

YOGA

Year 8 Issue 3

March 2019

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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.

Editor: Swami Gyansiddhi Saraswati

Assistant Editor: Swami Yogatirth-ananda Saraswati

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Bihar School of Yoga
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Plates: 1–4: Yogayatra 2018



GUIDELINES FOR SPIRITUAL LIFE

Talk a little, sleep a little

Watch your speech. Watch every word. Speak no word that is impure or vulgar or that can hurt the feelings of another. Speak no word that is disrespectful and contemptuous. Speak measured and sweet words. Think twice before you speak and thrice before you act.

Health is a state in which one sleeps well, is at ease, free from any kind of dis-ease or uneasiness. Regulate the hours of sleep, which should not be more than six hours when you are in good health. This can even be reduced to five hours if one does not have much physical fatigue or heavy mental strain. A midday nap should be completely avoided by children and young people. If one has the habit of working late into the night, an hour's nap during the day is refreshing. Always use common sense.

—Swami Sivananda Saraswati

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(57th 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 ॥

Yoga Chakra

Swami Niranjanananda Saraswati

Swami Sivananda was the first sannyasin to inspire his disciples to go out and teach something that society needed, or would need, and that was yoga. He made it clear at the beginning that the application of yoga was to enhance the qualities and expressions of head, heart and hands. He did not advocate yoga for self-realization; he did not advocate yoga as a practice to be done in seclusion for your own emancipation, but he gave a practical focus to the subject of yoga by saying, it was to improve the qualities, the faculties of head, heart and hands, and that had to be the purpose. All the disciples of Swami Sivananda received the mandate to propagate yoga, and they all left and each one became a master in their own right, who gave us the first glimpse into the vast canvas of yoga.

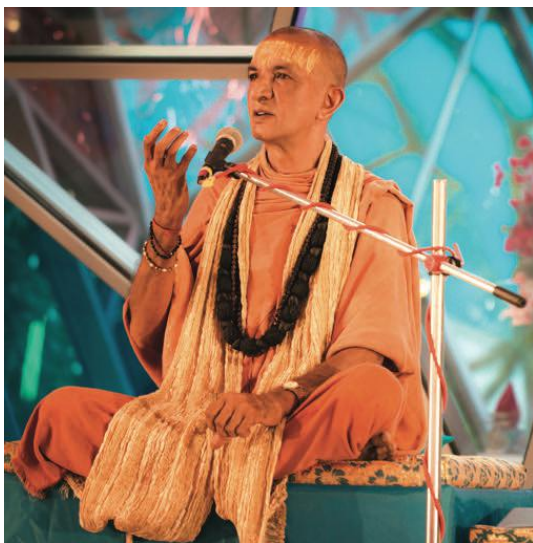
Swami Satyananda, after being guided by Swami Sivananda, chose to travel throughout the subcontinent to assess the needs of people and society, and how yoga could help fulfil those requirements, those needs. For many years he travelled through the country and eventually came to Munger.

It was in Munger that he first developed the system of yoga chakra. He taught the system of yoga chakra to the first course for sannyasin aspirants, which happened in the year 1970. Prior to that, Sri Swamiji conducted a nine-month yoga teacher training course, not one-month, not 200 hours, not 400 hours, nine months, eight hours every day. For nine months, he taught people the principles of yoga chakra. People who came out after that nine-month training became masters in their own right, like Swami Devatmananda in France, Guni Martin in Denmark, and many such people from Poland to London to Australia to America. They became masters in their own right, because they had the full exposure to yoga. They had the complete vision of yoga which Sri Swamiji had developed.

Out of the many branches of yoga, according to the needs of people, Sri Swamiji selected six relevant practices: hatha yoga and karma yoga, the physical expressions of yoga; raja yoga and bhakti yoga, the psychological expressions of yoga; kriya yoga and jnana yoga, the psychic and the knowing, the realizing aspect of yoga. It was these six yogas that form the six spokes of the yogic wheel which Sri Swamiji developed in the 1960s.

In 1963, Swami Prarthanananda had written an article on Paramahamsaji, which was published in the YOGA magazine, called 'The Hub of the Wheel: Swami Satyananda'. He had given the name 'Yoga Chakra Kalanidhi' to Sri Swamiji. *Yoga chakra* meaning the wheel of yoga, *kala* means the art and *nidhi* means one who is rich. So *kalanidhi* is the artful creation of the yoga chakra. This name was given to Sri Swamiji in 1963. Therefore, the idea of yoga chakra is not something which was my invention, yet the credit definitely goes to me for having revived it.

– 20 October 2018, Munger Yoga Symposium



BIHAR SCHOOL OF YOGA TRAINING

After the World Yoga Convention in 2013, we revived the Yoga Chakra, the Wheel of Yoga, and started preparing for the second chapter of yoga training. The first chapter was yoga propagation and the second chapter is yoga vidya, living the vidya, the knowledge of yoga, and living the knowledge is part of lifestyle.

—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 participants, between 22 and 62 years of age, came from Argentina, Australia, Bulgaria, Colombia, Germany, Ireland, Spain and Switzerland.

The Yoga Lifestyle Experience focuses on bhakti, jnana and karma yoga, and the development of a yoga lifestyle. The classes were conducted by Swami Kaivalyananda, Swami Prembhava, Swami Yogatirtha and Sannyasi Sitamurti.



Group from Chennai

From 19th to 24th February, Jignasu Dasharath brought a group of students to Ganga Darshan. They enjoyed the experience of ashram life and participated wholeheartedly in the daily activities. Classes were conducted by Swami Yogakanti.



Hatha Yoga Yatra 1

From 8th to 14th April, the Hatha Yoga Yatra 1 (Shatkarma Intensive) was conducted at Ganga Darshan.

The national participants came from Andhra Pradesh, Bihar, Delhi, Jharkhand, Karnataka, Kerala, Madhya Pradesh, Maharashtra, Uttar Pradesh, Tamil Nadu and West Bengal. Overseas participants from the following countries attended: Bulgaria, Czech Republic, Germany, Hungary, Israel and Italy.

Hatha Yoga Yatra 2

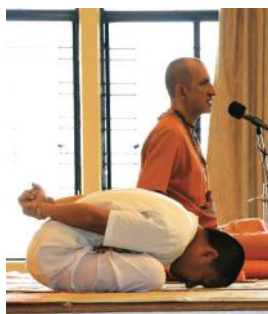
From 8th to 14th April, the Hatha Yoga Yatra 2 (Asana and Pranayama Intensive) was conducted at Ganga Darshan. The national participants came from Karnataka and West Bengal. Overseas participants from the following countries attended: Bulgaria, Lithuania, Sri Lanka and USA.

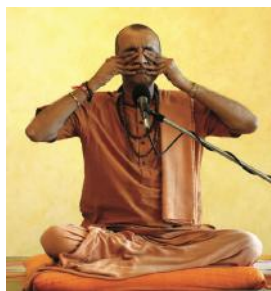
Swami Niranjanananda addressed the participants in his satsangs emphasizing the importance of a systematic, sequential approach to hatha yoga and yoga in general. He clarified the different methods of asana, pranayama and pratyahara in hatha yoga and raja yoga. Swamiji also highlighted the different approaches to hatha, raja and kriya yogas intended for householders versus sannyasins.

Teachers were Swami Prembhava and Sannyasi Vijayashakti.

Hatha Yoga Yatra 3

From 22nd to 28th April, the Hatha Yoga Yatra 3 (Mudras and Bandhas) was conducted at Ganga Darshan. The participants came from Bihar, Australia, Bulgaria, Ireland and Spain.



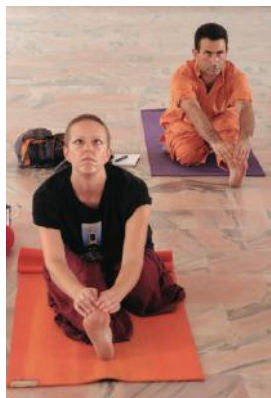


Swami Niranjanananda spoke on the mudras and bandha mudras as practices to experience the pranamaya kosha. He said these practices had therapeutic and spiritual aims. He also compared the similarities between the Chinese and Indian systems of meridians and nadis. For all participants it was a new understanding and experience of prana shakti.



Judicial Training Academy, Patna

From 1st to 5th July, one group of 50 judicial trainees, and from 5th to 10th July, a second group of 47 visited Ganga Darshan. They attended morning APMB and afternoon yoga nidra and concentration classes conducted by Swami Tyagraj. The trainees also wholeheartedly joined in the ashram activities.



Kriya Yoga Yatra 1

From 6th to 11th August, the Kriya Yoga Yatra 1 (Preparatory) was conducted at Ganga Darshan.

The national participants came from Bihar, Karnataka, and Maharashtra. Overseas participants from the following countries attended: Israel, Romania and USA. Teachers were Swami Ratnashakti and Swami Nirmalratna.



Kriya Yoga Yatra 2

From 6th to 11th August, the Kriya Yoga Yatra 2 & Tattwa Shuddhi was conducted at Ganga Darshan.

The national participants came from Gujarat and Maharashtra. Overseas participants from the following countries attended: Argentina, Brazil, Bulgaria, Colombia, Israel, Spain and Sweden. Teachers were Swami Yogakanti and Sannyasi Vijayashakti.



IMPRESSIONS: KRIYA YOGA YATRA 3



Since last year's kriya course, I found one major difference in my personality. I am usually an introverted person, less expressive, hiding, shy, but now I find myself more open, straightforward and expressive.

I am aware of the practice of kaya sthairyam since my BYB days in 2002 and frankly speaking, I am not a fan of it. I didn't like it, but karma returns. What a life-changing experience on days three and four!

It was beyond my expectation. I didn't realize how 45 minutes passed. At the end, the body was completely still, steady and light. There was no desire to move the body. It was the meditation of my lifetime. Thank you so much, Gururji, for providing such a wonderful opportunity to me.

—Sannyasi Devatma, Bangalore



Kriya Yoga Yatra 3

From 20th to 25th August, Kriya Yoga Yatra 3 and Tattwa Shuddhi was conducted at Ganga Darshan. The national participants came from Jharkhand, Karnataka, Madhya Pradesh, Maharashtra and Odisha. Overseas participants from the following countries attended: Brazil, Bulgaria, Colombia, Ireland, Sweden and the Netherlands.

Teachers were Swami Yogakanti, Swami Nirmalratna, Swami Ratnashakti and Sannyasi Vijayashakti.



Raja Yoga Yatra 1 (Asana and Pranayama)

From 17th to 23rd September, Raja Yoga Yatra 1 was conducted at Ganga Darshan. The national participants came from Bihar, Delhi, Jharkhand, Karnataka, Kerala, Madhya Pradesh, Maharashtra, Rajasthan, Tamil Nadu, Uttarakhand and West Bengal. Overseas participants from the following countries attended: Argentina, Australia, Brazil, Bulgaria, Chile, Colombia, Greece, Iran, Italy, Japan, Moldova, USA and Uruguay.

Swami Niranjanananda conducted the morning sessions; Swami Prembhava and Swami Vedantananda conducted the yoga nidra and pratyahara sessions.

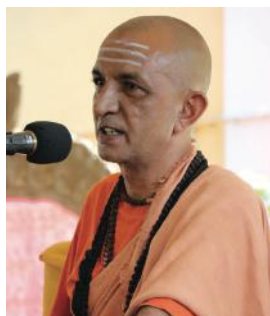


Raja Yoga Yatra 2 (Pratyahara Intensive)

From 17th to 23rd September, Raja Yoga Yatra 2 was conducted at Ganga Darshan. The national participants came from Maharashtra and West Bengal. Overseas

participants from the following countries attended: Brazil, Bulgaria, Germany, Iran, Ireland, Lebanon, New Zealand, Romania, Spain, Switzerland and USA.

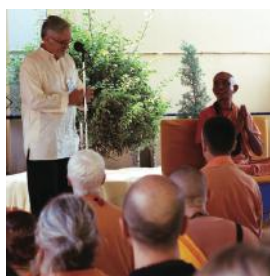
Swami Niranjanananda conducted the afternoon sessions of satsang and practice; the other sessions were conducted by Swami Shivadhyanam, Swami Nirmalratna and Swami Yogamaya.



Raja Yoga Yatra 3 (Practical Pratyahara)

From 17th to 23rd September, Raja Yoga Yatra 3 was conducted at Ganga Darshan. The national participants came from Delhi, Gujarat, Maharashtra and Tamil Nadu. Overseas participants from the following countries attended: Bulgaria, Ireland, Serbia, Sri Lanka and Sweden.

Swami Niranjanananda conducted the afternoon sessions of satsang and practice; the other sessions were conducted by Swami Shivadhyanam, Swami Nirmalratna and Swami Yogamaya.



IMPRESSIONS: RAJA YOGA YATRA 3

From Swamiji's open heartbook of understanding and compassion we received guidance.

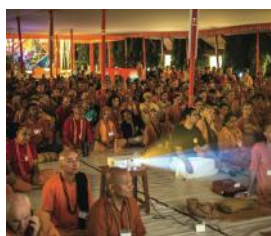
Be natural, not high flying. Drop expectations. Practise letting go. Unplug from the vasanas and plug into dharma. Be relaxed and become aware. Be self-contained. Close your facebook and open your heartbook. Be happy and be positive. Words and instructions are one thing but to have the example of Swamiji, one's life is truly inspired.

—Sannyasi Yogadhara, Ireland



Munger Yoga Symposium 2018

The Munger Yoga Symposium was a multidimensional, multi-coloured event at Ganga Darshan Vishwa Yogapeeth which launched the 2nd Chapter of Yoga with a clear focus and joy inspiring yoga aspirants to live yoga with seriousness, sincerity and commitment, and to live it from moment to moment. Over 1000 delegates from 40 countries and 17 states of India attended.



From 20th to 23rd October, a pre-Symposium program was held. Swami Niranjanananda summarized the Yoga Chakra, the wheel of yoga, and the complementary branches of yoga: hatha and karma yoga, raja and bhakti yoga, kriya and jnana yoga. Acharyas from around the world spoke of their connection with Sri Swami Satyananda and his teaching. In the evening country reports of Satyananda Yoga were presented from around the world.



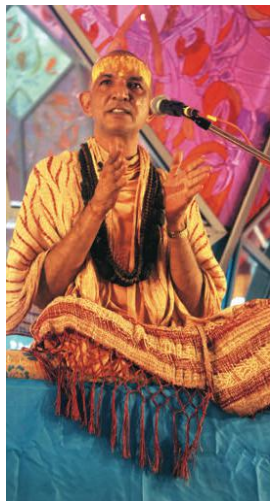
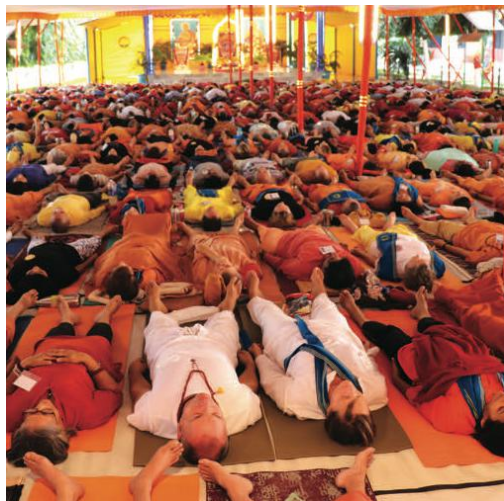
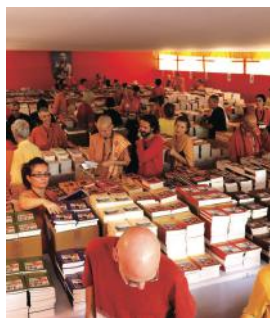
On 24th October, the Satyam Yoga Yajna was inaugurated at the Akhara by the learned pandits from Varanasi.



From 25th to 28th October, the Munger Yoga Symposium presented the practical aspect of the 2nd Chapter of Yoga with hatha yoga, pratyahara practices and swadhyaya. In his satsangs, Swamiji emphasized the relevant components such as pratyahara and the lifestyle yamas and niyamas as the doorway to deepen the understanding and experience of yoga.

Satyam Yoga Prasad was an offering of publications new and old for all the delegates; Satyam Darshan was a movie theatre which presented inspiring satsangs of Sri Swamiji and films of Ganga Darshan activities; and Satyam Yoga Drishti presented an educational 5D movie to the delegates. Akhand kirtan in Satyam Vatika rang through the ashram grounds from 8 am to 4 pm.

In the evening, the children of Bal Yoga Mitra Mandal (BYMM) presented a spectacular dance drama on the theme of water and Ganga. Members of the Youth Yoga Mitra Mandal (YYMM) presented a stunning yogasana performance. The theme was the inspiration given by Nature to find balance and harmony. A group of traditional musicians from Rajasthan known as the Manganiars also delighted the audience with their rendering of devotional songs.



IMPRESSIONS: MUNGER YOGA SYMPOSIUM



When I received the information from the Ashram saying, “Keep in mind when packing, that you will require space for your Prasad of the Symposium on your trip back home. Postal services will not be available in the ashram.” I was thinking of taking a big-size suitcase but the travel from Kathmandu to Munger by road is often unpredictable so I decided to carry a small suitcase. During the Symposium, I realized that the meaning of space was the space of the heart, and we had to make it bigger and more open. The information meant – to bring a bigger heart.

The message of the children of BYMM and yuvas for protecting the environment was heart touching. I sincerely bow to their feelings and intentions.

Thank you very much Swamiji for providing such a wonderful opportunity with the intention of making us better people. A ‘Thank you’ to all the ashram residents for making it happen.

—Sannyasi Premananda, Kathmandu, Nepal

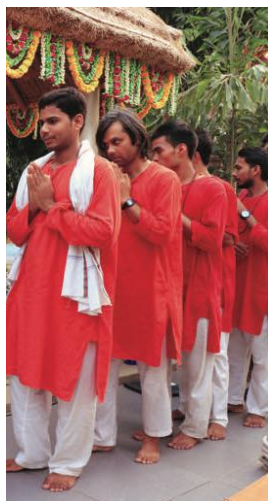
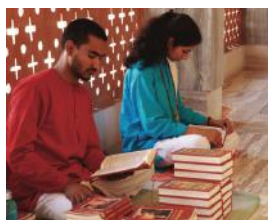
2018 ACTIVITIES REPORT COURTESY OF BIHAR YOGA BHARATI

Yogic Studies (Hindi)

From 22nd February to 10th June 2018, the four-month Yogic Studies was conducted for 42 students from Bihar, Chhattisgarh, Himachal Pradesh, Jharkhand, Madhya Pradesh, Punjab, Rajasthan, Tamil Nadu, Uttar Pradesh, Uttarakhand and West Bengal. The ages of the participants ranged from 18 to 61 years.

Classes were conducted by Swamis Mantrapushpam and Shraddhamati and sannyasis Soumyashakti, Vasundhara and Aparokshananda.

Certificate distribution took place on 10th June in Satyam Udyan. The students delighted the ashram residents with a perfect asana demonstration, song and dance. Their moving impressions about the course gave a glimpse into the subtle learning they had gained during their stay. The program was graced by Prof Ranjit Kumar Verma, the Vice Chancellor of the newly established Munger University, who praised the students for the synergy in their bearing and performance. In his satsang, Swamiji explained that health, creativity and spiritual development are the three main goals of yoga, and that the students should try to move towards these goals through their yoga sadhana, and share their knowledge with the people around them.



IMPRESSIONS: YOGIC STUDIES



My stay at BSY for over 100 days has been an experience, where learning continued even outside classes. I did gain a lot from hatha yoga and raja yoga classes but karma yoga has been a key take-away with me.

From day one I could not fathom the idea of toiling for four to five hours each day sweeping and mopping floors, cleaning toilets, cutting vegetables in a 'Yoga course'. As days passed, I started using these karma yoga sessions as a means to exercise my body. I told myself that while I was mopping the floor, I was exercising my abdominal region, sweeping also became an exercise for the shoulders and the thigh muscles. I started to think of ways how karma yoga was helping me exercise my muscles and how it would benefit me, and then came a time when I just went ahead and did my seva without a thought.

I used to finish my seva, come back to my room, complain to my roommates that how difficult it was. Then I went back for my next seva and completed that too, without a thought.

This physical labour, that I had never done in my life, has in a way brought a paradigm shift for me. I have learnt not

to think about the task at hand but just go about doing it, and this too has set me free. I no more fear starting afresh at this stage of my life, where I have just quit my job, a befitting salary, health insurance and other perks. I will not analyze my decisions any more. I will plan what I need to do and then go about doing it.

I am deliberately choosing a way to work my head down, with no thoughts and I am confident that each task will be completed successfully. Karma yoga has set me free from thinking too much and doubting myself.

The world outside will be like sweeping and mopping Satyam Vatika in a scorching midday May sun, but I shall go about cleaning each tile one by one with my head down and when I reach the end of the flooring, I shall look, to find it shining and I will be happy for myself for being able to do it.

—Ankur Tunaak, New Delhi

Would I be able to overcome attachment to daily comforts? For the next four months, ashram life meant yoga, karma, mouna held together by the traditional gurukul foundation and a super structure of sannyasa.

This blend, which created a sense of belonging, moved us through various stages – getting to the basics, utilizing lessons learned to take on a sankalpa and hopefully fulfil it.

Our yoga classes gently stepped us up for karma yoga as it drove momentum into our daily routine. Although unconscious of it, my initial reticence led to long days of mouna. This observant silence helped with discipline and focus.

Our asana and yoga nidra classes progressed from basic through intermediate asanas. The schedules for the week demonstrated the ability to habituate and affect positive changes to our physical capacity.

Swamiji's words on the role of the guru as a teacher, advisor and inspirer were apparent with laying the foundation, to use the lessons learnt to achieve our goals.

We would constantly remind each other of the yamas and niyamas to stay intent and disciplined. Any breakthrough in activity or behaviour was achieved through reflection and reapplication. This in turn affected the yoga practice. Asanas became easier to do, the inflow and outflow of breath became less shallow.

At the individual level, seva saw subtle ties built in the community to help keep up participation when motivation flagged. These ties have led me through a couple of months of shared highs and lows.

If asked about the outcome, my sankalpa is yet active. However, if asked whether I felt different, I will admit that I feel more at peace now than I felt at this time last year. These four months triggered ample hormones and memories to keep my eyes damp, my intellect calm, my mind comforted and my heart smiling.

—Harini Kumar, Chennai



YOGA PROPAGATION

NATIONAL

Bihar

From 18th to 22nd and 26th to 30th December 2017, two yoga training shivirs were organized for Physical Education teachers of Government high schools in Patna. About 30 teachers participated in each of the shivirs. The classes were conducted by Sannyasis Dharmavijaya, Chaitanyamurti and Shakti.

On 25th December, on the occasion of Sri Swami Satyananda's birthday, Satyananda Yoga Kendra, Patna, organized a yoga class for 100 children in the Children's Park, S. K. Nagar. In the evening, havan and kirtan was conducted.

2nd January was the foundation day of Satyananda Yoga Sadhana Kendra, Bariarpur. Swamis Gyanbhikshu and Tyagraj conveyed the gratitude of Vishwa Yogapeeth Munger for the dedicated services rendered by the devotees of Bariarpur. Their support has been continuous for many decades and many programs, and BSY is looking forward to working together in future. Over 500 devotees attended the function.

On 14th and 15th February, a yoga shivir was organized at the Ministerial Staff Training Centre, Income Tax Department, Patna, for 30 officers and ministerial staff. On 15th February, a yoga session was organized at the Senior





Officers Income Tax Department, Patna. The topic was stress management. Swami Tyagraj conducted all the sessions; he was assisted by Sannyasis Dharmarakshit and Yogesh.

From 23rd to 25th February, a yoga shivir was organized at the Energy Park, Patel Nagar, Patna. The morning class was attended by 300 children, women and men. In the afternoon, a program of bhajan, kirtan, havan and satsang was conducted for a group of 25 local devotees at the Navshok Buddha Colony.



On 23rd February, a talk on 'Health and Yoga' was delivered at the Rajkiya Ayurvedic College. It was attended by 100 professors, doctors and students. Swami Tyagraj conducted all the sessions and he was assisted by Kunal of Yuva Yoga Mitra Mandal.

From 18th to 24th March, a yoga camp was organized at the District Jail Munger. A daily morning class was attended by fifty under-trial prisoners and some jail personnel. The program continued for one month with classes twice a week. Swami Tyagraj conducted all the sessions; he was assisted by Bal Yogesh of Yuva Yoga Mitra Mandal (YYMM).



From 16th to 22nd March, a yoga camp was organized at the Remand Home, Sojhi Ghat, Munger. It was attended by sixty-three teenage boys aged 14 to 19. The yoga program

consisted of daily classes for one week, conducted by Pradeep Kumar and assisted by Karan Kumar, both of Yuva Yoga Mitra Mandal. The program continued for one month with classes twice a week.

From 17th to 23rd March, a yoga camp was organized at the Children's Home, Sojhi Ghat, Munger. Thirty boys aged 10 to 17 participated in the daily classes which were conducted by Ishaan (YYMM); he was assisted by Shubham (YYMM). The program continued for one month with classes held twice a week.

From 28th to 29th April, a yoga shivir was organized at the Indo Hakke Hotel in Rajgir for a large group of regional managers (Bihar and Jharkhand) of the State Bank of India. Swami Kaivalyananda conducted the sessions of the two-day program.

From 23rd to 26th May, a yoga shivir was organized at Commercial Sales Tax Office, Bhagalpur. More than 60 tax officials attended the hatha yoga classes in the morning, yoga nidra classes in the afternoon and satsang sessions in the evening. Swami Tyagraj conducted the classes and Kunal Singh of Yuva Yoga Mitra Mandal (YYMM) assisted.

From 1st to 5th June, a yoga shivir was organized by Bihar Finance Service Association, Patna. Over 100 people, including children, participated in the morning and evening sessions. Swami





Kaivalyananda conducted the sessions and Arvind Madhav of YYMM assisted.

On 11th August, a program was organized by *Dainik Jagran* for senior citizens at the Maurya Hotel, Patna. At the function, Swami Kaivalyananda spoke on how yoga can help create happiness in senior citizens.



On 9th September, the Raja Karn-Mir Kasim Committee of Munger organized a felicitation function at the Dekchi Banquet Hall in Munger. Swami Gyanbhikshu spoke on the universal, scientific nature of yoga and the need to integrate yoga into today's society.



On 9th November, Swami Niranjana Sarawati delivered a lecture on the utility of yoga in developing the faculties of head, heart and hands at S.K. Memorial Hall, Patna. The program was organized by the Bihar Industries Association as part of their platinum jubilee year celebrations. More than 5000 people, both inside and outside the auditorium, listened in rapt attention to Swamiji's two-hour long lecture.



On 18th November, Swami Niranjana was the chief guest at the Acharya Laxmikant Mishra National Awards ceremony organized at the Sri Krishna Seva Sadan in Munger. Speaking on the occasion, he recounted how Acharya Laxmikant Mishra had come in contact with Sri Swamiji in the 1960s and lived a yogic life as a dedicated journalist. Swamiji described journalism as a bridge

between education and samskaras on one side and the practical concerns of life on the other. He exhorted journalists to live up to the great responsibility placed on their shoulders by society.

Chhattisgarh

From 5th to 7th July, the 'Know Yourself Yogotsav Bharat Yoga Yatra 2018' was organized jointly by Satyananda Yogashram Rajnandgoan, Bihar Yoga Bharati and Bihar School of Yoga, Munger, at Satyananda Yogashram.

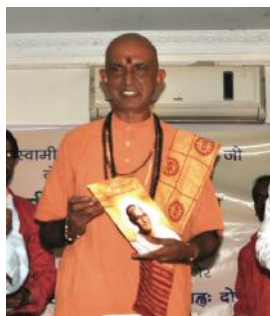
Every day Sikh Ragis devotees came and sang bhajans which touched the hearts of everyone. The participants felt connected to God and Guru.

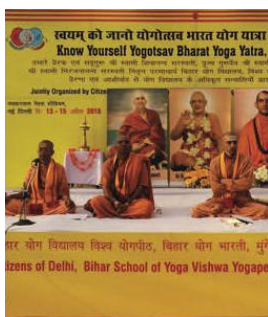
The participants were very receptive and participated wholeheartedly. Many requests came for more such shivirs. Swami Gorakhnath, Swami Kaivalyananda and Swami Shivrajananda conducted all the sessions.

Delhi

From 2nd to 4th April, a shivir was organized by the Army Wives Welfare Association in the Delhi Cantonment area. More than 300 ladies benefitted from this shivir, conducted by Swami Nirmalananda and Sannyasi Soumyashakti.

On 10th April, a yoga session was organized at the premises of the Hughes Systique Private Ltd., Gurgaon. Swami Nirmalananda conducted the session.





From 13th to 15th April, the 'Know Yourself Yogotsav Bharat Yoga Yatra 2018', was jointly organized by the citizens of Delhi, Bihar School of Yoga and Bihar Yoga Bharati, Munger, Bihar, at the Football Ground, Jawahar Lal Nehru Stadium.

The focus of the shivir was on the antaranga aspect of yoga. The hundreds of participants fully embraced the teachings of the second chapter and wholeheartedly did their 'homework' of bhakti and karma yoga: developing awareness of their positive associations and performing their actions to the best of their ability.

The morning and evening sessions were conducted by Swami Nirmalananda, Swami Shivadhyanam, Swami Shivravananda and Swami Tyagraj.

Gujarat

From 27th November to 2nd December 2017, a yoga camp was conducted at the residential primary and secondary schools for tribal children at Ambardi village, Rajkot. About 80 children attended the daily sessions. Swami Nirmalananda conducted this third camp in collaboration with the Sister Nivedita Foundation.

On 26th November and 3rd December 2017, sessions 5 and 6 were conducted for the training of local school teachers. The focus was on deepening their awareness and the

experience. On two successive Sundays, a small number of dedicated teachers attended the classes conducted by Swami Nirmalananda.

Karnataka

From 24th to 30th December 2017, yoga was part of the First International School Convention organized by SPICMACAY at the Delhi Public School, Bengaluru. The students' age ranged from 8 to 18 years; over 150 attended the hatha yoga class, 250 the yoga nidra session and 25 took part in the intensive training. All sessions were conducted by Swami Tyagraj who was assisted by Ravi, member of the Yuva Yoga Mitra Mandal.

From 7th to 9th January, the 'Know Yourself Yogotsav Bharat Yoga Yatra 2018' was jointly organized by the citizens of Bengaluru and Atma Darshan Yogashram. On 7th the inauguration took place at the ashram itself with chanting, dance, kirtan by students and the children of Satyam Bal Yoga Sangha.

Over 700 participants, national and international attended the two daily sessions at the Dayananda Sagar College Auditorium. The 2nd Chapter of BSY was introduced with the bahiranga and antaranga aspects of the yoga chakra.

Swamis Gorakhnath, Maitreyi, Prembhava and Shivrjananda conducted all the sessions with Sannyasi Ajnananda assisting.



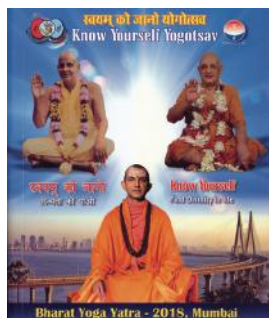


Madhya Pradesh

From 9th to 11th March, the 'Know Yourself Yogotsav Bharat Yoga Yatra 2018' was organized jointly by the citizens of Bhopal and the Bihar School of Yoga at the Manas Bhavan, Polytechnic Chauraha, Shyamla Hills, Bhopal. The morning and evening sessions were attended by over 700 participants. Devotees of longstanding, associated with Sri Swami Satyananda since the 1960s as well as first-time yoga aspirants participated with great fervour and interest. Swami Kaivalyananda, Swami Sivaraj and Swami Tyagraj conducted all the sessions. On 10th March, a session was also conducted in the Central Jail for over 400 jail inmates.



From 13th to 15th July, the 'Know Yourself Yogotsav Bharat Yoga Yatra 2018' was organized jointly by the citizens of Indore, Satyananda Yoga Kendra, Indore and Bihar School of Yoga at the Basketball Indoor Stadium in Indore. Swami Gorakhnath and Swami Shivrajananda conducted the morning and evening sessions which over 600 participants attended.



Maharashtra

From 22nd to 27th February two programs were organized jointly by citizens of Mumbai, RCF Chembur, AMI Dnyana Sadhana Trust Chembur, Bihar School of Yoga and Satyananda Yogadarshan Peeth, Nasik, as part of

YOGAYATRA 2018

NORTH INDIA



WEST & CENTRAL INDIA



EAST INDIA



SOUTH INDIA



the 'Know Yourself Yogotsav Bharat Yoga Yatra 2018'. The first program was conducted from 22nd to 24th February at the Yogi Sabha Grah, Swaminarayan Mandir, Dadar. The morning hatha yoga sessions and the evening sessions were attended by over 200 participants. Swami Kaivalyananda, Swami Shivrajananda, Swami Shivadhyanam, Sannyasis Vijayashakti and Atmanivedan conducted all the classes.

On 24th February, Swami Kaivalyananda and Swami Nirmalananda met with 150 policemen and police officers at Goregaon and a class of asana, pranayama and yoga nidra was conducted for them. Talks were also given on mind and emotion management.

From 25th to 27th February, the second program was organized at the RCF Ground, Chembur. Classes were held twice daily, morning and evening. Around 300 participants attended the morning and evening sessions. Swami Kaivalyananda, Swami Shivadhyanam, Sannyasis Vijayashakti and Atmanivedan conducted all the classes.

The theme of these programs was the 2nd Chapter of Yoga. The direction is to take yoga from practice to sadhana and to a yogic lifestyle, and the focus is to attain the defined aims of each branch of yoga and not practise to meet personal needs and ambitions. In order to live the yoga of the 2nd Chapter, aspirants





have to develop seriousness, sincerity, commitment in their sadhana, and develop a positive yogic lifestyle with sadachar, good conduct as its hallmark.

West Bengal

From 13th to 14th April, two shivirs were organized in Kolkata at the Chowdhury Bhavan and Udita Community Hall. Sannyasis Karmanidhi, Manas Shakti, Nadamani and Vidyadhara conducted the morning and evening sessions.



From 16th to 29th April, various shivirs were organized in and around Kolkata at the NSHM Institute, Tractor India Ltd., Upohar Club, Kolkata Shooting Academy, Open Air at the The Lakes, Space Circle Community Hall, Bhowanipore Educational Society Hall, Millenium Mams and Anand Dham. All sessions were conducted by Sannyasis Gyanmudra and Madhuri with the enthusiastic support of the local organizers.



From 4th to 8th June, yoga classes were conducted at the Indian Institute of Technology, Kharagpur, as part of the SPICMACAY Convention dedicated to the musical and cultural heritage and traditional art forms of India. Over 150 students participated in the morning hatha yoga sessions, 25 students attended the intensive sessions and over 400 attended the yoga nidra sessions. The participants were from various states of India, and also from the neighbouring



countries of Pakistan and Bangladesh. Classes were conducted by Swami Tyagraj and Sannyasi Mahesh.

From 15th to 20th June, two programs were organized jointly by the citizens of Kolkata, Bihar School of Yoga & Bihar Yoga Bharati, Munger as part of the 'Know Yourself Yogotsav Bharat Yoga Yatra 2018'. The first program was conducted from 15th to 17th June at FD Block Association, Bidhannagar, Salt Lake. The morning hatha yoga sessions and the evening raja yoga and satsang sessions were attended by over 250 participants. The second program was organized at the Kshudiram Anushilan Kendra from 18th to 20th June, which had over 150 participants. Swamis Gorakhnath, Kaivalyananda, Shivrajananda and Tyagraj conducted all the sessions.

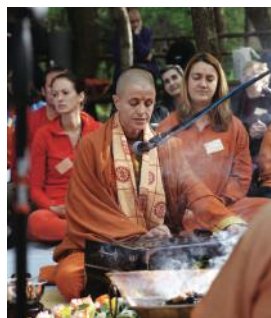


INTERNATIONAL

Nepal

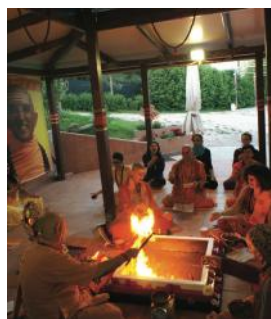
From 3rd to 5th May, the 'Know Yourself Yogotsav Nepal Yoga Yatra 2018', was jointly organized by the citizens of Biratnagar, Biratnagar Business and Professional Women, Mahendra Morang Adarsha Multiple Campus and Bihar School of Yoga. The venue was the campus of Mahendra Morang Adarsha College in Biratnagar, Nepal. Swami Shivrajananda, Swami Tyagraj, Sannyasis Aparokshananda and Satchidananda conducted all sessions.





Yoga Ecology – European tour 2018

In May and June 2018, Swami Prembhava travelled to Bulgaria, Hungary, Italy and Serbia for weekend seminars on yoga ecology and lifestyle. In Bulgaria, Italy and Serbia the subject and practices from the book *Janani: Understanding Prakriti* were experienced. The weekend seminars were held in natural venues outside of the city, to truly imbibe yoga ecology and live a yogic lifestyle. Practices of Ashwattha and Jyoti Aradhana and havan were done, along with mantras, kirtan, karma yoga and hatha yoga. Yogic lifestyle was experienced as a means to reconnect to nature and live life in harmony with the world around us.



In Hungary, *Janani: Annadwai Pranah – Food is Prana* was taught for the first time. The pranic and yogic diet was discussed as a means to live simply and ecologically according to the yogic principles of diet and lifestyle. Khichari was cooked together as an example meal of the true yogic diet. Karma yoga in the ashram vegetable garden, hatha yoga, raja yoga, kirtan, havan and aradhana encouraged yogic lifestyle as a means to live in harmony with nature.



Third South-American Gathering – Brazil

From 27th April to 1st May, the 3rd South-American Gathering was held in Caxias do Sul in the south of Brazil. The organizers of the program were

Ganapati Yogacenter in Caxias do Sul and Satyananda Yoga Center in Belo Horizonte. Swami Maitreyi was invited from Colombia.

It was a five-day program where the first three days were open to all Satyananda Yoga practitioners and the last two days were for teachers and committed aspirants.

The theme of the first days was yoga in today's society: yogic lifestyle, APMB practices, karma yoga, yoga nidra and meditation. Talks were given by:

Diego Arenaza Vecino (the president of RYE in Brazil) on his experiences of yoga in the classroom.

Sannyasi Atmatirtha (yoga teacher and psychologist) on his work of integrating yoga in schools in Caxias do Sul.

Sannyasi Gangadhara (yoga teacher and psychologist) on her work of integrating yoga in the health system in Brazil.

The purpose of the second half of the program was to give an introduction to the history of Satyananda Yoga, to introduce the second chapter, to deepen the understanding of the teaching and of the practice of pranayama. The talks were given by Swami Maitreyi and Swami Aghorananda.

The program was attended by 95 people from Brazil, Uruguay, Argentina and Colombia. The evening was dedicated to kirtan and havan. The Ganesh havan was conducted by four children attending the program.



YOGAYATRA 2018

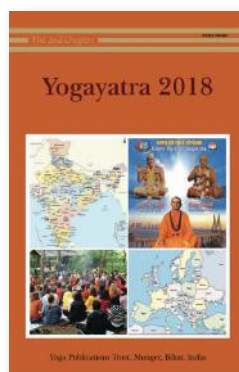
From January to June, a Yoga Yatra was conducted throughout India. It represents the vision of Swami Niranjanananda, the dedication of 6 months, a celebration of 360 shivirs and an offering to 36,000 yoga aspirants across the Indian subcontinent. Young and old, new aspirants and long-time associates came to these shivirs to participate or help out. Organizers, teachers, assistants, helpers, drivers and hosts were behind the scenes as thousands of sevaks made the yatra become a reality and come alive. Their goodwill, motivation and selfless contribution were the solid foundation of the Yogayatra 2018. Quiet and unassuming, without expectations or rewards, they allowed the 2nd Chapter of Bihar School of Yoga to unfold in their homes, their neighbourhood, their community and society.





The understanding evolved that yoga was no longer to be a personal fancy or pastime but an inspiration for life. The theme, 'Yoga for balance and harmony in life' was no longer a lofty ideal but a practical possibility for everyone. If the benefits of the shivir are to be brought into day-to-day life then seriousness, sincerity and commitment are required; and this might have been the greatest learning of all.

2018 and the Yogayatra 2018 was a silent revolution of presenting yoga as yoga vidya. A full account of this yoga yatra along with statistics, impressions and pictures has been compiled into a book which was released on the occasion of the Munger Yoga Symposium 2018.



2018 ACTIVITIES REPORT COURTESY OF YOGA PUBLICATIONS TRUST (YPT)

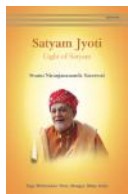
BOOKS:

By the end of 2017, one hundred and sixty-six books and sixty booklets were in print in English, eighty-two books and nineteen booklets in Hindi and four books in Hindi-English. In 2018, twenty-two new books and five new booklets were added in English and seven books and five booklets were reprinted. In Hindi, two books and one booklet were added as new titles, and three books were reprinted. One Hindi-English book was reprinted.

In 2018 two additional digital publications were launched on Amazon Kindle, bringing the total of digital books to thirteen.

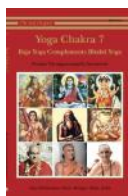
On the occasion of the Munger Yoga Symposium 2018, *Satyam Yoga Prasad* website was unveiled wherein more than one hundred and eighty YPT books from the First and Second

Chapter of Yoga in multiple languages are available online as guru prasad.



Digital books launched in 2018

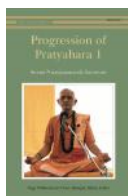
- *Meditations from the Tantras*, Swami Satyananda Saraswati
- *Swara Yoga: The Tantric Science of Brain Breathing*, Swami Muktibodhananda Saraswati



New English books printed in 2018

By Swami Niranjanananda Saraswati:

- *Satyam Jyoti: Light of Satyam*
- *Raja Yoga Yatra 2: Understanding Pratyahara*
- *Hatha Yoga Yatra 2: Understanding Asana and Pranayama*
- *Hatha Yoga Yatra 3: Understanding Mudra and Bandha*
- *Progression of Pratyahara 1*
- *Yoga Sadhana Panorama, Volume 7*



- *Yoga Chakra 6: Bhava Shuddhi and Titiksha*
- *Yoga Chakra 7: Raja Yoga Complements Bhakti Yoga*

Customs and Traditions Series:

- *Bhakti Marg 1: Invoking the Divine*
- *Bhakti Marg 2: Connecting with the Divine*
- *Bhakti Marg 3: The Many Faces of the Divine*

Yoga for Everyone Series:

- *Karma Yoga for Everyone*
- *Bhakti Yoga for Everyone*

Yoga Ecology and Lifestyle Series:

- *Janani: Annadwai Pranah – Food is Prana*, Swami Prembhava Saraswati
- *Janani: Water – Sustainer of Life*, Swami Prembhava Saraswati

Other titles:

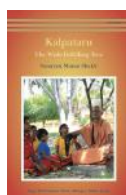
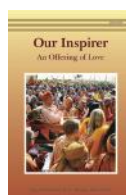
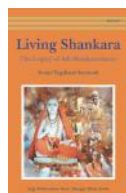
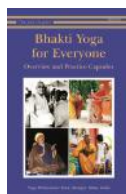
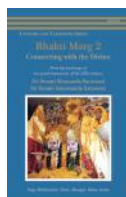
- *Living Shankara*, Swami Yogakanti Saraswati
- *Panchagni Tapas*
- *YRF Volume 3: Basic Yoga Research 1989-2007*
- *Transforming Lobha*, Swami Ratnashakti Saraswati
- *Our Inspirer*
- *Yogayatra 2018*
- *Satyananda Yoga in Europe, Volume 4*

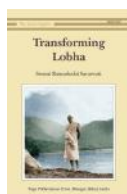
New English booklets printed in 2018

- *50 Years of Yoga Chakra*, Swami Shankarananda Saraswati
- *Kalpataru: The Wish-Fulfilling Tree*, Sannyasi Manas Shakti
- *Yogic Samskara for Children*, Sannyasi Manas Shakti

Satyam Tales:

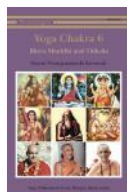
- *Glory to a Rishi: The saga of Padma Bhushan chronicled by children*
- *Diggaja Returns: To relearn the a-b-c of discipleship*





New Hindi books printed in 2018

- *Rikhiapeeth Satsangs 5*, Swami Satyananda Saraswati
- *Ganapati Aradhana*, Swami Niranjanananda Saraswati



New Hindi booklets printed in 2018

Satyam Tales:

- *Mangal Bhavan Amangal Hari*

English books reprinted in 2018

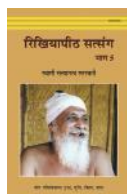
By Swami Satyananda Saraswati:

- *Kundalini Tantra*
- *Four Chapters of Freedom*



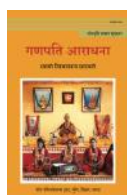
By Swami Niranjanananda Saraswati:

- *Prana and Pranayama*
- *Yoga Chakra 1: The Wheel of Yoga*
- *Yoga Chakra 2: Cultivating Spiritual Samskara*



By other authors:

- *Hatha Yoga Pradipika*, Swami Muktibodhananda Saraswati
- *Janani: Understanding Prakriti*, Swami Prembhava Saraswati



English booklets reprinted in 2018

- *Likhita Japa*

Satyam Tales:

- *Diggaja: From elephant to super-elephant*
- *Mystics from Moon: A journey through space*
- *Daredevil Dolphin: Making a leap of faith*
- *A Ray of Joy: That lit up the earth and sky*



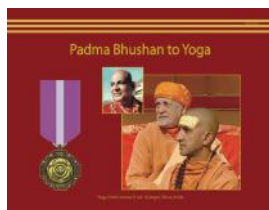
Hindi books reprinted in 2018

- *Shishya Dharma*, Swami Niranjanananda Saraswati

- *Siddha Prarthana*
- *Siddha Stotra Mala*

Hindi-English books reprinted in 2018

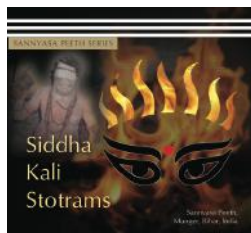
- *Padma Bhushan to Yoga*



CDS AND DVDS:

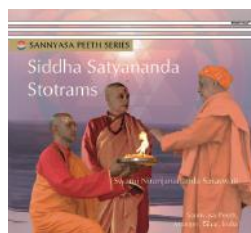
New CDs released in 2018

- *Siddha Kali Stotrams*



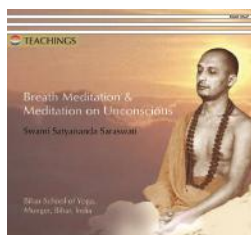
CDs reprinted in 2018

- *Siddha Durga Stotrams*
- *Siddha Shiva Stotrams*
- *Siddha Ganesha Stotrams*
- *Siddha Sivananda Stotrams*
- *Siddha Narayana Stotrams*
- *Siddha Rama Stotrams*
- *Siddha Satyananda Stotrams*
- *Swan Sings, CD 1–6*



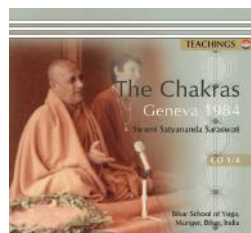
Teaching Series – Swami Satyananda Saraswati:

- *Antar Mouna and Chidakash Meditation*
- *Breath Meditation and Meditation on Unconscious*
- *The Chakras, Geneva 1984, CD 1–4*



Teaching Series – Swami Niranjanananda Saraswati:

- *Advanced Yoga Nidra and Advanced Antar Mouna*
- *Uchcha Yoga Nidra and Chidakash Dharana*



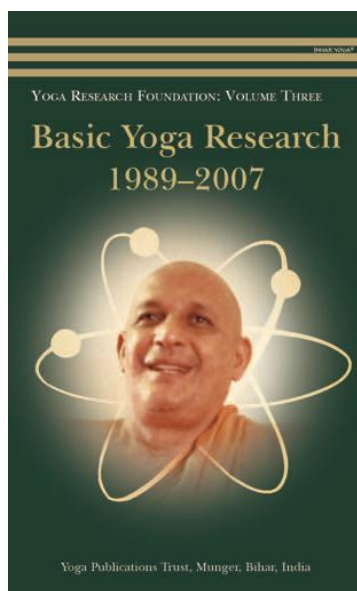
DVDs reprinted in 2018

- *WYC 2013 Compilation*

2018 ACTIVITIES REPORT COURTESY OF YOGA RESEARCH FOUNDATION (YRF)

In these past two years Yoga Research Foundation forged a new collaboration with Charutar Arogya Mandal (CAM), Karamsad, Gujarat. Moving away from therapeutic research the new focus is on fundamental research. The YRF team comprising of Swami Nirmalananda and Sannyasi Vasundhara made a first visit to the facilities in November 2017. Interest generated by this meeting and all communication between the institutes resulted in Charutar Arogya Mandal procuring new equipment and technology in March 2018 for the planned projects.

In September of 2018, the Charutar Arogya Mandal team ran a pilot study on two of their in-house doctors so as to determine the best modalities and accurate parameters for the proposed study. Currently conversations are in progress between both institutions on finalizing the protocol and other technical aspects of the study. All going as planned, it is likely that the project will commence in 2019.



Publications

In 2015, a joint project between Yoga Publications Trust and Yoga Research Foundation was undertaken, to publish all research that has been conducted by YRF in its over thirty years of establishment. The third volume in this set of books was released in 2018 and concentrates on research conducted between the period of 1989 and 2007. It includes studies on the effect of shatkarmas, surya namaskara, pranayama and yoga nidra.

2018 ACTIVITIES REPORT COURTESY OF BAL YOGA MITRA MANDAL (BYMM)

Throughout the year the children assisted in all events. They performed the Saturday Mahamrityunjaya havan, participated every month in the Guru Bhakti Yoga, and added laughter and joy to the Ganga Darshan campus.



Bal Yoga Diwas

On 15th February, a wonderful performance of song, dance, yogasana and karate was presented by the children of BYMM. They wove their presentation around the theme of water and inspired the audience to use water with more awareness.



Bal Yoga Shivr

From 1st to 5th June, a children's yoga shivir was conducted by BYMM at Paduka Darshan. More than 500 children between the ages of 7 and 14 from various schools of Munger attended the shivir. The morning hatha yoga classes were conducted by senior BYMM members Ramakant, Aman, Pragati, Sangam and Muskan.



Visit to heritage site

On 7th June, 30 BYMM children went on a day visit to the heritage site of Vikramshila university, where they got an opportunity to observe the ruins of what was once a flourishing ancient university.





The children were accompanied by Swami Shashwatananda and Sannyasi Vasundhara.

Music workshop

From 11th to 14th June, a workshop to impart in-depth training in music was conducted for 30 BYMM children by Divyanshu, a music teacher from Bhagalpur. The workshop covered beginner lessons in vocal and instrumental music.



Film making workshop

From 15th to 19th June, a workshop on film-making was conducted for BYMM children by Amitabha Singh, cinematographer and Siddhesh Iyer from Mumbai. 14 boys and 11 girls enthusiastically participated in this intensive workshop which lasted from 7 am until 5 pm each day.



International Day of Yoga

On 21st June, the children of BYMM spread throughout the City of Yoga, Munger, and conducted classes on the rooftops and courtyards of many homes. Their infectious enthusiasm and energy inspired many to include yoga as part of their daily life.



Munger Yoga Symposium

On 25th October, the children of Bal Yoga Mitra Mandal gave a stunning dance-drama performance to the theme of

water. Ma Ganga and the environmental threats as seen and lived by the children was certainly no mere entertainment but a wake-up call to all present to help by living a yogic life with awareness and care for others and nature.

On 28th October, the children repeated their performance in Hindi.

They also began and ended each day with great fervour the akhand kirtan in Satyam Vatika.

Diwali

Song, dance and a karate performance were the children's contribution to make Diwali a joyful and colourful evening. Swamiji then answered their questions regarding the meaning of Diwali.



2018 ACTIVITIES REPORT COURTESY OF YUVA YOGA MITRA MANDAL (YYMM)



Yoga Yatra 2018

Members of YYMM assisted with and taught yoga shivirs throughout the state of Bihar as part of Yoga Yatra 2018. Their skill and dedication were highly appreciated wherever they went.



International Day of Yoga

On 21st June, members of YYMM conducted yoga classes as per the BSY program in many different areas of the City of Yoga, Munger. They also helped in the organization of the IDY program at Paduka Darshan.



Munger Yoga Symposium

During the Munger Yoga Symposium, members of the YYMM offered their seva in all activities. On 27th October they presented a wonderful performance of asana to the theme of balance. Through their story they showed how the yogis of ancient times had learned from nature and devised the asana accordingly. Today we can follow their guidance to find harmony and peace within and with our environment.



YOGA PEETH EVENTS

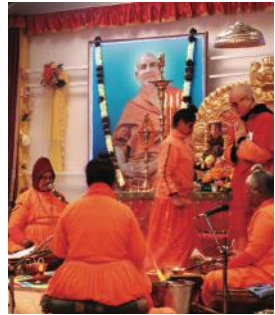
Makar Sankranti

On 14th January, 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 at Ganga Darshan.



Basant Panchami

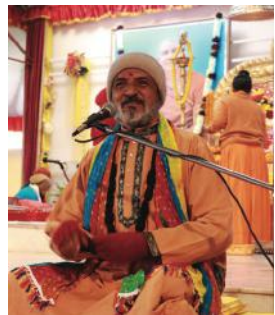
From 19th to 22nd January, Basant Panchami was celebrated at Ganga Darshan, commemorating the 55th Foundation Day of Bihar School of Yoga. The yoginis from Lalita Mahila Samajam at Thirueengoimalai, Tamil Nadu, conducted daily aradhana dedicated to Devi Chandi, Lalita and Saraswati.



On 22nd, Swami Shivadhyanam and Swami Atmamaitri addressed the gathering of over one thousand guests. Citizens of Munger and old associates of Bihar School of Yoga spoke on their connection and shared their personal experiences related to BSY.



Swami Niranjanananda spoke on the 2nd Chapter of BSY which will be launched this year. He said that in the first fifty years aspirants pursued the aim of physical health and mental peace. For the 2nd Chapter the aim of yoga training will be yogic lifestyle and the cultivation of right conduct.





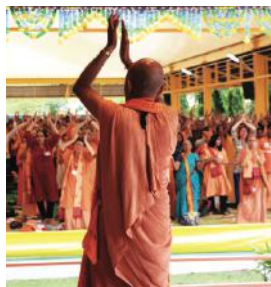
The yoginis concluded the program with pooja in the Chhaya Samadhi.

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 fourth International Day of Yoga which was attended by more than 500 participants who were guided through practices of mantra, asana, pranayama, relaxation, concentration and a meditation on yama and 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 24th to 27th July, the inspiring and uplifting Guru Poornima celebrations were held at Paduka Darshan. Swamiji was present everywhere, and shared the joy of kirtan with all devotees.



In his satsangs, Swami Niranjanananda emphasized the importance of cultivating spiritual qualities in the life of every aspirant. He gave the examples of Swami Sivananda who lived and perfected *manahprasad* and *namaskara*, happiness and humility, as qualities of the head. Sri Swami Satyananda emphasized *bhava shuddhi* and *shraddha*, purity and faith,

as essential qualities of the heart. Swamiji added *samskaras* and *sanskriti*, creating a positive environment and expressing positivity in life. These two qualities enhance the performance of the hands.

Swamiji also invited all present to take stock of the last year and evaluate how many steps along the path have been taken, and to continue with renewed inspiration and strength.

During the celebrations, Swamiji initiated 175 aspirants into mantra, 46 into jignasu sannyasa and 54 into karma sannyasa.

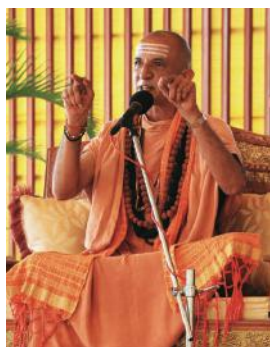
Diwali

On 7th November, Diwali was celebrated with beautiful performances of dance and karate by the children of Bal Yoga Mitra Mandal. In his satsang, Swamiji spoke on the meaning of spirituality and explained the significance of lighting candles on Diwali.

Christmas

On 24th December, sannyasins of Ganga Darshan sang carols and kirtan for guests and residents in Jyoti Mandir.

On 25th December, Christmas was celebrated with citizens of Munger and members of BYMM and YYMM. Swamiji spoke on the connection between Sri Swami Satyananda and Jesus Christ whose births are being celebrated on this day. It is their lives and teachings which remain an inspiration for all aspirants.



The Last Journey

You have gone on a journey in your youthful days
Of seeking and wondering who you are,
And what is the meaning and purpose of all.
Journey on bravely, have no fear,
For now you are no longer alone.
You are protected by a mantle of love,
And unseen hands guide and direct you.

Though your footsteps may falter, your strength seem weak,
Be assured you will reach that goal which you seek.
Journey on bravely and if you feel tired,
Give yourself time to pause and reflect
On the glory of the sublime heights before you.
For if you get too fatigued, you may fall prey
To temptations and thoughts of return.

What have you left that demands your return?
Your days of worldly ambition are over,
Though you may not yet have fully grasped this fact.
You still feel you belong neither here nor there,
But in truth you are already with me.
You have realized the emptiness of worldly life,
Yet have not attained to other planes of existence.

You are not certain of where you belong,
But I know who you are and where your home is,
And where you will find all the things that you seek.
What is past is over and cannot be restored.
It was all a part of the journey of your soul,
And your search to find your real self.

You have begun to realize what you really are
And what the purpose of your life really is.
If you return to the world now, you will be lost
And your life will have been spent in vain.
O child, keep your eyes fixed always on the goal!

You are my child who has returned to me.
Let me see who can keep you from me now.
You are surrounded by love and by light.

—Swami Satyananda Saraswati



Before Your Daily Business

Swami Niranjanananda Saraswati

To live a yogic life, you have to spread the yogic awareness throughout the day. One of the biggest shortcomings in people, even yoga practitioners and the advocates of yoga, is that they are not able to sustain a routine and discipline. They think, 'My yoga is done in the classroom and when I am not in the classroom, I don't have to think about yoga'. That is a big problem. It means you don't understand the meaning of the



word yoga. There is a sutra in the *Yoga Sutras* about regularity, continuity, and believing in what you do. If you remember that sutra, it will help you understand the path of sadhana.

Yoga is definitely not a classroom teaching. You have heard from all the speakers today, yesterday and the day before yesterday, that the yoga which they learnt was more from interaction, observation and self-correction and not in the classroom session of asana, pranayama, yoga nidra and pratyahara.

The biggest misunderstanding is that you think, 'I practise my yoga every day from this time to this time and then I am free to do other things'. No. You are not free to do other things. You may not do your asana, pranayama, yoga nidra and meditation but still you are not free. You have to maintain the yogic awareness and attitude. It is that aspect which is going to help you in life, not the practice of asana and pranayama. So take yoga away into your personal life from classroom learning, teaching and practice to a 'moment-to-moment' practice.

To make yoga into a moment-to-moment practice, you have to look at the whole component of the Satyananda Yoga system that Sri Swamiji devised. We can make capsules of the practices for different times of the day. Spread the practice over a 12-hour period when you are doing it alone. In the morning practise the three mantras. The practice of mantras pacifies the mind. That is the meaning of the word mantra: that which pacifies the mind. You may think, 'Why do I have to chant the mantras in the morning when my mind is already pacified? I should do it when my mind is disturbed'. Here you are only listening to the words and not the intention.

For you pacifying the mind happens only at the time of stress, the stress that you feel. However, mind is always under stress, even when you are not aware of it. The subconscious and the unconscious activities continue to take place. Even now conscious and unconscious activities are taking place but you are not aware of them. To develop that awareness is

important. I am aware when I move my finger like this, I am aware when I move it like that, I am aware when I move my hand like this, I am aware when I bring my hands down like this. Not a single act that I do goes unnoticed by me. Even if it is flexing a finger here right now, I am aware that my finger is being flexed. That awareness has to come. Continuous, constant awareness has to be built up.



This can only happen if in the morning you are able to make three sankalpas: one for the body, one for the mind, and one for the entire life. The body requires health – sankalpa of health. Mind requires wisdom – sankalpa of wisdom. Life requires distress-free living – sankalpa for overcoming distress. You begin with these three chants and sankalpas in the morning and you plant the seeds in your mind when you are fresh after sleep. After chanting the *Mahamrityunjaya* mantra, *Gayatri* mantra and the 32 names of Durga, go about your daily business.

– 23 October 2018, Munger Yoga Symposium

Form IV (See Rule 8)

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

Date: 1 March 2019

Sd/- (Swami Gyansiddhi Saraswati) Editor



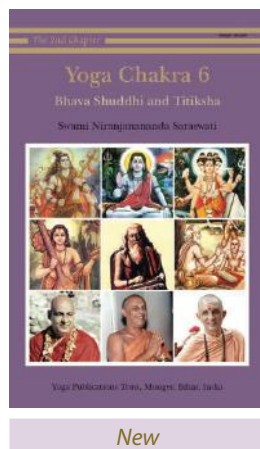
Yoga Chakra 6

Bhava Shuddhi and Titiksha

66 pp, soft cover, ISBN: 978-81-938420-7-2

During the Adhyatma Samskara Sadhana Satra in July 2017, Swami Niranjanananda continued to deepen the understanding and experience of *yamas* and *niyamas*, the positive attributes of life with *bhava shuddhi* and *titiksha*, purity of intention and ability to harmonize contrary conditions. These qualities lead to contentment at the individual level and harmony at the collective level.

The book includes the self-study steps and practice charts that were given out to participants during the program.



Yoga Publications Trust, Garuda Vishnu, PO Ganga Darshan, Fort, Munger, Bihar 811 201, India, Tel: +91-06344-222430, 06344-228603, 09304799615 • Fax: 91+6344+220169



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Websites and Apps

www.biharyoga.net

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

Satyam Yoga Prasad

Available at www.satyamyogaprasad.net and as apps for Android and iOS devices.

The collected publications of Swami Satyananda and Swami Niranjanananda are being presented online on the occasion of the Munger Yoga Symposium.

Bihar Yoga Wiki

www.yogawiki.org

An online encyclopaedia of the Bihar Yoga system was launched on the occasion of the Munger Yoga Symposium 2018 with an aim to make the yogic teachings available to all in an accessible and easily understood way.

YOGA & YOGAVIDYA Online

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

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

YOGA and YOGAVIDYA magazines are available as free apps for Android and iOS devices.

Other Apps (for Android and iOS devices)

- *APMB*, the bestselling yoga book from Yoga Publications Trust, is now available as a convenient, easily browsable mobile app.
- The *Bihar Yoga App* brings to the user ancient and revived yogic knowledge in a modern medium.

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Yoga Peeth Events & Yoga Vidya Training 2019

<i>Mar 1-30</i>	Yoga Training, 1 month; (Hindi, for nationals)
<i>Mar 9-17</i>	Total Health Capsule (Hindi)
<i>Mar 11-17</i>	Yoga Capsule – Digestive (Hindi)
<i>April 2-6</i>	Yoga Lifestyle Capsule (Hindi/English)
<i>April 22-28</i>	Hatha Yoga Yatra 1, 2
<i>May 13-19</i>	Hatha Yoga Yatra 3, 4
<i>Jun 2-6</i>	Yoga Lifestyle Capsule (Hindi/English)
<i>Aug 16-22</i>	Raja Yoga Yatra 1, 2
<i>Aug 23-29</i>	Raja Yoga Yatra 3, 4
<i>Oct 1-30</i>	Progressive Yoga Vidya Training 1, 2 (English)
<i>Oct 1-Jan 25</i>	Yogic Studies, 4 months (English)
<i>Nov 4-10</i>	Kriya Yoga Yatra 1, 2
<i>Nov 11-17</i>	Kriya Yoga Yatra 3
<i>Dec 18-22</i>	Yoga Chakra Series
<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 4th, 5th & 6th</i>	Guru Bhakti Yoga
<i>Every 12th</i>	Akhanda Path of Ramacharitamans

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

For more information on the above events contact:

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 (applications for events and trainings available here)

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