

YOGA

Year 6 Issue 3

March 2017

Membership postage: Rs. 100



Bihar School of Yoga, Munger, Bihar, India



Hari Om

YOGA is compiled, composed and published by the sannyanin 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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YOGA is a monthly magazine. Late subscriptions include issues from January to December.

Published by Bihar School of Yoga, Ganga Darshan, Fort, Munger, Bihar – 811201.

Printed at Thomson Press India Ltd., Haryana – 121007

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Membership is held on a yearly basis. Please send your requests for application and all correspondence to:

Bihar School of Yoga
Ganga Darshan
Fort, Munger, 811201
Bihar, India

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

Total no. of pages: 58 (including cover pages)

Front cover: Ganga Darshan, Munger

Plates: 1: Akhara Darshan;

2: Swami Niranjananda 2016 programs: Patna & 'Know Yourself' Yogotsav, Punjab;

3: Progressive Yogavidya Training 2016: lectures by Swami Yogabhakti & Rishi Arundhati;

4: Christmas 2016



GUIDELINES FOR SPIRITUAL LIFE

Faith not doubt

Therefore, with the sword of knowledge (of the Self) cut asunder the doubt of the self born of ignorance, residing in your heart, and take refuge in yoga; arise, O Arjuna!

—*Bhagavad Gita* 4:42

Doubt causes a great deal of mental torment. The condition of a person who doubts is deplorable. He does not rejoice in this world as he is very suspicious. He has no happiness.

The opposite is faith. Life moves by faith alone and without faith all perish. Be calm, be patient, be steadfast in your faith and duty. Never worry about what other people say or think. Do the right, have a clear conscience and roam about happily.

—*Swami Sivananda Saraswati*

Published and printed by Swami Gyanbhikshu Saraswati on behalf of Bihar School of Yoga, Ganga Darshan, Fort, Munger – 811201, Bihar

Printed at Thomson Press India (Ltd), 18/35 Milestone, Delhi Mathura Rd., Faridabad, Haryana.

Owned by Bihar School of Yoga **Editor:** Swami Shaktimitrananda Saraswati

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Year 6 Issue 3 • March 2017
(55th 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 ॥

Message of Swami Niranjanananda Saraswati

Hari Om to all of you who are present here.

Today is the Foundation Day of Bihar School of Yoga. On this day as we celebrate the 54th year of this institution, we are thankful for your good wishes, love and friendship. Following the mandate given by his Guru, Swami Nirajan is engaged in higher sadhanas and anusthana. His message of blessings and goodwill is being shared here under:

Hari Om Tat Sat

Today according to the rules of my sadhana, I am in isolation engaged in japa and anusthana. Reflecting on the Foundation Day of Bihar School of Yoga, and the spiritual meaning of this occasion, my heart and mind merged in remembrance of the sankalpa, the dedication, tyaga and samarpan of our Guru, Sri Swami Satyananda.

It is the samarpan of Sri Swamiji, which is the true foundation of Bihar School of Yoga. What you see before you today, is a reflection of the quality of his discipleship. The spiritual foundation of Bihar School of Yoga is constructed upon faith and trust, built with sincerity and samarpan, and reinforced by viveka, vairagya and tyaga.

On this day, to all associated with BSY, I extend my good wishes, and I pray that you too will hold and cherish our spiritual foundation in your heart, as you work together to bring glory to yoga, Munger, Bihar and the spiritual heritage and culture of Bharat.

Hari Om Tat Sat

– 1 February 2017, Ganga Darshan, Munger

BIHAR SCHOOL OF YOGA TRAINING

Change your manner of speaking, change your ambitions, your language, your viewpoint. Change your beliefs, change your self-created convictions, change your thoughts. Only then, through the depths of your life, will you be able to see the power of the Self manifesting.

—Swami Satyananda Saraswati

Yoga Capsule – Respiratory (Hindi)

From 21st to 27th February, training was conducted specific to the management of respiratory disorders. Eighteen participants from Andhra Pradesh, Bihar, Chhattisgarh, Jharkhand, Karnataka, New Delhi, UP and West Bengal took part. Swami Kaivalyananda and Swami Tyagraj conducted the asana, pranayama and yoga nidra sessions. They were assisted by Sannyasi Atmaprabha.



Marwari Mahila Mandal

From 22nd to 25th February, thirty ladies from the Marwari Mahila Mandal, Munger, attended yoga classes at Ganga Darshan. Swami Mantrapushpam taught yogasana, pranayama and relaxation practices.



Yoga Capsule – Total Health (Hindi)

From 24th March to 3rd April, yoga training was conducted for the maintenance of total health and wellbeing. Forty-one participants from Bihar, Chhattisgarh, Gujarat, Jharkhand, Maharashtra, Uttarkhand, West Bengal and Chandigarh took part.





Swami Kaivalyananda and Swami Tyagraj conducted the asana, pranayama and yoga nidra sessions. They were assisted by Sannyasi Atmaprabha.

Yoga Capsule – Digestive (Hindi)

From 24th to 30th April, yoga training was conducted for the maintenance of the digestive system. Forty participants from Andhra Pradesh, Bihar, Chhattisgarh, Gujarat, Jharkhand, Madhya Pradesh, Maharashtra, New Delhi, Odisha, Punjab, Uttar Pradesh and West Bengal took part.



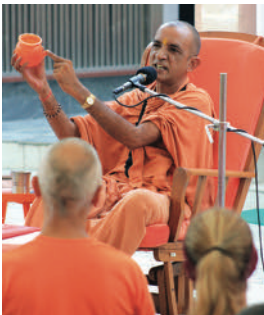
Swami Kaivalyananda and Swami Tyagraj conducted the asana, pranayama and yoga nidra sessions. They were assisted by Sannyasi Atmaprabha.



Hatha Yoga – Module 1: Shatkarma Intensive

From 24th to 30th September, the Hatha Yoga Module 1 (Shatkarma Intensive) was conducted at Ganga Darshan and was attended by 62 participants.

The national participants came from Assam, Bihar, Gujarat, Jharkhand, Madhya Pradesh, Maharashtra, Tamil Nadu, Uttar Pradesh and West Bengal. Overseas participants from the following countries attended: Argentina, Bulgaria, France, Germany, Hungary, Ireland, Italy, Serbia, Spain, Sweden, Switzerland, The Netherlands and Uruguay.



Swami Niranjanananda conducted asana classes several times and gave daily

satsang on the vidya of hatha yoga. Swamiji was assisted by Swami Shivadhyanam.

Judicial Training Academy, Patna

From 22nd to 24th September, one group of 42 judicial trainees and from 24th to 26th September, a second group of 40 visited Ganga Darshan. They attended morning APMB and afternoon yoga nidra and concentration classes conducted by Swami Tyagraj who was assisted by Jignasu Suryashri. The trainees also wholeheartedly joined in the ashram activities.



Yoga Teacher Training Group

From 17th to 28th September, a group of 20 yoga teacher trainees from Atmadarshan Ashram, Bengaluru, came to Ganga Darshan to experience ashram life. They were accompanied by their teachers Sannyasis Devananda and Devashri. After one year of training, this was for many their first visit to Ganga Darshan. They met Swamiji who encouraged them for their second year of practical training and invited all to come again. They attended APMB, yoga nidra and meditation classes with Swami Yogakanti.



Progressive Yoga Vidya Training

From 3rd to 30th October, the Progressive Yoga Vidya Training was conducted at Ganga Darshan. It was attended by 52 participants.



The national participants came from Chhattisgarh, Gujarat, Jharkhand, Kerala, Madhya Pradesh, Maharashtra, Odisha, Tamil Nadu, Uttarkhand and West Bengal. Overseas participants from the following countries attended: Australia, Finland, Greece, Hong Kong, Hungary, Ireland, Italy, New Zealand, Peru, Romania, Russia, Serbia, Switzerland, The Netherlands, UK, Uruguay and USA.



Raja Yoga Training – Module 1

From 22nd to 28th October, the Raja Yoga Module 1 was conducted at Ganga Darshan and was attended by 70 participants.

The national participants came from Bihar, Jharkhand, Maharashtra, New Delhi, Odisha and Uttar Pradesh. Overseas participants from the following countries attended: Argentina, Australia, Austria, Belgium, Chile, Colombia, Germany, Hungary, Ireland, Israel, Italy, New Zealand, Peru, Romania, Serbia, Slovakia, Spain, Sri Lanka, Sweden, The Netherlands, UK and USA.



Swamiji spoke on the importance of developing pratyahara, the focus of raja yoga, which is a state where the mind is kept active. The first four limbs, yama, niyama, asana and pranayama are the foundation. The two actual practices of raja yoga are pratyahara and dharana. Dhyana and samadhi happen spontaneously without the help of any specific practice.



Kriya Yoga – Module 1

From 4th to 11th November, the Kriya Yoga Module 1 was conducted at Ganga Darshan and was attended by 34 participants.

The national participants came from Gujarat, Jharkhand, Karnataka, Madhya Pradesh, Maharashtra, Odisha and West Bengal. Overseas participants from the following countries attended: Brazil, Bulgaria, Colombia, France, Ireland, Lithuania, Romania, Sweden and The Netherlands.

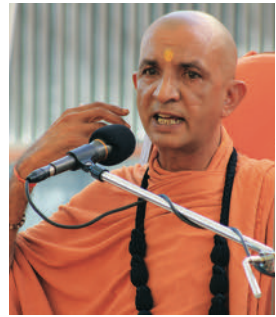
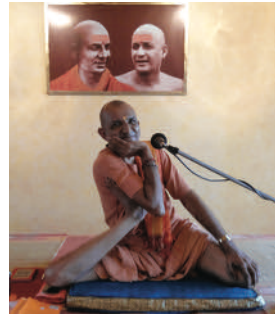
In the satsang sessions, Swamiji emphasized that kriya yoga is not a 'stand-alone practice'. Preparation is required through hatha yoga to balance the ida and pingala nadis, and through *chitta vritti nirodah* of raja yoga. Once this is attained, one is able to practise and reap the benefits of kriya yoga.

The practical classes were taught by Swami Yogakanti and Swami Tyagraj.

Yoga Lifestyle Experience

From 7th November 2016 to 7th February 2017, the Yoga Lifestyle Experience was conducted for the first time at Ganga Darshan. The participants, between 20 and 66 years of age, came from Colombia, Croatia, Germany, Greece, Spain, Sri Lanka and The Netherlands.

The unique Yoga Lifestyle Experience is a training in the antaranga aspect of the yoga chakra and focuses only on bhakti, jnana and karma yoga.





Bhakti yoga is experienced through the chanting of Sanskrit stotras and the participation in pooja, havan and yajna. The students also had an introduction to yoga ecology through the practice of tree pooja.



Study and discussion help to learn, imbibe and live jnana yoga, while the practical tools of the Satyananda Yoga tradition take one to a better understanding of oneself.



Full involvement in all ashram activities and the training as a group give the possibility to experience and express the third aspect of antaranga yoga, karma yoga. Artistic skills become karma yoga as the students offered a musical presentation to ashram residents, students and guests.

The classes were conducted by Swamis Kaivalyananda, Prembhav and Yogatirtha.

For three months yoga lifestyle is an experience in the ashram environment, however the aim is to take the tools, the understanding and experience into one's day-to-day life.





Yoga Chakra Series

From 19th to 23rd December, the Yoga Chakra Series was conducted at Ganga Darshan under Swami Niranjanananda's guidance. The theme of this series was karma yoga and in his satsangs, Swamiji explained how hatha yoga and karma yoga complement each other in the yoga chakra, and have parallel goals. There are three aims of hatha yoga: one, *shuddhi*, or purification; two, the experience of balance between *ida* and *pingala*; and three, the experience of *laghavam*, lightness, which follows naturally from attaining the first two goals. Similarly, there are three aims of karma yoga defined by Sri Krishna in the *Bhagavad Gita*: *atmashuddhi*, or self-purification; *akarta bhava*, finding a balance between doing one's best yet feeling like a non-doer; and *naishkarmya siddhi*, the state where one does not feel the weight of any karma, attained when the first two stages are perfected.





In the morning APMB classes, the participants were guided towards deepening their experience of yogic practices by systematically focusing on different components of awareness. The participants were also given afternoon yoga nidra sessions. The morning classes were conducted by Swami Shivadhyanam and the yoga nidra sessions by acharyas and senior teachers from around the globe.



Over 150 aspirants participated in the program. The following international group was represented: Australia, Brazil, Bulgaria, Colombia, Croatia, France, Germany, Greece, Hungary, Ireland, Italy, Nepal, New Zealand, Russia, Serbia, Slovenia, Spain, Sweden, Switzerland, The Netherlands, UK and USA. The national participants represented the states of Delhi, Gujarat, Jharkhand, Maharashtra, Odisha, Uttar Pradesh and Rajasthan.



YOGA LIFESTYLE EXPERIENCE 2016-17
WITH LOVE AND GRATITUDE



This was not just a course for me but an intense time of transformation guided by the hand of the Master. I was learning to live with discipline, simplicity and non-attachment, trying to keep awareness in every moment or situation in order to grow and discover my inner self. This self is the fountain of perfect love and happiness.

—*Diana Guevara, Colombia*

Anyone who wants to call himself a spiritual aspirant should take this training and prepare for a true transformation to happen based on one's roots.

A big, big 'thank you' from the bottom of my heart to Guruji for working our grounds.

—*Divyakriti, Greece*

Gratitude and inspiration, these are the words that can define shortly my feeling at the end of the YLE period. It was great to learn so many different things . . . from cleaning toilets to doing pooja. It was great to experience the power of mantras and stotrams, to experience bhakti and other ancient yogic practices as if we were living thousands of years back in time.

Before this course I knew that I was walking the right direction, now I know the destiny of this direction.

I bring a lot of inspiration home to go on with my life and the activities I am involved in. I feel purified after this three-month period. I know something has happened inside my heart that will uplift me until my last breath.

—*Marcelo, Spain*

We were privileged many times and I am grateful for that. The training has given me space to explore and reflect on myself. Doing seva with others and the spiritual diary have stimulated this the most. I think it is the best course running if you want to know yoga and modern ashram life.

—*Nick, The Netherlands*

For a spiritual sadhaka, guru seva, satsang and guru darshan are the most important things for their development. We had these opportunities.

We were taught the SWAN principle. It was an opportunity to see what my strengths and limitations are. How can I manage my limitations and how can I use my strengths in the most appropriate, correct and positive manner?

During this period we started to write spiritual diary as well as doing the Review of the Day which helped to deepen the understanding. My preconceived ideas were changed.



Now is the time to begin growing the seeds in our grounds, Swamiji. It is our responsibility to protect, to look after and to water this precious small plant and make it become a big tree to give shelter to others.

—*Subasini, Sri Lanka*

It is hard to wish a better beginning of the morning than pooja in the Akhara. I enjoyed it every second and I learned a lot. The best way to get to know yourself better is through seva. And also the best way to get to know other people is through seva. I am happy I had the opportunity to meet wonderful people. Definitely I will come back to help Swamiji more.

—*Anandi, Croatia*



During the YLE prasad was showered on us in abundance – in the same way that Karna distributed gold to his people.

I feel that a new era is about to start. In these three months, there were countless moments which went straight into the heart, and I have rediscovered the beauty of our world. All in all it was a privileged time here on the hill of Karna Chaura.

—*Sannyasi Antarjyoti, Germany*

Every moment during the YLE we were connected with the brightest examples of humans who lived yoga, the Gurus of our tradition. We were connected through Guru Pooja to the source of wisdom and positivity to keep us alert from moment to moment throughout the day.

If we follow the dharma and not the desires, without self-importance, without any expectation, not being the doer, then moment to moment we purify ourselves with karma yoga. When we successfully apply ourselves from moment to moment we come closer to a yogic way of living.

Swamiji gave us plenty on all levels and took care of us in the best possible way. We felt special by the way we were treated and I feel that the way to thank him is to do our best in applying these precious teachings we received from moment to moment so that we can make yoga a way of living.

—Rama, Greece



First observe, find out where some mistakes are being made, then change something so that you do not make the same mistakes again, then improve the qualities, improve yourself and once you have improved hopefully you will go on improving.

—Swami Niranjanananda Saraswati

Seed of a Lifestyle

Swami Niranjanananda Saraswati



The purpose of the Yoga Lifestyle Experience is to learn how we can improve our lifestyle by living a regulated life, a life where we try to connect with the positives. If the right seed falls in the mire, then from that seed even a lotus can come out which is totally unaffected by the mire in which the seed had fallen.

Lifestyle is very much your choice, how you perceive it to be. Yoga gives you the seed of lotus, if you allow that to grow it will become a full bloom, full-fledged consciousness, yet the seed has fallen in the grime. If you think that grime is too dirty for a pure seed like the lotus then it will never flower.

Therefore, using the lifestyle as a laboratory where we can plant these lotus seeds to eventually see the emergence of the lotus flower is the purpose of the yogic lifestyle.

– 4 November 2016, Ganga Darshan, Munger

2016 ACTIVITIES REPORT COURTESY OF BIHAR YOGA BHARATI

The training in an ashram is practical and dynamic. Ashram is not a haven for escaping from the world but a place where you are taught to live rightly in the world. You cannot escape from reality. Ashram is a family culture. Nobody is a teacher, nobody is a student. Everyone is an aspirant.

—Swami Niranjanananda Saraswati



One-year Diploma Course

From August 2015 to May 2016, the one-year Diploma Course (English) was conducted at Ganga Darshan. Twenty-six students, ten females and sixteen males, participated. They came from Andhra Pradesh, Bihar, Chhattisgarh, Gujarat, Jharkhand, Haryana, Maharashtra, Orissa, Punjab, Tamil Nadu, Telangana and West Bengal as well as from Argentina, China and Nepal. Daily APMB classes, meditation and yoga nidra were held.

Teachers were Swamis Kaivalyananda, Krishnapriya, Taponidhi, Tyagraj, Upasana, Yogamaya and Yogatirtha, and sannyasis Devileela, Satchidananda, Soumyasahakti and Vijayashakti.



Yogic Studies, 4 months (Hindi)

From February to May, the four-month Yogic Studies course (Hindi) was conducted at Ganga Darshan. Twelve females and eighteen males attended the course. They came from Bihar, Gujarat, Jharkhand, New Delhi and Uttar Pradesh.

Classes were conducted by Swamis Kaivalyananda, Mantrapushpam and Tyagraj, and sannyasis Atmarpan and Srimurti.

On the day of the certificate distribution, Swami Shankarananda addressed the students and Swami Niranjanananda encouraged them to continue their journey of yoga.



Yogic Studies, 4 months (English)

On 1st October 2015, the four-month Yogic Studies commenced. The international group of 31 students came from 10 countries: Argentina, Australia, China, Colombia, France, Iran, Nepal, Switzerland, Uruguay and the USA. The Indian students came from the 9 states of Bihar, Chhattisgarh, Jharkhand, Maharashtra, Punjab, Rajasthan, Telangana, Uttarakhand and West Bengal. The students' participation in classes and ashram activities throughout the course was tremendous.



Classes were conducted by Swamis Krishnapriya, Maitreyi, Tyagraj, Upasana and Yogamaya, and Sannyasi Vijayashakti.

The certificate distribution took place on 29th January 2017 during the auspicious Basant Panchami celebrations. Swami Shankarananda and Swami Gyanbikshu congratulated the students and encouraged them to carefully walk the path of dharma, as representatives of BYB, to maintain a regular sadhana, to come back to Ganga Darshan regularly, and most of all to be always happy.



A MILLION SMILES – IMPRESSIONS

After seven years of coming to Ganga Darshan, I finally attended my first course.

Before I came I was thinking that maybe I am already old, maybe I know a lot, maybe this course is only for beginners. Now I realize that all those thoughts were only fear to jump and grow, and that we should always have the attitude of a 'beginner' and give ourselves the opportunity of a new understanding every day.

I have learnt, re-learnt and experienced so much! I have received positive and fresh – but – ancient impressions which with faith I will continue watering.

I am glad I came to dig one more metre in the same hole, to see one more piece of the whole picture, to confirm once again that yoga is how I want to live and to feel the strength of this parampara holding me in its lap.

The most beautiful gift I take back home are the million of smiles, in the million diverse moments, in the thousand different faces and also in mine. This makes every effort and difficulty tiny and helps to keep the flow.

Thanks to Swamiji, to my teachers, classmates and every single being that without knowing allowed me to be a better me.

—Sannyasi Mantrasiddhi, Argentina





Prior to coming to the ashram my knowledge of yoga was limited to only asanas, since the exposure of yoga was through the internet. I put my body in different postures without much awareness and like many people this was yoga for me – a means to simply stretch and become flexible. However, things started changing since the first day of arrival in the ashram. I was given a glimpse of what yoga is and as time progressed it became more clear what yoga is and is not.

These four months I have observed many changes in myself and on different planes as well, not just physical. On the physical plane there has been an increase in flexibility, strength and weight loss. These are the obvious changes. On the mental plane there are an increase in awareness, being well informed on yoga and experiences of a stable mental state through different practices.

On the emotional plane: being more open with my emotions and learning to face and accept them. The practice of pratipaksha bhavana helped a lot in making changes on the emotional plane. As for the spiritual plane, I would say there is a rise of interest in chanting and engaging myself in it. Additionally I have the inclination to study myself and work towards positivity. Also I continue to learn and practise yoga in which there is an integration of the faculties of head, heart and hands.

With this I conclude and would like to thank Swami Niranjan, Swami Satsangi and all the sannyasins of Munger and Rikhia ashrams who were part of my growth in these past four months.

—Chosum Tashi, USA

YOGA PROPAGATION

If you want to improve yourself and become creative, happy, satisfied and successful, take everything in life as a form of sadhana.

—Swami Niranjanananda Saraswati

BHARAT YOGA YATRA 2016 – KNOW YOURSELF YOGOTSAV



Punjab

As part of his Bharat Yoga Yatra which commenced in 2014, Swami Niranjanananda Saraswati conducted two 'Know Yourself Yogotsav' programs in Punjab.

From 17th to 20th November, the program was conducted at the Guru Nanak Stadium in Ludhiana. The morning classes were conducted by Swami Gorakhnath, Swami Kaivalyananda and Swami Shivaraj. Swamiji spoke on the Bihar Yoga–Satyananda Yoga system, on the progression of hatha yoga, raja yoga and kriya yoga. He described the yoga research conducted in many countries around the world and explained in detail the discovery and development of yoga nidra by Sri Swami Satyananda Saraswati. Swamiji emphasized the importance of developing positive qualities and creating a yogic lifestyle.



Over 300 participants attended the program. On the last day, Swamiji gave mantra diksha to 39 aspirants and initiated 15 into jignasu and 10 into karma sannyasa.

From 21st to 22nd November, the program was held at the Skating Rink, Sector 10, Chandigarh. Swamiji conducted the morning class and spoke on the progression of yoga from practice to sadhana to lifestyle and culture. He introduced the yama of happiness and the niyama of japa with the aim of changing the negative into positive. On the last day, Swamiji gave mantra diksha to 29 aspirants and initiated 2 into jignasu sannyasa.

On 22nd November, a special program was conducted at Sivanandashram, Chandigarh, where children gave a demonstration of advanced asanas. Swamiji encouraged the children to have trust in themselves, faith in the higher will, and to work hard.





Other than the Bharat Yatra the following programs were conducted:

Assam

From 2nd to 7th February, a yoga shivir was organized at the Bongaigaon Refinery for refinery officers and their family members. Over 50 participants attended the sessions. Around 120 children aged 13 to 18 years from DPS and Bongaigaon HSS schools enjoyed the yoga classes and kirtan. Swami Tyagraj conducted the program; he was assisted by Ravi of the Yuva Yoga Mitra Mandal.

From 10th to 14th May, yoga classes were conducted at the IIT (Indian Institute of Technology) Campus, Guwahati, as part of the Spic Macay Convention dedicated to the musical and cultural heritage and traditional art forms of India. Over 200 students participated in two three-hour yoga sessions. Children and students age 6 to 25 took part as well as citizens of 25 states of India. Participants also came from Bhutan, Nepal and Pakistan. Kirtan was the most favourite part of each session. The classes were conducted by Swami Tyagraj who was assisted by Ravi, member of the Yuva Yoga Mitra Mandal.

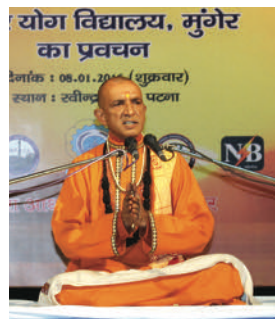
From 16th to 25th June, various yoga programs were organized at the Narangi Army Cantonment, Guwahati. Over 500 participants, which included army officers, JCOs, jawans and their family

members, benefitted from these yoga classes. On 21st June, the International Day of Yoga was celebrated at various locations within the cantonment. Swami Kaivalyananda conducted all the sessions; he was assisted by Kiran of YYMM.



Bihar

On 8th January, Swami Niranjanananda addressed officials and employees of Bihar State Power Holding Company Limited (BSPHCL) and their families at Ravindra Bhavan in Patna as part of a motivational lecture series. The audience included the state energy minister, serving and retired IAS officers, doctors, engineers, judges and their families. Swamiji spoke on the yogic capsules as tools to help overcome stress and stay healthy. More than 1200 delegates attended the program with keen interest.



From 19th to 21st May, Notre Dame Academy, Patna, organized a yoga shivir for 40 sisters. Daily three sessions were conducted by Swami Yogakanti. Many





of the sisters had visited Ganga Darshan, and 20 are involved in teaching yoga to students.

On 16th October, the Lakshmikant Mishra Foundation, Delhi, organized a seminar on 'Ahimsaka Lokashakti, Shiksha aur Patrakarita' at the town hall of Munger. Swami Gyanbhikshu from Bihar School of Yoga was invited to speak on the role of journalists to educate people to create a peaceful, harmonious and just environment and to develop the awareness of non-violence.



Gujarat

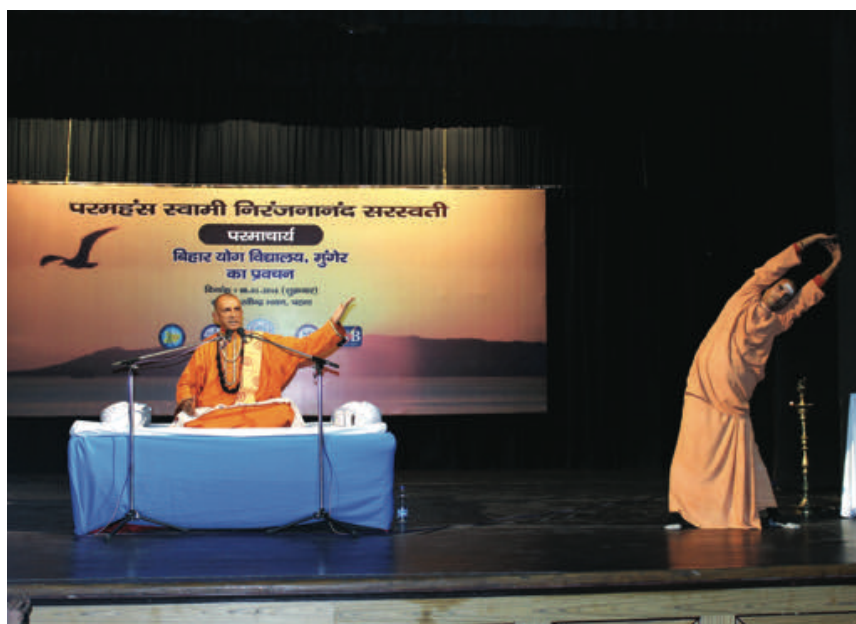
From 28th January to 1st February, Swami Nirmalananda took part in medical camps for tribal children organized by Yuva Pragati, USA, and the Institute for Quality Education run by the Sister Nivedita Foundation in Rajkot, North Gujarat. During these medical camps yoga sessions were conducted. Swami Nirmalananda also gave three yoga sessions for the general public which were attended by over 60 participants. Other yoga sessions were conducted for specific groups. They included a session in which 30 doctors participated, a session for over 150 urban school children, a session for 90 ladies and one for 30 yoga teachers.



From 6th to 12th February, a yoga shivir was conducted by Swami Kaivalyananda at the Rotary Club Hall, Bhuj. He also conducted programs at











other venues: on 6th and 9th February at the Sivananda Balakashram; on 7th February at the Shivam Park Community Hall; and on 10th February, at the Vaniavad Shala where 150 students, age 6 to 14, attended the session.

Chhattisgarh

Kanker: From 28th March to 3rd April, the Yoga Sadhana Kendra, Kanker, organized a shivir with two sessions daily which were attended by 120 participants.

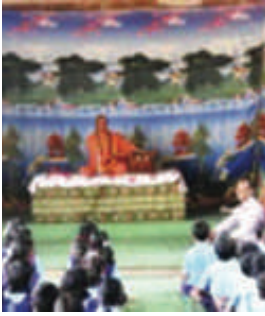
At the Central High School, Kanker, 500 students attended the yoga classes and the yoga class at the Saraswati Shishu Mandir Higher Secondary School, Kanker, was attended by 600 students

Narayanpur: From 6th to 13th April, the Sadhaks of Narayanpur organized for the first time a shivir for over 120 participants who joined the classes with great enthusiasm.

On 10th April, a second yoga camp was organized for the India-Tibet Border Police, at Jailbadi, ITBP Camp. It was attended by 80 jawans and officers.

Pharasaon: From 15th to 21st April, the Yoga Lovers, Pharasaon, organized one shivir for over 100 sadhakas, one at the Rishi Vidyalaya Secondary School, Taragaon, at the Hostel of Adarsh Vidyalaya, Pharasaon, and a fourth shivir at the Kasturba Gandhi Residential School, Boregaon, Jugani Camp Secondary School & High School and





Gatti Palna School, which was attended by 500 students.

Kondagaon: From 23rd to 30th April, two shivirs were organized by the Satyam Yoga Kendra, Kondagaon. The first one for the general public was attended by over 150 participants, and the program for the Higher Secondary School, Bajarpara, Higher Secondary School, Dongripara & Girls' Higher Secondary School was attended by 600 students



All shivirs were conducted by Swami Gorakhnath.

A children's yoga camp was organized by Satyananda Yoga Ashram, Rajnandgaon, from 26th December 2016 to 1st January 2017, in which 15 boys and 24 girls participated. Besides asana, pranayama and yoga nidra classes the children were also engaged in likhit japa, kirtan and karma yoga. During the closing ceremony, the children presented the asanas they had learnt in the form of beautiful dances.



Jharkhand

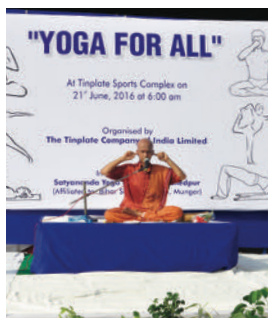
From 15th to 21st March, the Yoga Mitra Mandal, Indian School of Mines, Dhanbad, organized a yoga shivir for the first time. It was attended by over 100 participants.

A second shivir took place at the Dhanbad Public High School. Over 350 students took part in the program. At the Rajkumar Saraswati Shishu Mandir



Higher Secondary School, 350 students participated in the yoga classes. Swami Gorakhnath conducted the shivir.

A seven-day yoga shivir was organized by Satyananda Yoga Kendra, Jamshedpur, from 22nd to 28th June at the Golmuri Club. There were two classes in the morning: advanced yoga for 90 participants and basic yoga for 80 participants. In the afternoon, a class for over 60 children was conducted, including stories, chanting, kirtan, asana and yoga nidra. The classes were conducted by Swami Vigyan Chaitanya. He also gave talks on 'Mind management – a holistic approach' to 60 people at the Telco Club of Tata Motors, 150 trainees of SNTI Training Institute of TATA STEEL, 75 employees of Tinsplate Company of India and 10 professors of XLRI. The shivir concluded with an evening program in which the children presented dances, songs and stories. This was followed by satsang, including a video satsang of Sri Swamiji. Over 250 people attended the program.



Maharashtra

From 20th January to 4th February, various programs were conducted by Swami Kaivalyananda in the Mumbai area.

From 22nd to 29th January, a seven-day shivir was held at the MVM Hall at Kemps Corner, Mumbai. Approximately 80 participants attended the program.





On 23rd and 24th January, a program was organized at the Vanita Vishram School for around 35 teachers and 30 students.

On 24th January, a workshop on the practice of dharana was conducted at the Somaiya College. Approximately 300 yoga students of courses related to the study of yogashastra and other topics attended.



On 25th January, the Yoga Sadhana Kendra, Chembur, organized a session for around 100 associates of the centre.

On 26th January, Swami Kaivalyananda visited The Happy Home for the Blind in Worli, where the children welcomed him with kirtan and a demonstration of yogasana.



On 28th January, the Naigaon Police Station hosted a program for 125 police constables of which one third were women.

On 30th and 31st January, a two-day residential retreat was organized at 'The Retreat House' in Bandra, which was attended by approximately 45 participants.



On 1st and 2nd February, over 110 participants joined the program in Thane. They had to do their practices while sitting as there was not enough space to lay out the yoga mats.

On 2nd February, Swami Kaivalyananda interacted with around 50 members of the Ghantali Mitra Mandal, Thane.

From 22nd to 27th February, a yoga shivir was organized at the Cricket Club of India, Mumbai. The theme of the program was 'Advancing in yoga and becoming more conscious and vibrant'. Around 160 participants attended the morning and evening sessions.



From 29th February to 2nd March, an introductory yoga program was held at the National Sports Council of India. Over 50 participants took part in the various sessions.



A yoga session was organized at the Bombay International School for about 20 teachers, and a special session for mentally challenged adults in Kshitiz. All programs were conducted by Swami Vigyan Chaitanya.

On 11th June, a workshop on 'Yoga through the Various Stages of a Woman's Life' was conducted by Dr Swami Nirmalananda at Bharatiya Vidya Bhavan Hall, Mumbai. The program was organized by Women Entrepreneurs (WE), the Women's Wing of the World Zarathusti Chamber of Commerce (WZCC) and was attended by about 26 ladies.



From 21st to 23rd September, the 'Know Yourself Yogotsav 2016' was conducted in Pune at the Deccan College. The morning classes were attended by over 1000 participants and the evening program by more than 2000. Swami Kaivalyananda and Swami Shivaraj conducted the sessions. Be-





sides guiding through the practical aspects of asana, pranayama, mantra chanting and concentration practices, they spoke on the following topics: 'Cause and alleviation of suffering through yoga', 'The journey through the inner dimensions' and 'How to fulfil one's destiny'.



From 16th to 22nd October, the Adani Power Maharashtra Limited organized a yoga shivir for the Shantigram Township. The morning and evening sessions were attended by more than 120 employees and their family members.

On four days, sessions were conducted at the Adani Vidyalaya for the school children and teaching staff.



At the plant auditorium a special session was held for over 110 employees on the topic of yoga lifestyle.

More than 200 contract workers attended a yoga session which emphasized the long-term effects of yoga.

All sessions were conducted by Swami Gorakhnath from Shantidarshan Ashram, Bokaro.



Rajasthan

From 12th to 14th October, a three-day yoga shivir was conducted at Gita Bhavan, Kota, by Swami Hari-shraddhananda from Sivananda Darshan Yogashram, Satna. More than 40 people participated enthusiastically in the first such Bihar Yoga shivir organized in Kota.

Uttar Pradesh

From 22nd to 24th April, a yoga shivir was jointly organized at the Motilal Nehru Homeo Hospital, Lucknow, by the hospital and Yoga Anusandhan Samsthan, Lucknow. More than 40 patients and members of staff participated in the shivir, many of them regular yoga practitioners. Ailments such as obesity, spondylitis, blood pressure, diabetes and sleep disorder were addressed. The importance of living yoga as a lifestyle, not just as a practice, was emphasized. Sannyasi Gurupremanand conducted the shivir; he was assisted by Shri R.C. Adhikari.

From 1st to 3rd May 2016, Yog Anusandhan Sansthan, Lucknow, and Shri Ram Yog Sansthan of Gayatri Shakti Peeth jointly organized a shivir at Gayatri Shakti Peeth, Kursi Road, Lucknow. Over 90 participants attended the morning classes.

Sannyasi Gurupremanand conducted the shivir and was assisted by Sannyasi Poonr Pragya.

Nepal – Kathmandu

From 14th to 16th July, a yoga shivir was organized at the UN House in Kathmandu by the Staff Association of UNICEF Nepal. The daily sessions were attended by 16 national and international officers. Sannyasis Premananda and Sivagiri conducted the classes. They were assisted by Jignasu Jnanadharma.

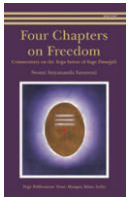


2016 ACTIVITIES REPORT COURTESY OF YOGA PUBLICATIONS TRUST (YPT)

BOOKS:

By the end of 2015, one hundred and forty-nine books and 56 booklets were in print in English, seventy-three books in Hindi and two books in Hindi-English. In 2016, eight new books and one new booklet were added in English and three books were reprinted. In Hindi, two booklets were added as new titles, and two books and two booklets were reprinted.

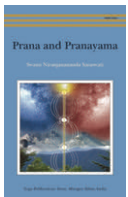
In 2016 eight additional digital publications were launched on Amazon Kindle, bringing the total of online books to nine.



Digital books launched in 2016

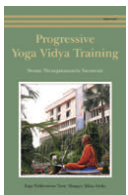
By Swami Satyananda Saraswati:

- *Four Chapters on Freedom*
- *Kundalini Tantra*
- *Sure Ways to Self-Realization*
- *Yoga Nidra*



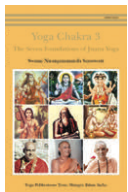
By Swami Niranjanananda Sarswati:

- *Prana and Pranayama*
- *Yoga and Daily Life*
- *Yoga Darshan*



By other authors:

- *Hatha Yoga Pradipika*, Swami Muktibodhananda

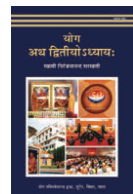
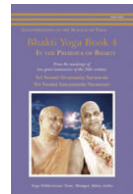
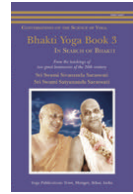
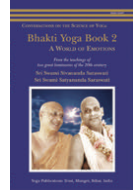
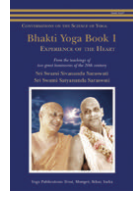


New English books printed in 2016

- *Progressive Yoga Vidya Training*, Swami Niranjanananda Saraswati
- *Yoga Chakra 3: The Seven Foundations of Jnana Yoga*, Swami Niranjanananda Saraswati

Conversations on the Science of Yoga Series of Swami Sivananda and Swami Satyananda:

- *Bhakti Yoga Book 1: Experience of the Heart*
- *Bhakti Yoga Book 2: A World of Emotions*
- *Bhakti Yoga Book 3: In Search of Bhakti*
- *Bhakti Yoga Book 4: In the Presence of Bhakti*
- *Bhakti Yoga Book 5: A Bhakta's Joy and Discipline*
- *Bhakti Yoga Book 6: A Guide to Sadhana in Daily Life*



New English booklets printed in 2016

- *Yoga: The 2nd Chapter*, Swami Niranjanananda Saraswati

New Hindi booklets printed in 2016

- *Yog: Atha Dwitiodhyaya*, Swami Niranjanananda Saraswati

Satyam Tales:

- *Mein Sannyasi Hoon*

English books reprinted in 2016

- *Prana and Pranayama*, Swami Niranjanananda Saraswati
- *Hatha Yoga Pradipika*, Swami Muktibodhananda
- *Sanskrit Glossary*

Hindi books reprinted in 2016

Yogadrishi Satsang Series of Swami Niranjanananda Saraswati:

- *Bhakti Sadhana*
- *Yogic Jeevan*

Hindi booklets reprinted in 2016

- *Yog Satsang*, Swami Satyasangananda Saraswati

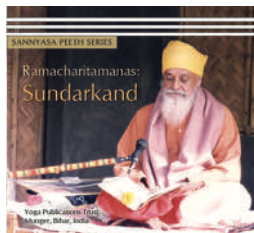


CDS AND DVDS:



New CDs released in 2016

- *Pashupata Astra Yajna*
- *Siddha Guru Stotrams*

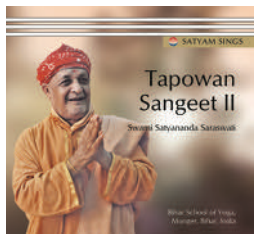


CDs reprinted in 2016

- *Ramacharitamanas: Sundarkand*
- *Tapowan Sangeet II*, Swami Satyananda Saraswati

Teaching Series – Swami Niranjanananda Saraswati:

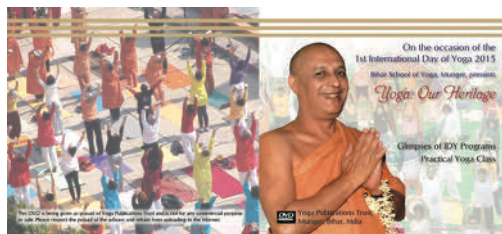
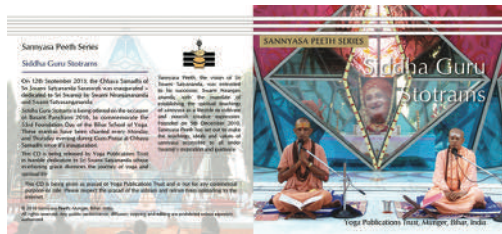
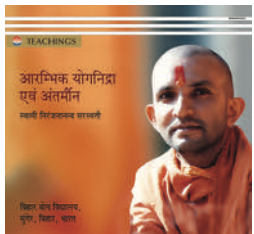
- *Beginners Yoga Nidra & Ajapa Japa*
- *Intermediate Yoga Nidra & Antar Mouna*
- *Arambhik Yoga Nidra & Antar Mouna*
- *Madhyam Yoga Nidra & Ajapa Japa*



New DVDs released in 2016

On the occasion of the International Day of Yoga:

- *Yoga: Our Heritage* (Eng & Hindi eds)



2016 ACTIVITIES REPORT COURTESY OF YOGA RESEARCH FOUNDATION (YRF)

If one learns to ignore the past, forgets about future ambitions and concentrates on improving oneself in the present moment, one's life will change drastically. Life is not in the past nor in the future; it is eternally in the present. Such life can be found through yoga, because yoga awakens the eternal present.

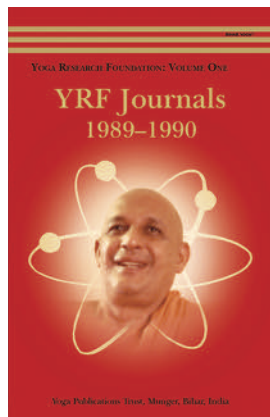
—Swami Niranjanananda Saraswati

From 5th to 28th February, Swami Nirmalananda and Sannyasi Vasundhara visited BHEL, Bhopal, Madhya Pradesh, with the purpose of post-data collection, scoring and data entry for the research project which was carried out at Jawaharlal Nehru School in collaboration with BHEL. The research began in July 2015 and the final yoga classes were held end January 2016. The project concluded in February 2016 and involved approximately 125 students of Standard VIII.



Publications

2015–16 saw the first volume of Yoga Research Foundation publications as the four original YRF journals which were published from 1989–1990 were compiled in book format. This is the first in a series of publications dedicated to present past and future research of YRF.



2016 ACTIVITIES REPORT COURTESY OF BAL YOGA MITRA MANDAL (BYMM)

The innocence, the simplicity, freedom from inhibition, the sweetest and purest smile, love and tenderness, these are the things which you have to relearn from children.

—Swami Satyananda Saraswati



Bal Yoga Diwas – Children’s Day

On 14th February, the children of BYMM celebrated their annual children’s day at Satyam Vatika, Ganga Darshan. Through the performances of dance, song, yogasana and karate, they narrated various episodes from the life of Swami Niranjan and the teachings contained therein. In a mix of Hindi and English, the children explored their creativity and delighted all with many ideas to convey the message in a simple, clear and often funny and unexpected manner.



Swamiji thanked the children and spoke on the different roles yoga plays in the life of an adult and in the life of a child. The purpose of yoga for adults was to reduce imbalances and pain, whereas yoga helps children to develop and express their creative potential.



Recruiting new members

On 9th and 10th May, BYMM children visited approximately 10 schools in the Munger area to invite children to become members of the BYMM. From 17th to 29th May, the process of new

admissions took place. It consisted of a three-day yoga camp with oral and written tests. Admission was open for 7 to 12 year old children. Six members of the BYMM administration team organized and conducted the admission process. From about 450 children approximately 200 children were selected.



Throughout the year 2016 residents, students and guests appreciated the constant and joyful presence of the BYMM children. At all major functions, such as the Basant Panchami, the Guru Poornima celebrations and the Lakshmi-Narayana Mahayajna, the children performed their duties with a great sense of responsibility and ease.



The children were part of the two months Chaturmas sadhana, chanting stotras, singing kirtan and delighting everyone with their dances and smiles. During the programs of Swami Muktananda Puri and Swami Girishananda Saraswati, they transformed themselves into fabulous forms of Sri Krishna and Radha, Druv and Narayana, and many others.



On the International Day of Yoga, the town of Munger became the stage for the children to demonstrate their skills as yoga instructors, demonstrators and flawless organizers.



The contribution of BYMM has been a valuable and integrated part to the activities at Ganga Darshan and Paduka Darshan.

2016 ACTIVITIES REPORT COURTESY OF YUVA YOGA MITRA MANDAL (YYMM)

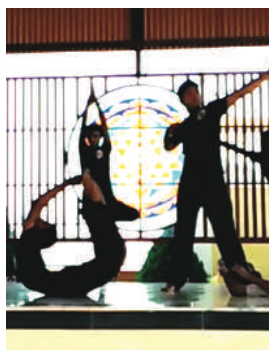
Real education starts when the inner mental potential is awakened and one starts to become aware of the spiritual being. This process of education is called yoga.

—Swami Satyananda Saraswati



Training

From 25th to 29th May, the Yuva Yoga Mitra Mandal conducted classes in advanced asana for 25 yuvas at Ganga Darshan. The advanced asanas were grouped and performed in ten different sequences.



Foundation Day

On 23rd October, the sixteenth Foundation Day of the YYMM was celebrated at Paduka Darshan, Sannyasa Peeth. The program included havan, kirtan, dance performance, a flute recital and demonstration of advanced asanas by the talented members of YYMM. Swami Shankarananda spoke on the positive effects of yoga in the life of the YYMM members.



Swami Niranjanananda conveyed his good wishes to the YYMM members, gave them guidelines for the future and highlighted the value of vocational training in the modern age.

Besides the almost 500 YYMM members present on the occasion, the program was attended by over 700 sannyasins, ashram residents, guests, students and members of the Bal Yoga Mitra Mandal.

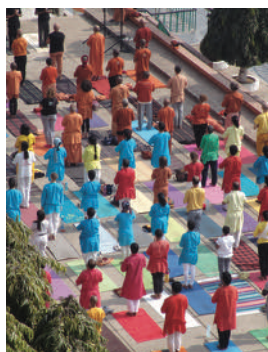
YOGA PEETH EVENTS

Transforming the normal feelings into universal feelings should be our aim when we practise yoga.

—Swami Niranjanananda Saraswati

Makar Sankranti

On 15th January, the car park at Ganga Darshan became a big outdoor classroom. Residents, students and guests practised twelve rounds of surya namaskara, salutation to the sun. With this yogic practice the commencement of the sun's northbound journey is being observed every year.



Basant Panchami – Foundation Day

From 9th to 13th February, the 53rd Foundation Day of Bihar School of Yoga was celebrated at Ganga Darshan during Basant Panchami.

Swami Shankarananda, Swami Gorakhnath and Swami Suryaprakash spoke on the history and the mission of BSY.

The children of Bal Yoga Mitra Mandal added joy and laughter to the program along with their beautiful kirtan.

In 1963 Sri Swami Satyananda had lit the first akhanda deepak during the foundation ceremony of Bihar School of Yoga. This year, Swami Niranjanananda lit an akhanda deepak as a symbol of the second chapter of yoga at the Bihar School of Yoga. To mark the occasion, the poem *Maha Saraswati* was read





out in English and Hindi as it was Sri Swamiji's sankalpa for Bihar School of Yoga.

In his final address, Swamiji spoke on the importance of yamas and niyamas which are the base of every branch of yoga. He said that yoga practice was to be seen in three parts: the practice which is for the body, the sadhana which is for the mind, and lifestyle which is for the spirit.



International Day of Yoga

On 21st June, Bihar School of Yoga conducted a program from 6 to 7.30 am at Paduka Darshan on the occasion of the second International Day of Yoga. More than 500 participants attended and were guided through practices of asana, pranayama, relaxation, concentration and a meditation on yama-niyama.



In Munger, 'City of Yoga', similar programs were conducted by members of BYMM, YYMM and the Ramayan Mandali at over 120 venues, in which more than 8,000 people participated. More than 10,000 people in over 2,000 private homes followed the prescribed program on their own.



Programs were conducted by ashrams and centres in Bihar, including Asarganj, Barh, Bariyarpur, Haveli Kharagpur, Lakhisarai, Patna, Saharsa, Sangrampur, Sheikhpura, Supaul, Suryagarha and Tarapur; nationally in Bengaluru, Bokaro, Bhopal, Bhuj, Chennai, Delhi,

Jamshedpur, Mumbai, Rajnandgaon, Ranchi, Satna and other locations; and around the world in many countries, including Brazil, Bulgaria, Colombia, Croatia, Hungary, Ireland, Italy, Nepal, New Zealand, Serbia, Slovenia, Spain and Thailand.



Guru Poornima

From 15th to 19th July, Guru Poornima was celebrated at Paduka Darshan, Sannyasa Peeth. The daily program consisted of havan, chanting of stotra and kirtan, and dance performances of the children of the Bal Yoga Mitra Mandal and members of the Yuva Yoga Mitra Mandal. Some of the children read out the poems they had written themselves as a dedication to the guru. The depth of their feeling and creativity touched all present. Srimati Krishna Devi from Bhagalpur and the renowned musicians accompanying her enchanted the audience with her rendering of scriptural tales.



Swami Niranjanananda gave satsang every day. He started with Shiva, the first guru, and then spoke on the continuous tradition of the guru-disciple relationship. He described the shining examples of Milarepa and Eklavya who had perfected discipleship. Absolute faith and trust is only possible in the absence of ego, pride and arrogance. These are the obstacles which the disciple needs to overcome by developing obedience, awareness





and making constant effort to manage the six enemies of passion, anger, greed, attachment, pride and envy.

There must be mutual respect and love for the teachings that are imparted by the guru and shared with the disciple. The guidance of the guru is always present for those aspirants who are open and eager to improve the quality of their experience in life.



The sankalpa given by Swamiji for this Guru Pournima was to renounce the negative and destructive, and to relate to the beautiful and positive in life. In this way, one can journey from the dark moon to the full moon and experience fullness.



On Guru Pournima day, havan and paduka poojan were performed. More than five thousand people came to pay their respect to the guru.

Swamiji initiated 204 aspirants into mantra, 69 into jignasu and 37 into karma sannyasa. Swami Atmamaitri, President of Bihar School of Yoga, received poorna sannyasa initiation.



Diwali

On 30th October, Diwali was celebrated at Satyam Vatika. Students of the four-month Yogic Studies and participants of the Progressive Yoga Vidya Training had chosen the theme of pratipaksha bhavana, of changing the negative into a positive expression. Through dance anger was replaced with peace; jealousy with contentment and friendship; greed with happiness; desire with detachment; infatuation with viveka and vairagya; and pride and arrogance with purity.

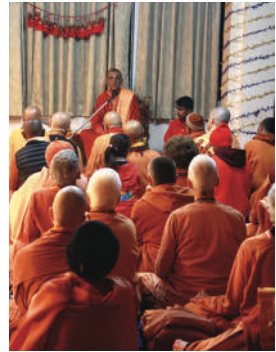
Swamiji spoke on the necessity to overcome the six negative traits and bring luminosity into our lives which is the message of Diwali.



Christmas

On 24th December, Christmas Eve was celebrated at Ganga Darshan with havan dedicated to Jesus. Soulful carols were sung by residents and guests. An inspiring Christmas message by Swami Sivananda was read out on the occasion. In his satsang, Swamiji said that the yogic tradition recognizes Jesus as a yogi of the highest calibre, and the *Ishu Namavali*, the hundred names of Jesus compiled under Sri Swamiji's guidance, reflects this awareness.

On 25th December, Sri Swami Satyananda's birthday was celebrated in the morning with havan and kirtan in Satyam Vatika. In the evening, the grand Christmas celebrations were held





to song and dance. The highlight of the evening was the Christmas song, 'Silent Night', rendered beautifully in different languages like Hindi, Bulgarian, German and Chinese.

On 26th December, children from Notre Dame Academy, Munger, presented a follow-up Christmas program with a nativity play, songs and beautiful dances.



New Year's Eve

New Year's Eve was celebrated with performances by the international group of students of the four-month Yogic Studies and the three-month Yoga Lifestyle Experience. Exuberant dancing, singing and an impressive presentation of yogasana held the audience spell-bound.



Your Diary 2017

Swami Niranjanananda Saraswati



Whenever you say something is new, it gives an opportunity to reconnect with a vision and an aspiration of life. So once a year, there is this opportunity to reconnect with the vision and aspiration of life.

- What is that vision of life? To walk the path of karma and dharma.
- What is the aspiration of life? To cultivate belief and trust.
- For what? To walk the righteous path.

That should be our commitment and our aspiration which we need to reconnect with and renew whenever we celebrate a new year, whether we celebrate it in December, January, February, March, April or May. It is the newness of life we celebrate.

Sankalpa for a true human being

Today, you are receiving the new diary. So start writing in that new diary and close the old diary. Old diary means the mind, not the paper, for I am not giving you a paper diary. I am indicating to you your mental diary in which you write every day. The mental diary of 2016 is over and last night you wrote the last words, "Thank you."

From today, you have to start a new diary in your mind, and to begin the new diary in the mind and in your life, you have to take a sankalpa: "Following the path of karma and dharma, endowed with the qualities of faith and belief, I shall walk the path of goodness and righteousness." This should be the sankalpa which should guide the writing of the diary for 2017.

On a daily basis remember this sankalpa, this idea, and see whether you have lived your day as per this idea or not. If you are able to live this concept, this understanding for three-sixty-five, you would have become a true human being.

Time to commit

We tend to forget our responsibility and our commitment, and we become the flirtiest beings in life. It is all right for a time, but then there has to be commitment in life, for only through commitment can we advance in life, not when we are flirting.

I give an example. What is commitment? You dig one hole fifty feet deep. And what is flirting? You dig fifty holes one foot deep. So flirting is when you are digging fifty holes one foot deep hoping that you will find water some place, and commitment is digging one hole fifty feet deep and ensuring that you find water at that depth.

The sankalpa to renew your vision has to be your commitment. Just as you wake up every morning and open your eyes to the world, in the same manner every day you should open your eyes to the vision and aspiration of life by thinking this, and every night you check: "Today, did I walk the path of

karma and dharma? Today did I cultivate the quality of faith and trust? Today did I walk the path of righteousness?

Just as you are critical about others in their approach, attitude, looks, behaviour, personality, nature, be critical about yourself too. There is a song: "Take a look at you and you can look at others differently."

This is not a song, it is the reality of life and it should be our commitment – to reach out to light, to reach out to life, and to reach out to the beauty that life gives to us. It is this aspiration that will keep us going this coming year, so let us welcome it with an open heart and open hands.

Happy New Year.

– 1 January 2017, Ganga Darshan, Munger



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.

Place of publication: Munger. Periodicity of its publication: monthly. Printer's name: Thomson Press India Ltd., 18/35 Milestone, Delhi Mathura Road, Faridabad, Haryana – 121007. Nationality: Indian. Publisher's name: Bihar School of Yoga. Nationality: Indian. Address: Bihar School of Yoga, Ganga Darshan, Fort, Munger – 811201, Bihar. Editor's name: Swami Shaktimitrananda Saraswati. Nationality: Indian. Address: Bihar School of Yoga, Ganga Darshan, Fort, Munger – 811201, Bihar.

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



Life

Is this clay or is this gold?

At these pleasures and beauties of life
Should we laugh or cry?

Some say life is happiness
And others say it is only sorrow.

O companion, guide me
To that which is final and ultimate.

It may be a garland of joys
Or the blows of sorrow

But never can it be said
That life is just joy or sorrow.

Everything in life is wealth.
There is gold as well as stones.
Say always, O companion,
That life is gold and full of joys.

—Swami Satyananda Saraswati



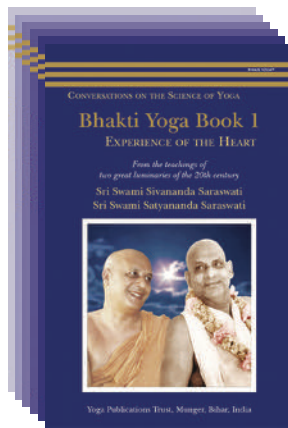
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Bihar School of Yoga is happy to announce that the YOGA and YOGAVIDYA magazines are now available on line at:

<http://www.biharyoga.net/bihar-school-of-yoga/yoga-magazines/>

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www.biharyoga.net/sannyasa-peeth/avahan/ provides online access to *Saty ka 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.



- Registered with the Department of Post, India
Under No. HR/FBD/297/16-18
Office of posting: BPC Faridabad
Date of posting: 1st-7th of every month
- Registered with the Registrar of Newspapers, India
Under No. BIHENG/2002/6305

issn 0972-5717

Yoga Peeth Events & Yoga Vidya Training 2017

Feb 26-Mar 4	Yoga Capsule – Digestive (Hindi)
Mar 19-25	Yoga Capsule – Arthritis & Rheumatism (Hindi)
Apr 9-19	Total Health Capsule (Hindi)
Oct 1-30	* Progressive Yoga Vidya Training (English)
Oct 2-Jan 28	* Yogic Studies, 4 months (English)
Oct 16-20	* Kriya Yoga – Module 1 (English)
Oct 16-20	* Kriya Yoga – Module 2 & Tattwa Shuddhi (English)
Nov 4-10	* Hatha Yoga – Module 1: Shatkarma Intensive (English)
Nov 4-10	* Hatha Yoga – Module 2: Asana Pranayama Intensive (English)
Nov 1-Jan 30 2018	* Yoga Lifestyle Experience (for overseas participants)
Dec 11-15	Yoga Chakra Series (English)
Dec 18-23	* Raja Yoga – Module 1: Asana Pranayama Intensive (English)
Dec 18-23	* Raja Yoga – Module 2: Pratyahara Intensive (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 training 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:

Bihar School of Yoga, Ganga Darshan, Fort, Munger, Bihar 811201, India

Tel: +91-06344-222430, 06344-228603, Fax: +91-06344-220169

Website: www.biharyoga.net

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