effort is 'to be good and to do good', and for that a change in his lifestyle is necessary. His final message was: To learn and learn and learn: that should be the motto of the disciple.

Every day, the children of BYMM performed beautiful dances, and the yuvas of the YYMM presented their stunning demonstration of asana. About 250 yuvas and 230 children participated and contributed to the program through their seva and with their joy.

About 5,000 people came to pay their respect to the guru. Swamiji





initiated 366 aspirants into mantra and 129 into jignasu sannyasa.

### **Chhaya Samadhi**

On 12th September, Sri Swami Satyananda's Sannyasa Diwas, the Chhaya Samadhi of Sri Swamiji was inaugurated in the presence of Swami Satyangananda, Peethadishwari of Rikhia-peeth. Bridging Rikhia and Munger, the karmabhumi and tapobhumi of Sri Swamiji, this extraordinary glass diamond surrounded by golden lotus petals symbolizes the qualities of purity and love as lived by Sri Swamiji.



### **Navaratri**

From 14th to 22nd October, Navaratri sadhana was observed at Ganga Darshan. The children of BYMM conducted the chanting dedicated to Ma Durga, Lakshmi and Saraswati, and compared the process of transformation to the barren land which becomes a beautiful garden through one's effort.



Swami Niranjanananda spoke on the need of the present day: "It is happiness that has to define our future and not suffering. We have to overcome suffering and pain to attain happiness, and with happiness we can give our life a positive, creative and constructive direction. Then we can rise as a spiritual civilization. It should be the aim of humanity now to overcome the destructive, that which causes separation, and the six aspects





of our nature, and to connect with happiness, to smile and make others smile.”

### **Diwali**

On 10th November, Ganga Darshan celebrated Diwali at Satyam Vatika. Students of the one-year Diploma Course and the four-month Yogic Studies Course, residents and the children of the BYMM told the story of Sri Rama’s return to Ayodhya through song, dance and narration. The culmination of the program was a superb juggling act with a crystal ball, and a fire dance. Many citizens from Munger were invited and enjoyed the program in the presence of Swamiji.



### **Christmas**

On 24th December, Christmas Eve was celebrated in Jyoti Mandir with havan dedicated to Jesus and Narayana. Carols sung by the residents of Ganga Darshan concluded the evening.

On 25th December, the poornahuti of the year-long anushtana of Sundarkand chanting was conducted at Yajnashala with havan, chanting and kirtan.

In the evening, Christmas and Sri Swami Satyananda’s birthday was celebrated in Jyoti Mandir with havan, carols and kirtan.

On 26th December, the grand Christmas celebrations were held to song and dance. Children from Notre





Dame Academy, Munger, gave the Christmas message and performed beautiful dances dressed as little angels. The children of BYMM joined with another dance and guests, residents and children were in high spirits.



Swamiji spoke on Jesus whose teaching could be summed up with the word 'innocence'. Being free of negative and harmful behaviour allows one to come closer to the Father, to God and the Divine. This was expressed by Jesus when he said 'To enter the kingdom of heaven you must become innocent like children'.

### **New Year's Eve**



New Year's Eve was celebrated with performances by the international group of students of the one-year Diploma Course and the four-month Yogic Studies Course. Juggling, dancing, singing and a stunning presentation of martial arts combined with advanced yogananas held the audience spellbound.

#### **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

## Satsangs on Ramacharitamanas


Swami Satyananda Saraswati

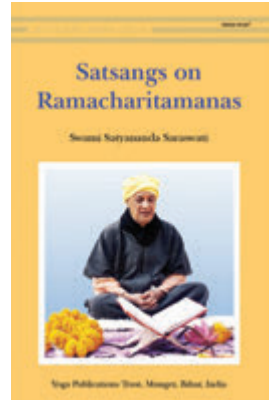
203 pp, soft cover, ISBN 978-93-81620-64-9

*Satsangs on Ramacharitamanas* is a compilation of talks given by Sri Swami Satyananda Saraswati at Rikhiapeeth, India, from 1994 to 2001, in which he speaks on the Indian epic, its wisdom, beauty and poetry. His modern approach and language brings the ancient scripture to life and makes its spiritual instructions accessible to the reader of the twenty-first century.

Sri Swami Satyananda Saraswati found in the *Ramacharitamanas* the fulfilment of his spiritual quest and said that it contained the answers to all his questions. In these satsangs he shares his understanding and deep feeling for the characters, the plot and spiritual teaching of his beloved *Ramacharitamanas* by Tulsidas.

**Yoga Publications Trust**, Ganga Darshan, Fort, Munger, Bihar 811 201, India  
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New

## Satyananda Yoga Websites

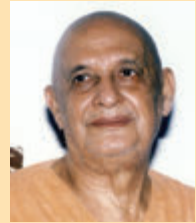


### [www.biharyoga.net](http://www.biharyoga.net)

The official website of Bihar Yoga includes information on: Satyananda Yoga, Bihar School of Yoga, Bihar Yoga Bharati and Yoga Publications Trust catalogues.

### [www.rikhiapeeth.in](http://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.

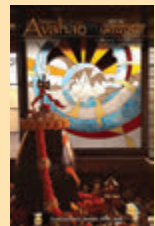


### Living Yoga with Swami Niranjan

[www.biharyoga.net/living-yoga/](http://www.biharyoga.net/living-yoga/) is dedicated to the vision and mission of Swami Niranjanananda Saraswati, the spiritual successor of Sri Swami Satyananda Saraswati and it contains news and articles.

### [www.yogamag.net](http://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/](http://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 & Training 2016

Mar 20-Apr 3	Yoga Capsule: Total Health (Hindi)
Apr 24-30	Yoga Capsule: Digestive (Hindi)
Jul 15-18	Guru Poornima Satsang Program (Hindi/English)
Jul 19	Guru Paduka Poojan (Hindi/English)
Aug 1-30	Yoga Instructors Course (Hindi/English – for nationals)
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/English)
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 Ramacharitanamas

\* Indicates training & courses available in English language for Overseas participants

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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Tel: +91-06344-222430, 09304799615, 06344-228603, Fax: +91-06344-220169  
Website: [www.biharyoga.net](http://www.biharyoga.net)

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