

# YOGA

Year 7 Issue 3

March 2018

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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

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*Plates:* Yoga training at Ganga Darshan 2017;  
1 & 2: Progressive Yoga Vidya Training;  
3: Yoga Chakra; 4: Raja Yoga Yatra 1



## GUIDELINES FOR SPIRITUAL LIFE

Spiritual practice is not possible without good health. The practice of yogic exercises is conducive to health and longevity. The pains that afflict the physical body are secondary diseases, while the vasanas and desires that affect the mind are termed mental or primary diseases. If bad thoughts are destroyed, bodily diseases vanish. Purity of mind means a healthy body.

Health is one's birthright, not disease; strength is one's heritage, not weakness; efficiency, not inefficiency, courage, not fear; bliss, not sorrow; peace, not restlessness; knowledge, not ignorance; immortality, not mortality.

—Swami Sivananda Saraswati

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# YOGA

Year 7 Issue 3 • March 2018  
(56th 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 मतोऽधिकः । कर्मिभ्यश्चाधिको योगी तस्माद्योगी भवार्जुन ॥

# The Lifestyle of Yoga

*Swami Niranjanananda Saraswati*

Whatever you have picked up either a little bit or very much, and whatever you have understood, try to apply it in your life. The main thrust of this ashram is not the practice of yoga but the lifestyle of yoga.

What is practice anyway? What do people practise? Out of the entire system of yoga we only practise a few asana, a few pranayama, one relaxation and possibly one meditation practice. So out of one thousand things we only practise four little minor things and we call that yoga.

In reality, the purpose of yoga is twofold: one is expansion of consciousness and the other is liberation of energy. People think, 'Oh if I meditate expansion of consciousness will happen'. They retain this idea of expanding the consciousness by simply observing themselves for ten or fifteen minutes during the meditative practice. They don't think of expanding that awareness into the normal day-to-day, moment to moment activities of the entire day.

In lifestyle the focus is to extend awareness into the normal routine, learn it through practice and extend it into daily life. Ultimately, one has to integrate the principles of





yoga and awareness into life, not only into meditation, asana and pranayama.

Therefore, whatever you do, your focus should be to include and incorporate the ideas of yoga, the principles, the practices, the yamas and niyamas of yoga in whatever manner possible in your life. Start with the first yama of being happy, of happiness, *manahprasad*. Be happy and extend the moment of happiness from a five-second smile to a six-second smile tomorrow, to seven seconds the day after until you get a fixed grin on your face. In this way you extend the moments of happiness.

Even that first yama is a big achievement and attainment. What will it do? It will improve your life, it will improve your mind, it will improve your energy, stamina and mood. There will be an overall change. The same applies to the other things you do, your asana, your pranayama. If you do it at the right time in the right manner benefits will be derived. Therefore, the focus has to be 'lifestyle' and if you can carry that much with you from your four-month stay at Ganga Darshan, you will become a yogi.

– 27 January 2017, satsang to four-month Yogic Studies students

# BIHAR SCHOOL OF YOGA TRAINING

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

—Swami Niranjanananda Saraswati



## **Yoga Capsule – Respiratory (Hindi)**

From 12th to 18th February, the yoga capsule for respiratory ailments was conducted at Ganga Darshan. The participants came from Bihar, Maharashtra, New Delhi, West Bengal and Nepal. The classes were conducted by Swami Tyagraj and Swami Nirmalananda.

## **Bihar Education Department teachers**

Yoga training was imparted to high-school Physical Education teachers from various districts of Bihar in three batches. The first training was conducted from 7th to 11th February for 45 participants, the second from 14th to 18th February for 40 participants (including 6 ladies) and the third from 21st to 25th February for 45 participants. The teachers attended morning APMB classes conducted by Swami Shivadhyanam. The afternoon yoga nidra and concentration classes were conducted by Swami Kaivalyananda. Members of YYMM assisted. The teachers also wholeheartedly joined in all the ashram activities as part of their training.



## **Yoga Capsule – Digestive (Hindi)**

From 27th February to 4th March, the yoga capsule for digestive disorders

was conducted at Ganga Darshan. The participants came from Bihar, New Delhi and Uttar Pradesh. The classes were conducted by Swami Tyagraj and Swami Kaivalyananda.



### **Group from Chennai**

From 23rd to 28th February, Jignasu Dasharath brought a group of 15 students from Chennai to Ganga Darshan to experience ashram life.

### **Yoga Capsule – Arthritis and Rheumatism (Hindi)**

From 19th to 25th March, the yoga capsule for arthritis and rheumatic ailments was conducted at Ganga Darshan. The participants came from Bihar, Gujarat, Jharkhand, Madhya Pradesh, Uttar Pradesh and West Bengal. The classes were conducted by Swami Tyagraj and Sannyasi Vasundhara.



### **Yoga Capsule – Total Health (Hindi)**

From 9th to 19th April, the yoga capsule for total health was conducted at Ganga Darshan. The participants came from Bihar, Jharkhand, Maharashtra, New Delhi, Rajasthan, Uttar Pradesh and West Bengal. The classes were conducted by Swami Tyagraj, Swami Kaivalyananda and Sannyasi Vasundhara.



### **Yoga Teacher Training, Bengaluru**

From 20th to 30th September, Sannyasis Devananda and Devashri brought a





group of 23 yoga teacher trainees from Atmadarshan Ashram, Bengaluru, to Ganga Darshan to experience ashram life. The group had completed one year of training. Swamiji encouraged the students for their second year of training. The asana, pranayama and yoga nidra classes were conducted by Swami Tyagraj.



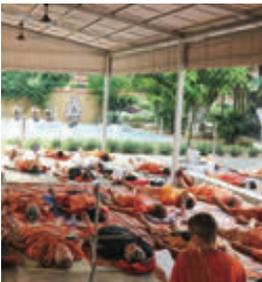
### **Progressive Yoga Vidya Training**

From 1st to 30th October, the third Progressive Yoga Vidya Training was conducted at Ganga Darshan. It was attended by 51 participants from 27 countries.

The national participants came from Chhattisgarh, Madhya Pradesh, Maharashtra and West Bengal. Overseas participants from the following countries attended: Argentina, Australia, Brazil, Bulgaria, China, Colombia, Croatia, France, Germany, Greece, Hungary, Ireland, Italy, Lebanon, New Zealand, Portugal, Russia, Serbia, Slovakia, Sri Lanka, Sweden, Switzerland, The Netherlands, UK, Uruguay and USA.



Swami Niranjanananda guided the participants to a new level of understanding and experience of asana and pranayama. The in-depth explanation of pratyahara was put into practice through *indriya sanyam*, the pratyahara of the senses, such as vision pratyahara and auditory pratyahara, and *prana pratyahara*, the practice of withdrawal of the pranas. He also described the four dimensions of pranayama.



## IMPRESSIONS: PROGRESSIVE YOGA VIDYA TRAINING



This one-month Progressive Yoga Vidya Training was an outstanding experience in my life and the effects are stretching out to various levels: from gross to subtle.

Beginning with the hardware, which is the ashram itself. For me this pure environment charged with high frequency energy, the routine, the simplicity and regularity is remedy in itself for many things. To arrive at Ganga Darshan is like arriving home from a long and exhausting journey. This hardware of course has a special and unique operation system, and that is Swamiji. It is his will, vision and energy behind everything that is happening here. During the month, many times when I saw him it came to my mind what Sri Swamiji said about Swami Sivananda: 'seeing him was yoga itself!'



Swamiji conducted many of the hatha yoga classes and all the raja yoga classes, where he shared the secrets of yoga, explaining the difference between the vedantic and Samkhyan systems of raja yoga. The indriya pratyahara practices, the prana nidra and the prana vidya he taught us will remain with me along with the experience of chakras and pranas.

During the month my body too changed a lot; it became lighter, more flexible, stronger and more energetic, it was good to see and experience how the body and muscles can remember. At first some of the asanas were difficult or impossible for me to perform, but the following day they went surprisingly well. Simultaneously, deep physical and mental tiredness passed. On the pranic level there were up and downs in the first three weeks, but by the last week energies set into harmony which reflected on my mental state too. The mind slowly became quieter and more content, and together with the practice of *danti*, mental restraint, which Swamiji taught us, I realized I have to practise it more. Gradually the worries, dissipations, cravings, judgements and negative inner dialogues were replaced with joy, positivity, focus and silence. And thus October became a happy month indeed. I think such Octobers should be prolonged, and I wish everybody could have a happy October. I feel gratitude that I could be part of this wonderful experience. *Om Tat Sat*.

—Sannyasi Bhaktananda, Hungary

*Kriya yoga evolves the force in an individual and accelerates his evolution.*

—Swami Satyananda Saraswati

### **Kriya Yoga Yatra 1**

From 16th to 20th October, Kriya Yoga Yatra 1 was conducted at Ganga Darshan and was attended by 28 participants. The national participants came from Maharashtra and Uttar Pradesh. Overseas participants from the following countries attended: Argentina, Brazil, Bulgaria, Colombia, Croatia, Israel, Russia, Serbia, Spain and Sweden. Swami Anandananda, Italy, and Swami Ratnashakti conducted the classes.



### **Kriya Yoga Yatra 2**

From 16th to 20th October, Kriya Yoga Yatra 2 was conducted at Ganga Darshan and was attended by 24 participants. The national participants came from Chhattisgarh, Gujarat, Jharkhand, Karnataka and Odisha. Overseas participants from the following countries attended: Brazil, Bulgaria, Colombia, Germany, Ireland, Lithuania, Sweden and The Netherlands. Swami Vedantananda, UK/Portugal, and Swami Yogakanti conducted the classes.



In his satsang, Swami Niranjanananda emphasized the importance of maintaining a constant connection to positivity. Sadhana should aim at strengthening positivity in one's day-to-day life.





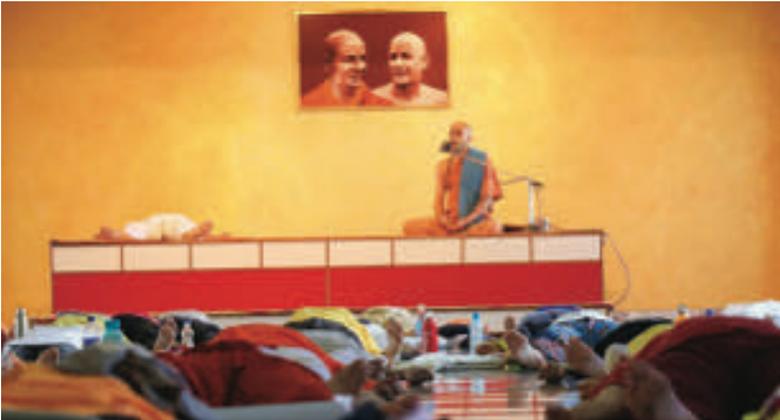
*Just to improve the physical health is not enough; the psychological and psychic framework also has to change. The time has come for yoga teachers to understand and transmit the true spirit of hatha yoga.*

—Swami Satyananda Saraswati

## **Hatha Yoga Yatra 1**

From 4th to 10th November, the Hatha Yoga Yatra 1 (Shatkarma Intensive) was conducted at Ganga Darshan for 47 participants.

The national participants came from Andhra Pradesh, Delhi, Jharkhand, Karnataka, Madhya Pradesh, Maharashtra, Odisha, Rajasthan, Uttar Pradesh and West Bengal. Overseas participants from the following countries attended: Brazil, Bulgaria, Greece, Hungary, Ireland, Italy, Lithuania, Serbia, Spain, Sri Lanka, Switzerland, The Netherlands, Uruguay and USA. Swami Shivadhyanam conducted the morning classes.



## Hatha Yoga Yatra 2

From 4th to 10th November, the Hatha Yoga Yatra 2 (Asana and Pranayama Intensive) was conducted at Ganga Darshan for 23 participants. The national participants came from Assam, Bihar, Jharkhand, Karnataka, Maharashtra and West Bengal. Overseas participants from the following countries attended: Argentina, Bulgaria, Ireland, Italy, Serbia, Spain, Sweden, The Netherlands and Uruguay. Swami Vedantananda, UK/Portugal, conducted the morning classes and the afternoon sessions of pratyahara for both groups of Hatha Yoga Yatra 1 and 2.



## Group from Israel

From 16th to 20th October, a group of 13 aspirants visited Ganga Darshan. Some participated in the Kriya Yoga Yatra 1 training and others came to experience ashram life. Their hatha yoga sessions were conducted by Swami Prembhava and the raja yoga sessions by Swami Upasana.



## Judicial Training Academy, Patna

From 25th to 30th November, a group of 50 judicial trainees came to Ganga Darshan for ashram life and yoga training. The trainees wholeheartedly joined in the ashram activities, Sundarkand chanting and evening sadhana. The hatha yoga and raja yoga classes were conducted by Swami Kaivalyananda and Swami Tyagraj.



## IMPRESSIONS: JUDICIAL TRAINING ACADEMY

It is a tremendous experience to practise yoga at Bihar School of Yoga. After the practice I feel great peace and tranquillity in my mind. I also feel better physically. I am indebted to Bihar School of Yoga as well as our teachers who made us learn the art of yogic life. The judicial officers who participated in this five-day course also reported similar experiences. I hope that the entire justice delivery system of Bihar will be benefited by the contribution of Bihar School of Yoga

—Nawneet Kumar Pandey, Director Bihar Judicial Academy

The days which I have availed in Bihar Yoga School is a life-changing moment. I have not only learnt yoga, pranayama, asana, but also karma yoga. It will give me a defined new meaning for myself and the work which I am doing. The experience is definitely going to serve myself and society. Lots of thanks for augmenting and awakening me.

—Binay Shanker, DY Director Bihar Judicial Academy

For the first time in my life I felt that yoga is a way of life, it is an art of living. I will try to follow it in my daily routine. The timetable in the ashram is awesome. Thank you very much for giving me an opportunity to come to this ashram.

—Divya Amal, Civil Judge, Patna



*The vision of Swami Sivananda and of Swami Satyananda is to live yoga in its true spirit and nature.*

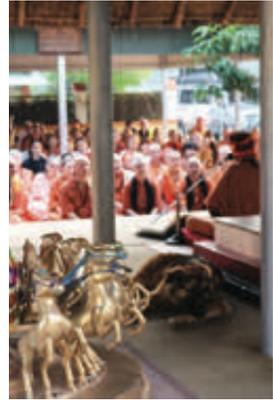
—Swami Niranjanananda Saraswati

## **Yoga Chakra Training**

From 11th to 15th December, the Yoga Chakra program was conducted at Ganga Darshan. Swami Niranjanananda spoke on the yoga chakra and the two branches of raja yoga and bhakti yoga which complement each other. With great clarity he explained how raja yoga is meant to manage the buddhi and manas aspects of the mind, while bhakti yoga channels and purifies the chitta and ahamkara aspects. The practice of antar mouna is a part of raja yoga, while the practice of antar darshan develops the feeling of love. Swamiji said that bhakti is nothing else but absolute love.

The morning hatha yoga classes were conducted by Sannyasi Vijayashakti who gave a deeper understanding to the practices of pawanmuktasana 1, 2 and 3. The yoga nidra sessions were conducted by Swami Prembhava who introduced one of the original yoga nidra of Sri Swami Satyananda.

Participants from the following 20 countries attended: Austria, Belgium, Brazil, Bulgaria, Croatia, France, Germany, Greece, Hungary, India, Ireland, Italy, New Zealand, Romania, Spain, Sri Lanka, Sweden, UK, Uruguay and USA.



## IMPRESSIONS: YOGA CHAKRA

I fully enjoyed the discourses of Swamiji on the interrelation of raja yoga and bhakti yoga. Whatever he talks about is always given a new, more complex, broad, and updated perspective and understanding.

Swamiji does not just pronounce words, he literally takes us back in time to their place and full range of experience, as if he was a witness to the events he describes, as if he was a contemporary of the people he mentions. He transmits to us his live vision and makes us witnesses too. That is the amazing capacity of a seer; he removes the veils and limitations of time and space and makes us see, feel, understand the wisdom or *vidya*.

—*Sannyasi Darshananda, Bulgaria*

Swamiji spoke of raja yoga and bhakti yoga as two foundation pillars that can be used – one to help us understand and manage the mind and its expressions and one to understand and manage the ego/chitta and its expressions of *bhava*, feeling. Only then can we create a balanced, harmonious and useful expression in our lives.

Swamiji gave simple, clear steps to take up now, and begin that journey. Not to get caught up in our past, but to sow the positive seeds, and give them time, nourishment and encouragement to grow in the future. He encouraged us, not with force or pushing but with that steady, open clarity of the present reality that gives us the strength to take another step. Thank you Swamiji.

—*Swami Yogajyoti, Ireland*

How to manage our mind and emotions? How to manage the ego? These are the biggest questions in life. During this Yoga Chakra series Swamiji gave us the theory, the systematic practical application and approach of raja yoga and bhakti yoga as supportive systems of each other to manage and transform our mind, emotions and ego.

It has given me hope and inspiration. Hope that it is actually possible for the ego to evolve, not to be eradicated, but to evolve from tamasic expressions of ego to rajasic and to sattwic. Sattwisazing of the ego was a nice expression Swamiji used. I have hope that it is possible to transform negative emotions into positive. We are not our mind, nor our emotions, not even the expressions of our ego but we can become what we think and what we feel.

I received the inspiration to continue to look honestly at myself and to work in changing the ego, mind and emotional expressions. The impressions I will carry with me are the beautiful examples and images Swamiji gave; the one of the greater mind, *mahat* – as the sun and the sun being reflected in the little raindrops; and the ladder with ahamkara and chitta as the two poles and buddhi and manas the interconnecting steps of the ladder. There were a lot of concepts that will require reflection, digestion and sinking in until the next Yoga Chakra series which I am eagerly looking forward to.

—Swami Maitreyi, Colombia





## **Raja Yoga Yatra 1**

From 18th to 23rd December, the Raja Yoga Yatra 1 was attended by 61 participants from Austria, Brazil, Bulgaria, Croatia, France, Germany, Greece, Iran, Ireland, Italy, Lebanon, Serbia, Spain, Switzerland, The Netherlands and USA. The national participants came from Bihar, Delhi, Maharashtra and West Bengal.

Swami Anandananda, Italy, conducted the morning classes, emphasizing the difference between the dynamic hatha yogasana and the meditative raja yogasana.



## **Raja Yoga Yatra 2**

From 18th to 23rd December, the Raja Yoga Yatra 2 was attended by 28 participants from Austria, Belgium, Colombia, Greece, Ireland, Italy, Serbia, Sri Lanka, Sweden, Switzerland and The Netherlands. The national participants came from Bihar, Delhi, Gujarat, Maharashtra, Odisha and Tamil Nadu.

Swami Niranjanananda conducted the morning classes where he guided the participants into the deeper aspects of pranayama using yogasana to help in this process.



In his satsang to both groups, Swami Niranjanananda developed the concept of pratyahara and defined the functions of manas, buddhi, chitta and ahamkara. Based on classical scriptures he led the participants through the experience of the three pratyahara practices for manas, buddhi and prana.



## IMPRESSIONS: RAJA YOGA YATRA 1

The Raja Yoga Yatra 1 was indeed a big first step in understanding the value of raja yoga in sadhana and in the application of yoga in life. The morning class gave us an experience of the inner dimensions of yoga practice and allowed us to feel that there was so much more to yoga than the physical aspect of it.

The afternoon satsangs with Swamiji opened a universe of wisdom – ancient and at the same time modern, accessible, applicable. Again and again we were given practices, instruments, examples of how to purify, how to observe, how to analyze, how to improve and progress. Moreover, we were shown how to deal with our mind, something of the highest value in today's age of stress, confusion and over-burden.

We have been truly blessed to be given knowledge that not just teaches us, but frees and empowers us. A knowledge so powerful that if we can only apply a small part of it in our lives, we will realize our human potential.

Attending Raja Yoga Yatra 1 was an inspiration and hope that in the age of materialism and strong sensorial input, there are still chances to progress spiritually.

Our gratitude and pranam goes to Swamiji for preserving the values of yoga and tirelessly serving humanity.

*—Sannyasi Namratashakti, Bulgaria*



There was one thought during the course, which was very present in my mind – how huge the gap is between intellectually knowing and actually, properly doing something, especially a yogic practice.

Swamiji broke the 'big words', which have lost content by being repeated and overused, into little pieces. He zoomed into a familiar picture and all of a sudden worlds appeared! – details and pieces to help us make sense of the bigger picture and the words we have been repeating.

In this expansion of practice, in the dissection and depth of theory space was created for us to realize our limitations and obstacles, but also our condition, present state and options, so that a more realistic approach to sadhana could be developed. Swamiji gave us a real perspective and real tools, but also hope and motivation to move on, no matter where we stand. So, hopefully, we will get to bridge the gap between words and correct actions and attitudes.

—Sannyasi Shraddhamani, Austria



## IMPRESSIONS: RAJA YOGA YATRA 2

The most profound teaching and the sankalpa I will take with me and cherish for life is the possibility of willingly withdrawing prana from one's negativity. We've all heard so many times, "Do not feed the black wolf/dog if you want the white one to win." But when the black wolf is charging at you, how to disconnect? There must be prior training and that is what we got.

If we can keep this vidya within for our entire life, then we have the (magic) formula for transforming ourselves completely.

So, you see, it was far from an ordinary yoga course or training. It was receiving vidya-prasad from times immemorial.

—Swami Omgyanam, Serbia

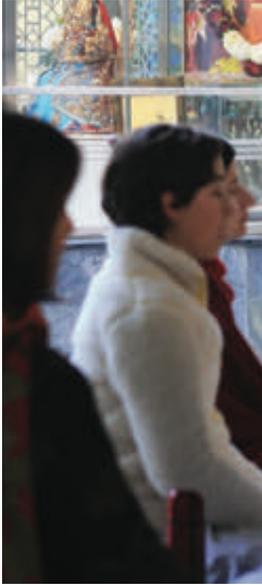
Steady wisdom from Swamiji,  
Laughter, jokes,  
Support and upliftment,  
The invitation and ease  
To withdraw prana from negativity;  
So much given and  
So much gratefully received.  
I feel blessed, inspired and encouraged  
To take this wisdom with me  
And use it in my life.

—Sannyasi Yogadhara, Ireland



*The nature of life which leads you to transcendental experience and knowledge, is the sattwic state of purity, upliftment, harmony and balance in life.*

—Swami Niranjanananda Saraswati



## **Yoga Lifestyle Experience**

From 1st November 2017 to 28th January 2018, the Yoga Lifestyle Experience was conducted for the second time at Ganga Darshan. The nine participants, between 22 and 62 years of age, came from Argentina, Australia, Bulgaria, Colombia, Germany, Ireland, Spain and Switzerland.

The Yoga Lifestyle Experience is a training which focuses on bhakti, jnana and karma yoga, and the development of a yoga lifestyle.

The classes were conducted by Swami Kaivalyananda, Swami Prembhava and Sannyasi Sitamurti.



## 2017 ACTIVITIES REPORT COURTESY OF BIHAR YOGA BHARATI

### **Yogic Studies, 4 months (Hindi)**

From 6th February to 28th May 2017, the four-month Yogic Studies was conducted for 32 students from Bihar, Chhattisgarh, Delhi, Jharkhand, Maharashtra, Rajasthan, Uttar Pradesh and West Bengal. The age of the participants ranged from 18 to 60 years. The students' participation in classes and ashram activities throughout the course was remarkable.

Classes were conducted by Swamis Kaivalyananda, Mantrapushpam, Shivadhyanam and Tyagraj, and Sannyasis Atmarpan, Shraddhamati and Soumyashakti.

On 26th May, the students delighted the ashram residents with a perfect asana demonstration, song and dance. They enacted a skit on the influence of people's behaviour on the environment which showed that they had fully imbibed the importance of yoga lifestyle and the impact it has on one's social and natural environment.

The certificate distribution took place on 28th May. Swami Shankarananda, Swami Atmamaitri and Swami Shivadhyanam thanked the students for their wholehearted participation in the ashram life and wished them well for their future, hoping to see all again at Ganga Darshan in the near future.





### **Yogic Studies, 4 months (English)**

On 1st October 2017, the four-month Yogic Studies commenced. The international group of 31 students came from 12 countries: Australia, Brazil, China, Czech Republic, Germany, Greece, Iran, Nepal, Romania, Spain, Uruguay and the USA. The Indian students came from the 9 states of Bihar, Chhattisgarh, Jharkhand, Maharashtra, Punjab, Rajasthan, Telangana, Uttarkhand and West Bengal. The students participated wholeheartedly in all ashram activities as part of their karma yoga training.



Classes were conducted by Swamis Tyagraj, Upasana, Yogamaya, Yogatirtha and Sannyasis Satchidananda and Vijayashakti.

The certificate distribution took place on 28th January 2018.



# YOGA PROPAGATION

## NATIONAL

### Chhattisgarh

On 14th February, Bal Yoga Diwas was celebrated at Gyan Darshan Yogashram, Bhilai. Children from the primary school of Ruabandha Sector and children from the hostel run by the Rukhmini Ashram Jagdalpur were invited. They staged a play depicting scenes from the life of Swami Niranjanananda. All guests and participants thoroughly enjoyed the performance.

A yoga sadhana shivir was organized from 25th March to 2nd April by Yoga Vidya Sadhana Kendra, Kanker. 130 participants attended the shivir which was conducted by Swami Gorakhnath. He also conducted classes for over 600 students of Central School and 80 students of Seedling School and informed them about the benefits of yoga for their all-round development. On the last day of the shivir, Swami Gorakhnath visited a neighbouring village, Mudpar, and gave an inspiring satsang on karma and bhakti yoga to over 150 villagers.

From 19th to 24th May, Swami Gorakhnath conducted various yoga programs in Bhilai. On 19th May evening, at Sivananda Niketan, a branch of the Divine Life Society, Nehru Nagar, a talk was given to senior citizens on how to bring peace and happiness into one's life.





On 20th May, a havan was conducted in the morning at the newly constructed yajnashala of Gyanadarshan Yogashram; it was attended by 70 participants.

From 20th to 21st May, a workshop was conducted for 70 employees of the Hindustan Steelworks Construction Limited (HSCL).

From 22nd to 23rd May, morning and evening yoga sessions were held at Gyanadarshan Yogashram for 125 participants.



On 24th May, a talk was given at the Yoga Sadhana and Culture Centre at Maitri Nagar, which was attended by 60 participants.

## **Gujarat**

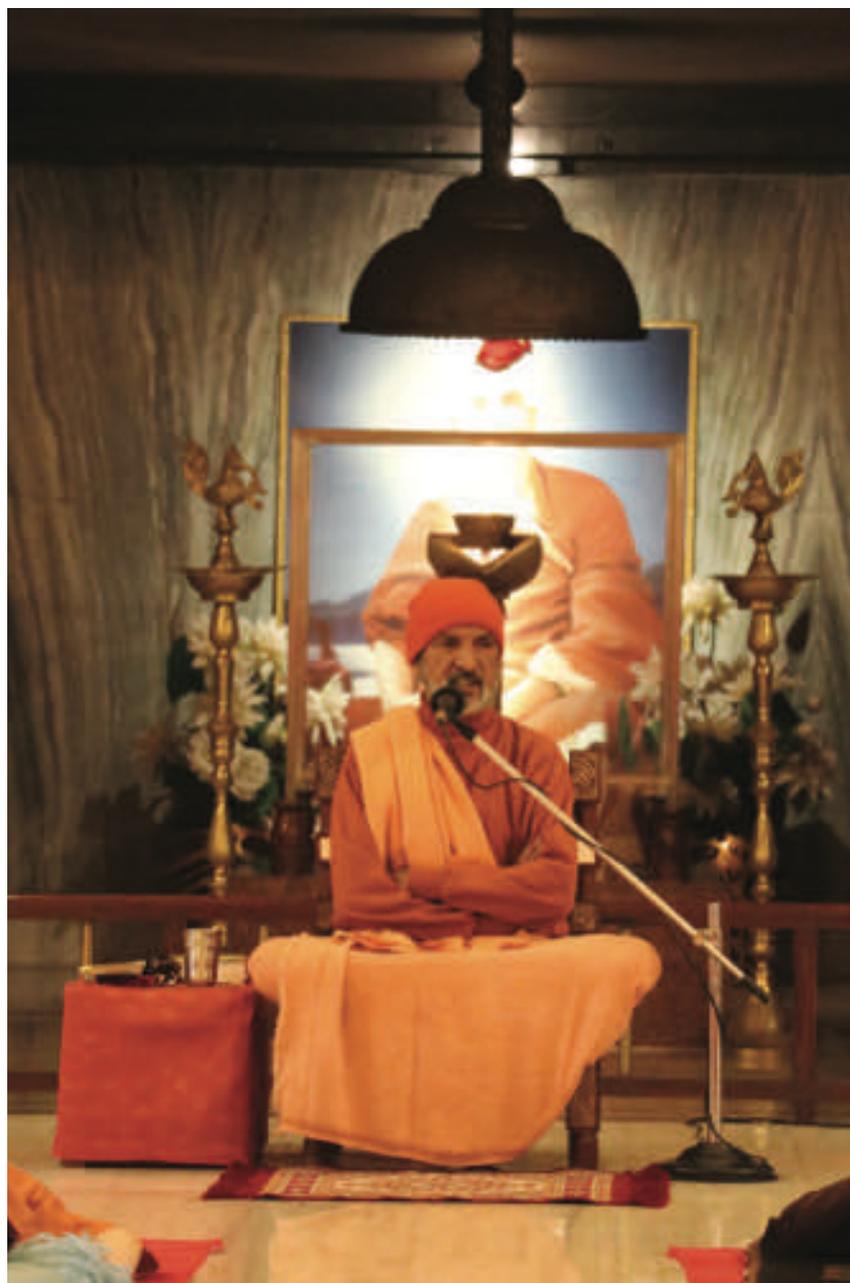
From 28th August to 2nd September, the Sister Nivedita Foundation, Rajkot, organized the second yoga camp of the series, at the residential primary and secondary school for rural children at the village Ambardi near Rajkot. Daily two separate classes were conducted for primary and secondary school students. 80 students of class VIII in the primary section and 200 students of class XI and XII attended the daily sessions. Swami Nirmalananda conducted the classes.



## **Jharkhand**

From 22nd to 28th June, Satyananda Yoga Kendra, Jamshedpur, organized a yoga sadhana shivir at the Golmuri Club. Two morning sessions were conducted:









one for regular yoga practitioners which had 91 participants, and one for beginners which had 84 participants.

From 22nd to 24th June, daily yoga classes were organized for employees of Tata Motors at the Telco Club. 50 employees participated.

On 25th, 27th and 28th June, bhajan, kirtan and satsang sessions were held at Baridih, Bistupur and Vijaya Garden respectively. More than 300 participants attended these programs.

Swami Gorakhnath conducted all the sessions; he emphasized the importance of incorporating yoga in one's day-to-day life.

### **Karnataka**

On 14th February, the children of Satyam Bala Yoga Sangha conducted an entire program at Atma Darshan Yogashram, Bengaluru. It comprised of havan, yoga demonstration, dance and kirtan and was attended by 200 children and 100 adults. On this day Atma Darshan Yogashram also celebrated the joyous occasion of the Padma Bhushan award being conferred to Swami Niranjanananda.

### **Madhya Pradesh**

From 28th February to 2nd March, a yoga sadhana shivir was organized by Satyananda Yoga Kendra, Indore, at Ma Anandamayi Peeth, Indore. More than 180 people participated in this





shivir intended to introduce aspirants to the spiritual path. On the last day, the Peethadheesh of Ma Anandamayi Peeth, Swami Kedarnath, expressed his wish that such sadhana courses be organized on a regular basis at the Peeth. The classes were conducted by Swami Sivaraj.



From 23rd to 25th March, a yoga sadhana shivir was organized in Rampur Baghelan, Satna district, for 45 participants. Swami Harishraddhananda conducted all sessions.



From 11th to 14th May, a yoga shivir was organized at Satpura Law College, Chhindwara, which was attended by 50 participants. Mahamrityunjaya mantra chanting was conducted as part of the shivir on Saturday, 13th May. Swami Harishraddhananda conducted all the sessions.



From 25th to 27th August, a yoga shivir was conducted at the Pandit Motilal Nehru Law College, Chhatarpur. More than 80 participants attended the morning and evening sessions.

On 26th August, a special program of asana, pranayama and havan was organized at the Laxman Raja Hostel, Chhatarpur, for 200 students. All classes were conducted by Swami Harishraddhananda.

### **Maharashtra**

On 7th January, Swami Nirmalananda conducted a yoga session at the Tata Memorial Hospital, Mumbai, for over

100 cancer patients and caregivers. This class was part of a conference jointly organized by the N.K. Dhabhar Cancer Foundation (NKDCF), the Tata Memorial Centre and the Association of Gynaecological Oncologists of India.

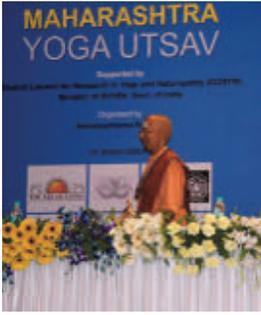
On 14th January, a program was organized at Ekalavya Centre, Amagaon, run by Friends of Tribal Society (FTS), Western Chapter. Swami Nirmalananda and Sannyasi Yogapriya conducted four sessions: one for 200 children, aged 8 to 12; one for about 60 women; one for a mixed group of participants; and one session for about 15 school teachers.

From 13th to 18th February, a yoga shivir was organized at the Cricket Club of India, Mumbai, for the fourth consecutive year. It was attended by 250 participants, club members and guests. One special evening session was for young players (badminton and squash) to improve their playing skills. Swami Vigyan Chaitanya conducted the classes; he was assisted by Sri Eknath.

From 4th to 6th March, a yoga shivir called 'Yoga Sadhana: Entry into Spiritual Life' was conducted at the Shankaracharya Nyas in Nasik. Over 250 participants attended the morning and evening sessions which were conducted by Swami Sivaraj. He was assisted by Sannyasi Srimurti.

On 26th March, as part of the Maharashtra Yoga Utsav organized in Mumbai by Kaivalyadhama, Lonavla,





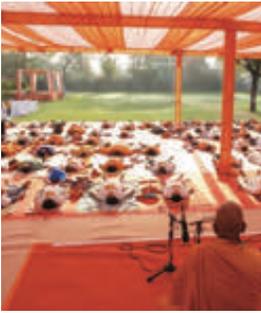
Swami Nirmalananda conducted a workshop on yoga nidra. 70 people attended the session.

On 7th May, a program was organized by Mrs Usha Karnik and her daughter Meshaw Dhargalkar at the AMI centre ('Awaken and Maximize Inner Potential), Chembur. Swami Nirmalananda spoke to over 100 yoga students on the sound energy of mantra.



### **New Delhi**

On 23rd and 24th February, a yoga program was organized on the request of Senior Officers of Northern Railway Headquarter, Baroda House and Railway Board, New Delhi. The first session was held at the Railway Officers Club, Panchkuian Road, for 40 male and female officers, and the second session was conducted at the Railway Officers Club, Chanakyapuri, for 20 male and female senior officers. Swami Sivaraj conducted both sessions.



### **Rajasthan**

From 23rd to 26th March, as part of the 'Know Yourself Yogotsav Bharat Yoga Yatra 2017', a yoga shivir was conducted at the Field Club, Fatahapur Chauraha, Udaipur. About 400 participants attended the morning and evening sessions.



From 28th to 30th March, the North Western Railway Training Institute, Udaipur, organized a yoga camp for 12

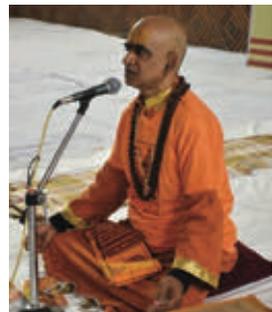
railway divisions of the state. A group of over 900 engineers, station masters, railway drivers, guards and railway officers participated.

From 6th to 9th April, the 'Know Yourself Yogotsav 2017' took place at the Hotel Surya Mahal, Shastrinagar, Bhilwara. About 300 people attended the morning and evening sessions.

All sessions were conducted by Swami Kaivalyananda and Swami Sivaraj.

From 1st to 8th April, Swami Kaivalyananda also spoke on the importance of yoga in various schools in Bhilwara: at the Seth Murlidhar Uchha Kanya Vidyalaya, Shastrinagar, to 108 girls of class XI; at the Laxmi Narayan Junior College, to a group of 50 students; at the Mahesh Public School to 250 high school students; 25 teachers also attended the talk; at the Government Higher Secondary School, Rajendra Marg, to 300 boys and 36 teachers; at the Adarsha Vidya Mandir Senior Secondary School, to 200 boys and 50 girls of classes VI to XII; 20 teachers attended the talks; at the Green Valley Public School, to over 500 students and 30 teachers.

From 2nd to 5th November, the 'Know Yourself Yogotsav Bharat Yoga Yatra 2017' was held at the North-West Railway Stadium, Jodhpur, Rajasthan. The program was jointly organized by the citizens of Jodhpur, Bihar School of Yoga and Satyananda Yoga Darshan





Peeth, Trayambakeshwar. More than 250 participants attended the morning and evening sessions.

Swami Kaivalyananda, Swami Sivaraj and Swami Tyagraj conducted the morning and evening sessions of mantra chanting, asana, pranayama and pratyahara. They also gave talks on the Satyananda Yoga tradition and the guru parampara of the tradition. Participants were also introduced to the practice of yamas and niyamas as part of understanding the yogic lifestyle.



### **Tamil Nadu**

On 14th February, Satyananda Yoga Centre, Chennai, celebrated the year-long Children Yoga Festival. 30 schools participated and 600 children demonstrated their skills.



From 30th July to 4th August, the village of Karumanthurai, about 300 km from Chennai, organized a yoga shivir. Daily classes were conducted for 160 students, grades 6 to 9, of two Vanavasi Kendra Schools. On two days, 25 teachers of the schools practised yoga nidra. Guru paduka aradhana was held and over 500 children attended. Sannyasi Shivarishi conducted the sessions.



### **Uttar Pradesh**

From 24th to 26th May, a program of 'Know Yourself Yogotsav Bharat Yoga Yatra 2017' was organized at the Kanha

Galaxy Hall, Kanpur, with the help and support of the citizens of Kanpur. More than 700 people – children, ladies, professors and students, engineers and businessmen – attended the morning and evening sessions. On 26th May, a workshop was organized by Amar Ujala newspaper on the subject of ‘Mind Management’.

Swami Kaivalyananda and Swami Sivaraj conducted all the classes.



## INTERNATIONAL

### China

Sannyasi Satyamitra conducted yoga classes at the Ming Yoga centre in Guangzhou City, South China, where she introduced shatkarmas and other practices of Satyananda Yoga.



### Nepal

From 5th to 16th February, the Army Physical Training and Sports Centre (Nepal Government, Ministry of Defence, Nepalese Army) organized a two-week yoga camp, in Lagankhel, Lalitpur, Nepal. 15 Physical Instructor Trainers and 40 Physical Instructor Trainees attended the shivir. Sannyasis Premananda and Sivagiri conducted the classes.



From 9th to 11th April, a yoga shivir was organized by Bouddha Children Heaven Boarding School, Bouddha, Kathmandu. 85 Teachers and parents attended the program.





From 10th to 12th May, a yoga shivir was organized by Radiant School, Kalanki, Kathmandu. 25 Teachers participated.

On 29th May, a yoga shivir was organized by Arunima School, Bouddha, Kathmandu, for 45 teachers

All programs were conducted by Sannyasi Premananda who was assisted by Jignasu Karunananda, Jignasu Jnanadharm and Damodar Bashyal. Shambhavi demonstrated in the shivirs.



## Uruguay

In the month of March, Swami Maitreyi conducted programs, talks, gatherings and seminars in Uruguay. The tour was organized by Sannyasi Janardana and Satyananda Yoga centres and schools. A total of 300 people attended the various yoga events.

13th March, at the Satyananda School of Montevideo, on 'What is pratyahara?'  
14th March, at the Satyananda School in Piriapolis, regular yoga class;  
14th March, in Punta del Este, on 'Yoga in Daily Life';  
15th March, in La Paloma, kirtan and meditation;  
16th March, at the Satyananda School in Rocha, on relaxation and yoga nidra;  
17th to 19th March, on yoga psychology;  
21st March, in the city, on yoga and stress management.



23rd to 26th March, South-American Gathering: The annual South American gathering for yoga teachers and long-term practitioners has been initiated with

the purpose to come together, update the understanding of the yoga practices and teaching, to share experiences and continue the learning process.

In 2016, the first gathering was held in Argentina, and was attended by 50 people from Argentina, Brazil and Uruguay. The four-day program focused on the pratyahara practices, yoga nidra, antar mouna and ajapa japa.

In 2017, the gathering was conducted in Uruguay with over 80 participants from, Argentina, Brazil, Chile, Colombia and Uruguay. The focus was on the beginners group of asanas.

From 16th to 26th September, Swami Omgyanam conducted various programs in Uruguay.

On 16th September, a program was held for 18 participants at La Paloma, a small summer holiday resort on the coast about 3 hours from Montevideo. The topic was 'Adopt Yogic Lifestyle to be Healthy and Content' and the practices were yamas, niyamas, the 18 ITIES, santosha and manahprasad.

On 17th September, a program was organized at the Tarika Yoga Centre by Sannyasis Antardhyana and Bindugyanam. More than 40 aspirants came to learn about 'Yoga and Wellbeing for Body, Mind and Spirit'.

On 19th September, Sannyasi Yogasarita organized a program in Montevideo on pratipaksha bhavana and positivity which 16 people attended.





On 21st September, Sannyasi Chandramani also hosted a program for 26 people on the topic of pratipaksha bhavana and positivity.

On 23rd September, Anasakti and Satyananda Yoga School organized a program at the Hacienda Los Lagos outside of Montevideo. The topic was 'Yogic Lifestyle' and 36 people attended.



On 24th September, Satyananda Yoga School hosted a program at the Centro Esclavas del Corazón de Jesús in Montevideo. The topic was 'Sadhana' and 27 people attended.

On 26th September, Sannyasi Arjuna hosted a program for 46 people on the *Bhagavad Gita*. A brief introduction to the 18 chapters and the branches of karma, jnana, bhakti and dhyana yoga were presented.



## THE FIRST TOUR OF THE 2ND CHAPTER

*It was the first tour of the 2nd Chapter of Bihar School of Yoga out of India. In July and August 2017, Swami Prembhava went on tour to Hungary, Colombia and Uruguay.*

### **Hungary**

From 21st to 23rd July, the Hungarian ashram in Szolad organized a seminar on Yoga Ecology and Lifestyle. Mantra chanting, kirtan, havan, Ashwattha Aradhana, Jyoti Aradhana and Agnihotra were introduced to the 54 people who attended the seminar. Morning asana class and yoga nidra was taught with an emphasis on the connection to nature and the tattwas. These techniques bring about environmental and internal balance and peace.



### **Colombia**

From 28th to 30th July 2017, a Yoga Ecology seminar was held in Raquira, a beautiful small village three hours from Bogota. 40 people attended the seminar.

On 4th August, havan and kirtan was held at the Satyananda Yoga Academy in Bogota which 40 people attended.

On 6th August, a one-day seminar was held at the Satyananda Yoga Academy. The 24 participants received small trees as prasad to perform the practice of Ashwattha Aradhana in their homes.

On 7th August, morning havan, mantra chanting and kirtan took place to





celebrate the occasion of the full moon. 70 people attended the program.

On 14th August, Swami Prembhava gave an open lecture at the Universidad Catolica to students, lecturers and yoga aspirants. 80 people attended the two-hour lecture.

On 24th August, a program of kirtan concluded the tour. 80 people joined in a joyful gathering.



### **Uruguay**

On 10th August, Swami Prembhava travelled to Uruguay and conducted a one-day seminar on 12th August at Villa Garcia, in the countryside of Montevideo. The topic was yogic lifestyle, principles of yoga ecology including asana, pranayama, yoga nidra, mantra, kirtan, havan and Agnihotra. 40 people attended the program.



On 13th August, an evening program of kirtan, the principles of yoga ecology and Ashwaththa Aradhana was organized by Satyananda Darshan, Uruguay. Held at Catan, it was attended by 40 people.



## PADMA BHUSHAN CEREMONY AT PADUKA DARSHAN



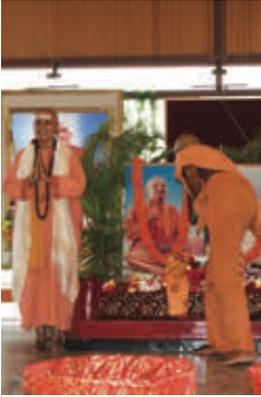
On 14th May, Swami Niranjanananda Saraswati was bestowed the Padma Bhushan Award by the District Magistrate of Munger. Among the 18,000 nominations for the Padma Bhushan Award seven persons were honoured and selected, Swamiji being one of them.

Many high ranking officials, citizens of Munger, the City of Yoga, well-wishers of Bihar School of Yoga and members of Bal and Yuva Yoga Mitra Mandal were present. Swami Satyasangananda, Peethadheshwari of Rikhiapeeth, graced the occasion with her presence.

The District Magistrate, Sri Uday Kumar Singh, praised Swamiji for his contribution in the field of yoga. He said that the identification of Munger is imprinted in the world due to the extraordinary efforts of Swamiji.

Swamiji offered his gratitude to the Central Government, State Government,





the Citizens of Munger and all lovers of yoga who nominated him for the award. Swamiji said that the bridge of the Bihar Yoga Tradition had been built by Swami Sivananda and Swami Satyananda. "We are just the little squirrels of Sri Rama providing maintenance to the bridge already constructed. This is the award of our Gurus and their achievement. We are just humbly receiving this award on their behalf and preparing ourselves to take up the responsibility of spreading and moving forward in the direction of yoga." Swamiji dedicated the Padma Bhushan Award to the citizens of Munger and Bihar.



Swami Satyasangananda said, "This award has been bestowed, not just by the votes of the people, but as the verdict of all the gurus in the world, even those who are not present any more, and all the cosmic powers, that Swami Niranjan be honoured with this award. This award is not only for yoga but for the hard work, sacrifice, surrender, devotion and faith of Swamiji, a living symbol of all these virtues."



Senior-most devotees and members of Bihar School of Yoga, Swami Shankarananda and Sri K.K. Goenka congratulated Swamiji and wished him well. The children of Bal Yoga Mitra Mandal expressed their love for Swamiji through poems and stories. More than 1,000 people attended the program, to witness this extraordinary moment.

# 2017 ACTIVITIES REPORT COURTESY OF YOGA PUBLICATIONS TRUST (YPT)

## BOOKS:

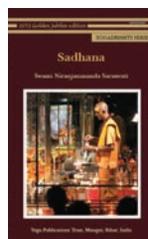
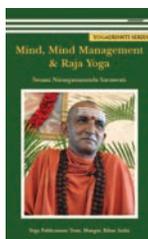
By the end of 2016, one hundred and fifty-seven books and fifty-seven booklets were in print in English, seventy-five books in Hindi and two books in Hindi-English. In 2017, nine new books and three new booklets were added in English and two books were reprinted. In Hindi, five booklets were added as new titles, and four booklets were reprinted. Two Hindi-English books were added as new titles and one Hindi-English booklet was reprinted.

In 2017 two additional digital publications were launched on Amazon Kindle, bringing the total of online books to eleven.

### Digital books launched in 2017

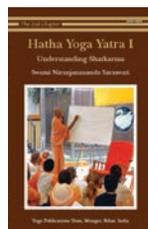
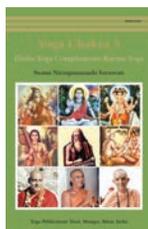
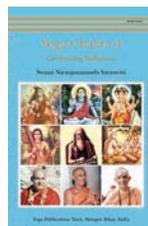
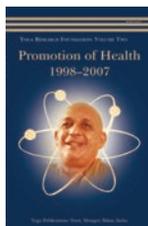
By Swami Niranjanananda Saraswati:

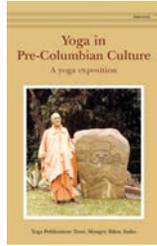
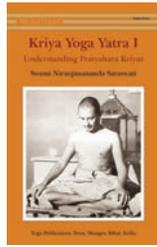
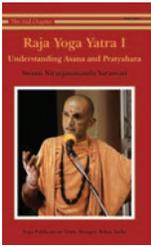
- *Mind, Mind Management & Raja Yoga*
- *Sadhana*



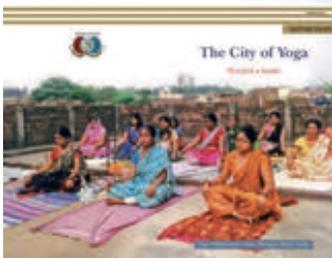
### New English books printed in 2017

- *Yoga Research Foundation Volume 2: Promotion of Health 1998-2007*
- *Yoga Chakra 4: Cultivating Sadgunas*, Swami Niranjanananda Saraswati
- *Yoga Chakra 5: Hatha Yoga Complements Karma Yoga*, Swami Niranjanananda Saraswati





- *Hatha Yoga Yatra 1: Understanding Shatkarma*, Swami Niranjanananda Saraswati
- *Raja Yoga Yatra 1: Understanding Asana & Pranayama*, Swami Niranjanananda Saraswati
- *Kriya Yoga Yatra 1: Understanding Pratyahara Kriyas*, Swami Niranjanananda Saraswati
- *Janani: Understanding Prakriti*, Swami Prembhava Saraswati
- *Yoga in Pre-Columbian Culture: A Yogic Exposition*, Swami Niranjanananda Saraswati
- *Glimpses of the Divine III: Sri Lakshmi-Narayana Mahayajna*, Discourses given during LNY 2014, 2015 & 2016



### New English booklets printed in 2017

Satyam Tales:

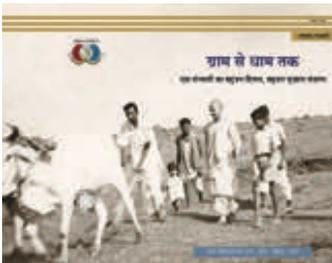
- *The City of Yoga: Not just a name*
- *At Satyam's feet: An incomparable offering*
- *The Amazing Dog Trick: Living the teachings*



### New Hindi booklets printed in 2017

Satyam Tales:

- *Gram se Dham Tak*
- *Yoga Nagari Munger*
- *Rishi ki Prashasti*
- *Rishi ki Punarapi Prashasti*
- *Akash ka Tara, Dharti ka Phool*



## New Hindi-English books printed in 2017

- *Padma Bhushan to Yoga*
- *Yantra Colouring*

## English books reprinted in 2017

- *Asana Pranayama Mudra Bandha*, Swami Satyananda Saraswati
- *Yoga Nidra*, Swami Satyananda Saraswati

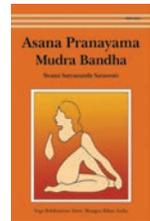
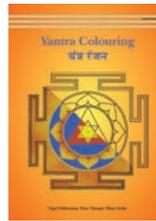
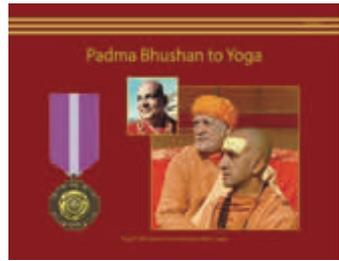
## Hindi booklets reprinted in 2017

Satyam Tales:

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

## Hindi-English books reprinted in 2017

- *Chhaya Samadhi of Sri Swami Satyananda Saraswati*



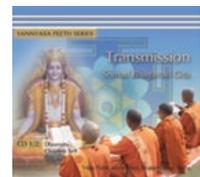
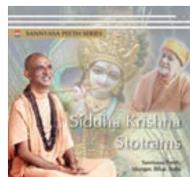
CDS AND DVDS:

## New CDs released in 2017

- Transmission: Srimad Bhagavad Gita

## CDs reprinted in 2017

- Siddha Krishna Stotrams



## 2017 ACTIVITIES REPORT COURTESY OF BAL YOGA MITRA MANDAL (BYMM)

*You do not have to push your children to practise yoga. You should tell them about it without creating the impression that, in order to practise yoga, they must become puritans or religious people. The only way that yoga should be interpreted to children is as a method for the enlargement of their perception and awareness.*

—Swami Satyananda Saraswati



### **Bal Yoga Diwas**

On 19th February, the children of the Bal Yoga Mitra Mandal celebrated their annual Foundation Day, the Bal Yoga Diwas. Ashram residents, students, guests, BYMM children and their family members enjoyed a superb presentation of yogasana, karate, dance and creative arts. Many of the children spoke on their experience as BYMM members.



### **International Day of Yoga**

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.



## New programs

Added to the regular classes of yogasana, karate, chanting and kirtan, havan, spoken English and painting, two new topics have been added.

During Chaturmas, 22 children learnt the art of screen printing. The whole process from the preparation of making the frame to the final step of printing on paper and fabric was shown to the enthusiastic group.

A group of 9 children was selected for training in advanced techniques of the martial art Kungfu. They learnt the basic kata and exercises of attack and defence.

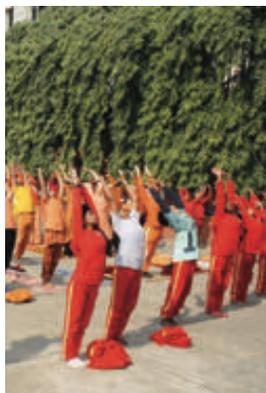
Throughout the year, the contribution of BYMM has been a valuable and integrated part to the activities at Ganga Darshan and Paduka Darshan. With their wholehearted involvement, their skill and joy they were able to maintain the standard of their performance and delight everyone with their presence in every program. The children of BYMM are indeed a symbol of inherent potential discovered and applied, and happiness lived and expressed.



## YOGA PEETH EVENTS

*Looking at each new day as a new beginning develops the aspect of faith.*

—Swami Niranjanananda Saraswati



### **Makar Sankranti**

On 15th January, the commencement of the sun's northbound journey is being observed every year. Residents, students and guests practised twelve rounds of surya namaskara, salutation to the sun, on the car park at Ganga Darshan.



### **Basant Panchami**

From 29th January to 1st February, Basant Panchami was celebrated at Ganga Darshan, commemorating the 54th Foundation Day of the Bihar School of Yoga. The yoginis from Lalita Mahila Samajam at Thirueengoimalai, Tamil Nadu, conducted daily aradhana dedicated to Chandi Devi, Lalita and Saraswati.

The children of Bal Yoga Mitra Mandal sang kirtan and addressed the gathering with their inspiring announcements.

Swami Shankarananda spoke on Sri Swami Satyananda's mission and vision for yoga. Swami Atmamaitri read out Swami Niranjanananda's message for the occasion, as well as the poem Maha Saraswati in English and Hindi, which is Sri Swamiji's sankalpa for the Bihar School of Yoga. Swami Suryaprakash welcomed



everyone to the celebration and invited citizens of Munger to share their thoughts and experiences related to BSY.

The yoginis concluded the program with pooja in the Chhaya Samadhi.

### **International Day of Yoga**

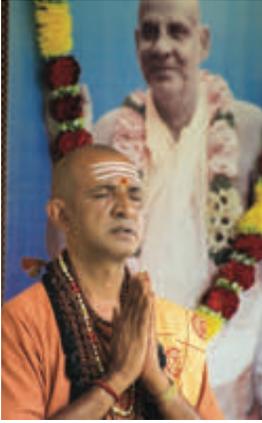
On 21st June, BSY conducted a program from 6 to 7.30 am at Paduka Darshan on the occasion of the third International Day of Yoga. More than 500 participants attended and were guided through practices of asana, pranayama, relaxation, concentration and a meditation on yama-niyama.

In Munger, 'the City of Yoga', similar programs were conducted by members of BYMM, YYMM and the Ramayan Mandali at over 100 venues, in which thousands of people participated. Programs were conducted by ashrams and centres throughout Bihar, India and in many countries around the world.

### **Guru Poornima**

From 5th to 9th July, Guru Poornima was celebrated at Paduka Darshan, Sannyasa Peeth. The daily program consisted of havan, chanting of stotra and kirtan, karate and dance performances of the children of Bal Yoga Mitra Mandal. Some of the children read out poems of Swami Sivananda and Sri Swami Satyananda and texts they had written themselves which expressed their love for the two gurus and the understanding they had gained of



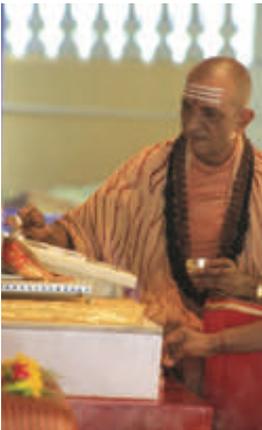


their teaching. Everyone was impressed by their maturity of thought and purity of feeling. The youth of Yuva Yoga Mitra Mandal managed the organization of the event with flawless discipline.

Swami Niranjanananda gave satsang every day. On the first day, he spoke of the appearance of Shiva, the first guru, in the form of a fiery lingam, and then described the lineage of gurus from Sage Veda Vyasa to Swami Sivananda and Sri Swami Satyananda. The following two days were dedicated to their lives and teachings. Swamiji emphasized that their inspiration and guidance continues to uplift aspirants to this day. The only requirement for an aspirant is to have faith and belief in the guru parampara and total dedication and commitment towards its teachings.



On Guru Poornima day, havan and paduka poojan were performed. More than 5,000 people came to pay their respects to the guru tattwa. In his message Swamij said that on this day we should invoke the grace of God and Guru so that the doors of our heart open wide, we should destroy our ego and pride so that we are able to bring in goodness and goodwill into our lives and into the lives of others. He also said that the moon symbolizes the mind, and Guru Poornima represents the total illumination of the mind. Therefore, on this day we must remind ourselves that we have to complete the journey from darkness to light.



*While living in this material world, working and surviving with our family in society let us cultivate those positive values which can enhance the goodness in life and reduce the frustration, anxiety and insecurity. Instead of connecting with fears and insecurity let us connect with the peace and beauty that life offers. Only when we are able to do this will we be able to say that yes we have contributed to the betterment of human society and the future will decide what we have been able to do today. They will be the witness of our small efforts and this has to be the message of this Guru Pournima.*

—Swami Niranjanananda Saraswati

## **Diwali**

The birth of yoga on Mount Kailash and the importance of happiness as the first yama of yoga was told through song and dance. Students of the four-month Yogic Studies, participants of the Kriya Yoga Yatras and the Progressive Yoga Vidya Training joined their skills and talents to create an evening of inspiration and good humour for everyone at Ganga Darshan.



## **Christmas**

On 24th December, participants of the Yoga Propagation Training, Yoga Lifestyle Experience, Yogic Studies students and guests from around the world presented a wonderful selection of Christmas carols in many different languages.

On 25th December, Sri Swami Satyananda's birthday was celebrated with Satyananda Sahasranamavali havan, satsang, the chanting of Sundarkand and kirtan dedicated to the guru.





In the evening, a group of children from Notre Dame Academy presented the nativity play with song, dance and a lot of joy. Guests, students and training participants then enacted scenes from the life of Jesus Christ which showed the connection between his teaching and the yoga of Swami Sivananda and Sri Swami Satyananda.



Swamiji explained that Jesus Christ continues to be an inspiration as his teaching of kindness, compassion and goodness towards one and all is of eternal value and the way to peace and harmony among people.

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



The last day of the year was celebrated with a joyful presentation by Yogic Studies students and guests – a demonstration of the process of evolution of consciousness through various life forms, the beautiful encounter between Sri Rama and Shabari, and New Year songs from around the world. Swamiji advised all to be grateful for the year 2017, and the many opportunities for growth and lessons to learn.

#### **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**

## YOGA AND YOGAVIDYA PRASAD

In 2013 Bihar School of Yoga celebrated its Golden Jubilee, which culminated in the World Yoga Convention in October of 2013. This historic event marked the successful completion of 50 years of service, dedicated to the one mandate, to take yoga from shore to shore and door to door. Achieved over a 50-year period with the help of yoga aspirants and well-wishers all over the world, a yogic renaissance has taken place.

The World Yoga Convention also heralded the beginning of the second chapter of Bihar School of Yoga. The hallmark of this second chapter is a new vision, which serves to both revive and uphold the yoga vidya in the tradition of Swami Sivananda and Swami Satyananda for the benefit of future generations.

As one of the aspirations of the second chapter, Bihar School of Yoga is offering the YOGA and YOGAVIDYA magazines as prasada with the blessings and good wishes of the spiritual parampara. As society moves into the digital era, to facilitate the dissemination of yoga vidya, both YOGA and YOGAVIDYA are available as a downloadable pdf copy and also as a free app for both Android and IOS users.

### **To access YOGA online:**

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

### **To access YOGAVIDYA online:**

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

**For IOS users** both the YOGA and YOGAVIDYA magazines available as downloadable app:<https://itunes.apple.com/us/developer/bihar-school-of-yoga/id1134424786>

**For Android users** the YOGA magazines are available as downloadable app:

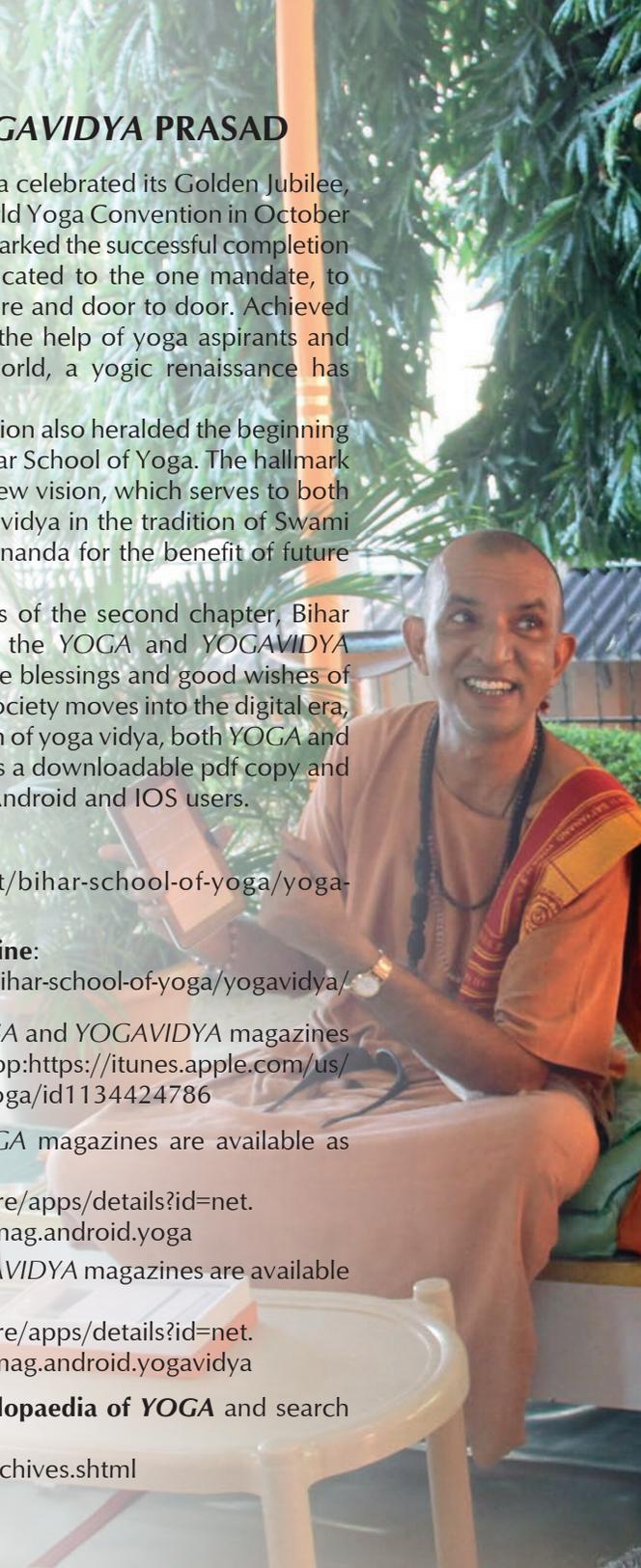
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**To access the online encyclopaedia of YOGA** and search the archive:

<http://www.yogamag.net/archives.shtml>



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## Yoga Peeth Events & Yoga Vidya Training 2018

<i>Apr 8-14</i>	Hatha Yoga Yatra 1 & 2
<i>Apr 22-28</i>	Hatha Yoga Yatra 3
<i>Aug 6-11</i>	Kriya Yoga Yatra 1 Kriya Yoga Yatra 2 & Tattwa Shuddhi
<i>Aug 20-25</i>	Kriya Yoga Yatra 3 & Tattwa Shuddhi 2
<i>Sep 17-23</i>	Raja Yoga Yatra 1, 2, 3
<i>Dec 25</i>	Swami Satyananda's Birthday
<i>Every Saturday</i>	Mahamrityunjaya Havan
<i>Every Ekadashi</i>	Bhagavad Gita Path
<i>Every Poornima</i>	Sundarkand Path
<i>Every 5th &amp; 6th</i>	Guru Bhakti Yoga
<i>Every 12th</i>	Akhanda Path of Ramacharitamanas

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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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