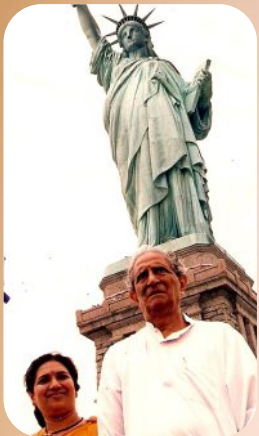


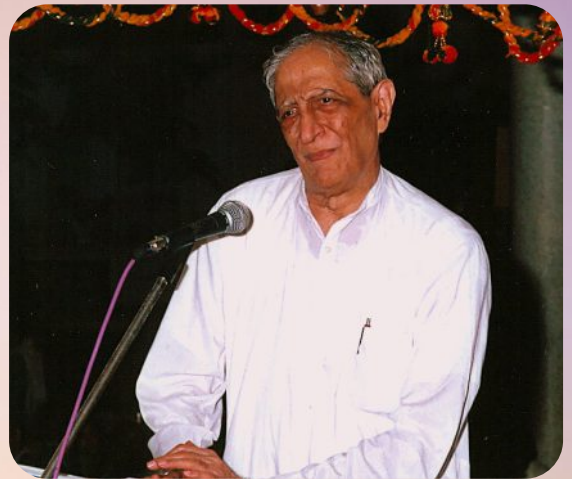
Yogasattva

FEBRUARY 2025

MONTHLY NEWSLETTER OF THE YOGA INSTITUTE, INDIA
OLDEST ORGANISED YOGA CENTRE IN THE WORLD



Remembering
**Dr. Jayadeva
Yogendra**
(1929-2018)



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The Yoga Institute

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EDITOR'S NOTE



Namaste,

As we step into February, we welcome Vasant Panchami—a celebration of wisdom, renewal, and the arrival of spring. This auspicious occasion reminds us that love is not just about relationships but also about knowledge, growth, and the deep connection we share with ourselves and the world around us.

In this edition of *Yogasattva*, we explore love through a holistic yogic lens—encompassing self-love, familial bonds, and the oneness of all beings. Hansa Maa beautifully emphasizes the importance of entering marriage for the right reasons, highlighting that a truly fulfilling relationship is built on self-growth, emotional maturity, and mutual support. From a yogic perspective, love begins with the self—only when we nurture and accept ourselves can we extend pure, unconditional love to others.

As we honor Dr. Jayadeva on his death anniversary, his profound reflections on consciousness and transformation deepen our understanding of love. He reminds us that love is not merely an emotion but a state of being—a steady and unwavering force that transcends the changing nature of the material world.

To help you cultivate balance in relationships and overall well-being, we are delighted to introduce the Nispanand Wellness Super App by The Yoga Institute. This digital sanctuary offers guided meditations, soothing sleep stories, mantras, dietary guidance, asana routines, and personalized counselling—helping you find peace amidst life's daily rhythms.

Additionally, we are pleased to share that The Yoga Institute, Alibaug, has been successfully inaugurated! This serene retreat center is now open, offering a deeply rejuvenating space for those seeking to disconnect from daily stress and reconnect with their inner harmony.

This Vasant Panchami, let love be a guiding force—nurturing the self, deepening bonds, and connecting us to the divine flow of the universe. May it bring wisdom, joy, and inner peace.

Yours in Yoga.

Pranee Hrisi Yogendra

Pranee Hrisi Yogendra

Marriage: A Union of Completeness and Understanding



PEARLS OF WISDOM

Marriage is a sacred union, but entering it for the wrong reasons—such as societal pressure or age expectations—is not the right path. It's essential to marry for the right reasons, ensuring that both individuals are complete and self-sufficient before committing to such a profound relationship. Here, we explore the qualities necessary for a healthy, harmonious marriage and the steps individuals should take to prepare themselves for this lifelong partnership.

Marriage for the Right Reasons:

Marriage should never be an escape or a remedy for personal shortcomings. Every individual must first strive to become complete within themselves, emotionally and mentally. This includes being self-reliant, understanding your needs, and taking care of yourself. Many believe marriage can transform an individual's character—for example, thinking a partner will become a better person after marriage—but this is a flawed ideology. True growth and improvement are personal journeys that must begin before marriage.

Developing Healthy Support Systems:

Instead of relying on marriage to solve personal challenges, individuals should focus on introducing positive habits and support systems into their lives, such as Yoga, meditation, or other mindfulness practices. These tools help manage emotions, reduce stress, and build inner strength. Conversely, turning to harmful habits like smoking or excessive drinking only creates further complications and hinders personal growth.

Managing Emotions and Anger:

Uncontrolled emotions, especially anger, can be a significant source of conflict in marriage. If you struggle with anger, it's crucial to address this issue before entering into a partnership. Learn to manage your emotions so that external situations don't trigger harmful reactions. Anger, when unchecked, can lead to disputes and even physical violence, often making women the victims in such scenarios. Instead, develop qualities like patience, forgiveness, and acceptance. These are essential traits for fostering a healthy and loving relationship.

Acceptance and Compassion in Marriage:

Marriage requires individuals to accept their partner for who they truly are, including their flaws. It's important to see the good in others, forgive mistakes, and cultivate a spirit of love, care, and compassion. Remember, those who work actively and engage with life are bound to make mistakes. Learning to navigate these imperfections with understanding is key to a harmonious marriage.

Completeness Before Commitment:

Two individuals entering a marriage should be complete personalities, not seeking the other to fill emotional or personal voids. When both partners can independently manage their mind, body, and emotions, their union becomes a celebration of shared growth and mutual support. A partnership based on completeness fosters a life of beauty and fulfillment.

Avoiding Control and Doubt:

Marriage should never be about binding or controlling the other person. Statements like “Now you are my spouse, so you should not do this or go there” breed resentment. Similarly, bringing past experiences or doubts into the present only damages the trust between partners. Truthfulness and transparency are the cornerstones of a successful marriage. Both partners must work to create an environment of mutual respect and understanding.

Building Friendship Before Marriage:

A strong friendship is the foundation of a successful marriage. Before tying the knot, a couple should take time to know each other deeply, help one another, and understand each other's goals, likes, and dislikes. Meeting and getting to know each other's families is equally important, especially in cultures like India, where marriage often involves the union of two families. If the family dynamics are not harmonious, they can become a source of tension within the marriage.

Working as a Team:

A married couple should function as a team, supporting not only each other but also each other's families. When the husband takes care of the wife's family and the wife does the same for the husband's family, it creates a strong and united bond. Teamwork fosters mutual respect, reduces anxiety, and builds confidence in the relationship's longevity.

Ensuring Compatibility:

Before marriage, it is essential to assess compatibility. Do you share similar goals? Can you appreciate each other's differences? Even when likes and dislikes differ, mutual appreciation and respect are vital. Taking time to evaluate these aspects ensures a stronger foundation for the marriage and minimizes the risk of separation or divorce.

Marriage is a journey that thrives on love, respect, and understanding. When two complete individuals come together, capable of managing their emotions, supporting each other, and working as a team, their union becomes a source of joy and harmony. By prioritizing self-growth and fostering compatibility before marriage, couples can build a partnership that stands the test of time.



Smt. Hansaji J. Yogendra
Director, The Yoga Institute.



The Unheralded Yogi

It was the end of summer, the year 1983 - the last day of the 21-days Better Living course at The Yoga Institute. The last half an hour was a dedicated question and answer session in which the participants would ask questions which would be answered, in this batch by Dr. Jayadeva. Usually Mother Sitadevi would take this session. One participant, a lawyer, Mr. Shah asked a very pointed and blunt question, "We have learnt in this course about the eightfold path that talks about lofty states like Samadhi. Is there anyone at your Institute who has experienced such states? After what seemed to be a long pause and silence, Dr. Jayadeva replied, "There are some who claim, about them we have our doubts; there are those who have experienced and they do not advertise." Mr. Shah, would later confess, that this answer motivated him to join the 7-months Teachers Training Course (TTC), the only TTC in those days, where admission was strictly controlled by Dr. Jayadeva himself.

Almost a decade later, in a Yoga sutra class, where the sutras which describe samadhi were being explained, listening to Dr. Jayadeva explain about the inner intricacies and the deeper experiences that occur in samadhi, in my mind flashed the above answer he had given in the summer of 1983. It struck me that when Dr. Jayadeva said, 'There are those who have experienced and they do not advertise', he was hinting at himself. Such humility from a genuine yogi who never referred to himself in the first person, who never shouted from the rooftops about his deeper experiences nor his inner victories over his own mind.

Today, over 40 plus years after the above incident, when teaching the Yoga Sutras in the Teacher's Training Classes, I realize that Dr. Jayadeva lived by the teachings that he taught. So much of the Yoga Sutra standards were visible in him, even then. Take Ahimsa, for example – not once did he speak or do anything that was hurtful to the opposite person. In fact, a Sadhaka once said, 'Dr. Jayadeva would do surgery on you and not a drop of blood would fall. Symbolically conveying that out of compassion, if a gangrene infected part had to be surgically cut, he would do that too, but in such a dexterous manner.

He lived a dharma personified life. He upheld doing his duty and balancing these duties admirably, even when there were deaths in the family. He accepted you unconditionally and yet did his duty to the student by correcting you gently when you erred.

What greater tribute could a Guru give to his chosen disciple, when Founder – Shri Yogendra ji, in a private conversation said, 'Jayadeva is a better yogi than me. He never gets angry'. Such a householder yogi walked on the hallowed ground of The Yoga Institute campus without fanfare, living a life one-pointedly dedicated to yoga. He was an unheralded yogi of the highest order. When comes such another!!!

Kartik Vyas

Preventive Approach to Coronary Heart Disease

The prevalence of heart disease is steadily increasing worldwide. Dr. James Herrick was the first to present a detailed account of heart attacks to the medical community, and Dr. Paul Dudley White diagnosed coronary thrombosis in 1921. Coronary heart attacks occur when the heart muscle receives insufficient blood supply through its coronary arteries, typically due to arteriosclerosis (hardening of arteries) and atherosclerosis (arterial degeneration).

In a recent statement, the Delhi Parliament reported 7,900 deaths due to heart attacks, while in the U.S., nearly one-third of people aged 55–64 experience heart disease. The primary types of heart diseases include:

1. Ischaemic
2. Hypertensive
3. Rheumatic
4. Congenital
5. Miscellaneous (e.g., Cor pulmonale, Myocarditis)

Understanding Heart Attacks

Heart attacks evolve in two stages:

1. Coronary arteries are affected by arteriosclerosis.
2. Hardened arteries are blocked by blood clots (thrombi), leading to myocardial infarction, where a portion of the heart muscle is damaged or destroyed due to the lack of blood supply.

In atherosclerosis, fatty deposits (cholesterol), calcium, and fibrous tissue accumulate within the artery walls, narrowing the arteries and reducing blood flow to the heart. This condition accounts for 95% of deaths from coronary thrombosis and 50% of deaths from cerebrovascular diseases.

Contributing Factors to Coronary Heart Disease

1. Sex: The disease is more common in men under 40, but its prevalence equalizes with age.
2. Occupation and Habits: Modern lifestyles characterized by mental stress and inactivity increase the risk of coronary heart disease.
3. Heredity: Family eating habits and living patterns often contribute to the disease.
4. Body Type: Stocky, broad-chested individuals are more prone to heart attacks.
5. Hypertension: High blood pressure significantly increases the risk, especially at a younger age.



6. Diabetes: High blood sugar and lipid levels contribute to vascular damage, accelerating the disease.
7. Obesity: Excess weight, often due to overeating and lack of exercise, increases the likelihood of arteriosclerosis and heart disease.
8. Physical Inactivity: Sedentary lifestyles are strongly associated with higher coronary rates, while regular exercise improves cardiac efficiency.
9. Alcohol and Tobacco: Alcohol consumption disrupts eating habits and causes related disorders, while smoking raises coronary risk and damages blood vessels.
10. Mental Stress: Chronic stress can lead to psychosomatic reactions, negatively impacting heart health.

Prevention Strategies

1. Diet

Diet plays a crucial role in preventing coronary heart disease. Key dietary recommendations include:

- Reducing saturated fats, as they contribute to arteriosclerosis.
- Incorporating unsaturated fats, which have protective effects.
- Maintaining a balanced intake of proteins, fats, and carbohydrates to avoid weight gain.

2. Exercise

Regular physical activity reduces the risk of complications and aids in recovery after a heart attack.

Effective exercise programs should include:

- A range of movements to engage all joints and muscles.
- Gradual increases in repetition and resistance.
- Recreational activities to maintain interest.

Yoga asanas and pranayama are particularly beneficial, offering physical and mental benefits without significantly increasing heart rate or blood pressure.

3. Breathing Exercises

Controlled breathing improves circulation. However, strenuous respiratory efforts, like lifting heavy weights or blowing, should be avoided as they can raise blood pressure.

H.D. Shrimali

3 Yoga Asanas for Children to Enhance Height and Well-Being

Yoga is a holistic practice that supports overall growth and development in children. It not only helps improve flexibility, posture, and strength but also promotes better circulation and alignment, which are essential for height growth. Here, we present three simple yet effective asanas that children can practice to encourage natural height increase. These asanas combine stretching, balance, and breath control to boost spinal health and improve posture while cultivating mindfulness and focus.

Yogendra Talasana 2

Starting Position

1. Stand erect with your hands at their respective sides. Keep your feet parallel to each other and maintain a one-foot distance between them.
2. Keep your neck straight, shoulders squared, abdomen in normal contour, and your chin drawn in. Focus your eyes at one point, straight ahead.

Sequence of Steps

1. Inhaling, raise both your arms forward, for a full upward stretch to reach a vertical position, without changing the direction of the palm.
2. Simultaneously, raise both your heels, to achieve a maximum stretch of the body.
3. Synchronise the first two steps, while inhaling.
4. Now, balancing on the balls of the feet, with the completed upward stretch of your arms and the body, keep your gaze straight ahead and maintain the pose, retaining the breath, for double the inhalation period (final position).
5. Return to starting position: Turn your palm position outward and then exhale (equal to the inhalation period), keeping your arms straight, bring it down through a backward and downward circuit.
6. Simultaneously, lower your heels to assume the starting position.
 - a. Synchronise the above steps, while exhaling.
7. Hold the starting position, with the breath suspended, repeat the above steps with your left arm, keeping your right arm engaged by your side, to complete 1 round.



Yogendra Yashtikasana

Starting Position

1. Lie supine (on your back) on a mat, hands besides the body.
2. Keep your legs together (heels touching), toes pointing upwards.
3. Keep your mind relaxed and passively aware.

Sequence of Steps

1. Inhaling, raise both your hands in a semi-circular arc, keeping your hands fully stretched and parallel to each other, to take them above your head, till your hands touch the floor.
2. Simultaneously, stretch your toes outwards.
3. Synchronise the above two steps, while inhaling.
4. Maintain this fully stretched position for double the inhalation time, retaining the breath (final position).
5. Return to starting position: Exhaling, (time equal to inhalation), relaxing your body and toes, bring your hands back to the starting position, beside your body, to complete 1 round.

Yogendra Pavanmuktasana

Starting Position

1. Sit in Padmasana/Sukhasana, keeping your hands at their respective sides. Keep your neck straight, shoulders square, abdomen in normal contour, your chin drawn in and eyes focused on a single point straight ahead.

Sequence of Steps

1. Inhaling, raise both your arms together, from their respective sides, for an upward stretch.
2. Join your palms to each other in this upward stretched position of arms.
3. Maintain this fully stretched position (palms joined), for double the inhalation period, retaining the breath (final position).
4. Returning to starting position: Exhaling (equal to inhalation, above), first turn your palm position outwards and then, keeping your arms straight, bring it down to the sides to complete 1 round.



How The Yoga Institute Transformed My Life



Neha Vaswani

My journey with The Yoga Institute (TYI) has been nothing short of transformative. As a Yoga Teacher and Therapist, I have been fortunate to immerse myself in the profound teachings of this revered institution. From my initial 21-days course to completing the 200-hour Teacher Training Course, Yoga Therapist Certification, and even a Yoga Therapist Internship, every step has deepened my understanding of Yoga and its holistic benefits. I am incredibly grateful to TYI and its dedicated faculty for enriching my life with the wisdom of Yoga.

Yoga, to me, is not just a practice but a way of life. Its impact is profound on every level—emotional, mental, and physical. Reflecting on my journey, I find myself going in reverse, beginning with the emotional benefits that have touched the core of my being. Yoga has taught me self-acceptance, self-love, and self-esteem. It has helped me navigate through emotional fluctuations, bringing stability and a sense of calm to my life. My relationships have significantly improved, as Yoga has cultivated empathy and compassion within me. I've also learned how to handle stressful situations with grace and poise, which has been invaluable in my personal and professional life.

Yoga has also deepened my spiritual connection, fostering a sense of purpose and meaning. It has guided me to explore the essence of my inner self, bringing clarity to my life's direction.

Mentally, the changes have been just as remarkable. Regular Yoga practice has stabilized my mood swings and sharpened my focus and concentration. This mental

clarity has been a game-changer, helping me manage daily tasks with ease and mindfulness. Moreover, Yoga has regulated my sleep patterns, improving both the quality and duration of my rest.

Physically, Yoga has worked wonders for my body. My flexibility, range of motion, and balance have all improved significantly. The practice has enhanced my circulation and cardiovascular health while boosting my immune system and reducing inflammation. Yoga has also alleviated chronic pain in areas like my back, neck, and joints, providing lasting relief.

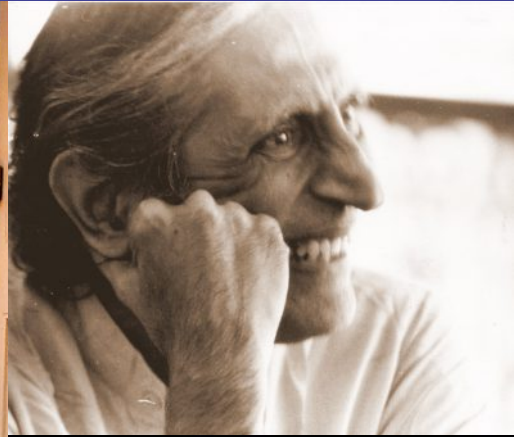
Additional benefits have included increased energy and vitality, better bone density, enhanced creativity, improved menstrual health, and an overall sense of well-being. Each session feels like a gift to my mind, body, and soul, reminding me of the incredible potential within us all.

This journey has also taught me that Yoga is not about achieving a specific destination but embracing the process. It's about being patient, kind, and compassionate with oneself as we explore the layers of our being.

To everyone at The Yoga Institute, I extend my heartfelt gratitude for empowering me with this ancient wisdom. It has not only changed my life but also given me the tools to help others transform theirs. Yoga is truly a gift, and I am forever grateful to be part of this beautiful journey. Thank you for being the beacon of light on my path to self-discovery and healing.

FEATURED ACTIVITY

ESTD 1918
The Yoga Institute



Dr. Jayadeva Yogendra (1929–2018)

A Visionary Leader and Timeless Yogi
Forever remembered for his wisdom, compassion, and
unwavering dedication to the path of Yoga.
His legacy continues to inspire and guide countless lives.

FEATURED ACTIVITY



Embark on a
transformative
journey with our

900-HRS

4-Months Advanced TTC - Online (English)



10th February to 31st May, 2025

DURATION & TIME:

Days: Mon-Sat • Time: Morning: 7am to 9am • Evening: 4:30pm to 8pm (Both the slots are mandatory)

FEES: Rs. 80,000/- For further details, contact +91-22-26103568/+91-22-26110506 or info@theyogainstitute.org

FEATURED ACTIVITY



The Yoga Institute

Join 200-Hrs 2-Months TTC

Batch 4 - Online

Hindi

17th February to 12th April, 2025

Days: Mon-Sat

Time: 1pm to 4:30pm

Fees: Rs. 27,500/-

For further details, contact +91-7738155500, +91-22-26110506,
+91-22-26103568, +91-7045558181 or info@theyogainstitute.org



Become a Certified Yoga Teacher Enroll into 1-Year TTC

Online & On-Campus (Hybrid)

Hindi

This is an advanced and comprehensive
Yoga Teacher Training Course conducted in Hindi.

Starting from 3rd February, 2025 onwards

Days: Mon-Fri

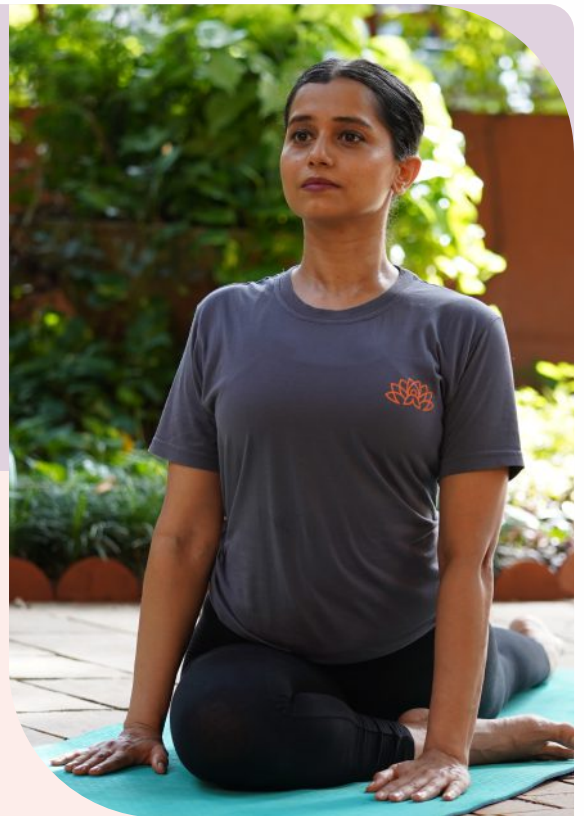
Time: 1:30pm to 4pm

Fees: Rs. 60,000/-

Prerequisites:

7-Days Health Camp/
21-Days Better Living Course
or 200-Hrs TTC

For further details, contact +91-7738155500, +91-22-26110506,
+91-22-26103568, +91-7045558181 or info@theyogainstitute.org



FEATURED ACTIVITY



The Yoga Institute

21-Days Better Living Course

Online & On-Campus (Hybrid)
Evening English

2nd February to 22nd February 2025

Timings:

7:00 am to 8:30 am

Fees: Rs. 2,500/-



It is ideal for individuals who have no major health issues and wish to experience the Yogic lifestyle to feel rejuvenated and refreshed.

Note: The Sunday Schedule for morning session batch:
8:30 am to 9:30 am - Session and
9:30 am to 10:30 am - Satsang.

For further details, contact +91-7738155500,
+91-22-26110506, +91-22-26103568,
+91-7045558181 or info@theyogainstitute.org



The Yoga Institute

7- Days Health Camp

On-Campus (English)

22nd February to 28th February, 2025

Time: Saturday to Friday: 7 am to 7pm

For further details, contact +91-7738155500,
+91-22-26110506, +91-22-26103568,
+91-7045558181 or info@theyogainstitute.org



An experiential introductory course to Yoga theory and practice where you can experience a yogic way of life.

FEES:

Non-Residential: 10,000/-

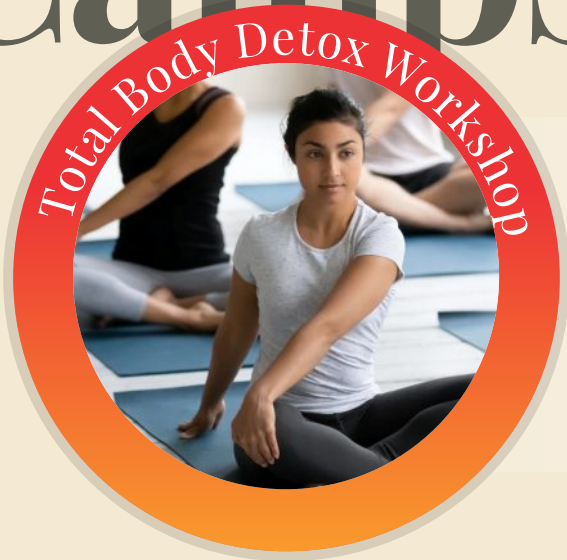
(Inclusive of course fees and 4 Meals)

Residential: Rs. 16,500/- Triple Sharing

(Inclusive of course fee and 4 meals a day)

FEATURED ACTIVITY

Camps @TYI



8th February, 2025

Techniques, mindful practices, and holistic approaches to cleanse, energise, and rejuvenate from within.

Timings: 9:30 am to 1:30 pm

Fees: Rs. 500/- (Inclusive lunch)

15th February, 2025

Holistic strategies for managing symptoms, balancing hormones, and embracing this transformative phase of life.

Timings: 9:30 am to 1:30 pm

Fees: Rs. 500/- (Inclusive lunch)



16th February, 2025

Manage stress, enhance mindfulness, and cultivate a positive outlook on life.

Timings: 9:30 am to 1:30 pm

Fees: Rs. 500/- (Inclusive lunch)



For further details, contact +91-22-26103568/+91-22-26110506 or
info@theyogainstitute.org

FEATURED ACTIVITY



Discover a transformative and rejuvenating experience at The Yoga Institute's newly opened retreat center in Alibaug!

Immerse yourself in our specially curated yoga retreats, designed to renew your body, mind, and spirit.



UPCOMING RETREATS

DEEP DIVE YOGA AND MEDITATION RETREAT

1st March to 2nd March

FOREST YOGA RETREAT

1st February to 2nd February, 2025
and 22nd February to 23rd February, 2025

HEALTHY WEIGHT LOSS & WELLNESS RETREAT

8th February to 9th February

The Yoga Institute: Plot No. 8/9, Kihim Beach, Navedar Navgaon, Alibaug – 402208
For bookings and more information, call +91-7738155500, +91-22-26110506, +91-22-26103568, +91-7045558181
or email info@theyogainstitute.org.

Reserve your spot today and start your journey to wellness!



We proudly celebrated India's 76th Republic Day at The Yoga Institute, Mumbai, on January 26th, honoring our nation's remarkable journey from ancient wisdom to modern aspirations. This day reminds us of the endless possibilities and infinite potential India holds. Together, we embrace our rich traditions and cultural heritage while striving for a brighter, more enlightened future. On this patriotic occasion, Dr. Hansaji Yogendra hoisted the Tricolor, symbolizing pride, unity, and honor for our great nation.





On the occasion of Republic Day, The Yoga Institute conducted heartfelt yoga sessions for special children, promoting inclusivity, well-being, and joy through the practice of yoga.



The Yoga Institute, Mumbai, has conducted a 30-hour yoga module for NMIMS (Vile Parle) students. This program, in line with the National Education Policy (NEP) 2020, combines theory and practical yoga to promote well-being and mindfulness in education.



The Yoga Institute conducted yoga sessions for Traffic Police officials from Byculla, offering them effective yogic practices and techniques to alleviate stress and rejuvenate from their demanding daily routines.



The Yoga Institute, Mumbai, has conducted a 30-hour yoga module for NMIMS (Vile Parle) students. This program, in line with the National Education Policy (NEP) 2020, combines theory and practical yoga to promote well-being and mindfulness in education.



Starting from 8th January, The Yoga Institute organized transformative yoga sessions for the students of Wilson College. These sessions focused on practicing asanas and pranayamas, promoting physical well-being and mental harmony.



Host Manoj Pal warmly welcomed Dr. Hansaji Yogendra as a special guest on the Meri Saheli podcast, where she shared profound wisdom on yogic concepts and philosophies. The discussion explored how to embrace a yogic lifestyle and highlighted the importance of yoga in navigating the challenges of modern life.



Participants at the Healthy Weight Loss & Wellness Retreat at The Yoga Institute, Alibaug immersed themselves in asana and pranayama sessions amidst the serene backdrop of Kihim Beach, experiencing deep rejuvenation and holistic well-being.



The Yoga Institute organized special yoga sessions for yoga enthusiasts from Portuguese on January 15th, introducing them to foundational yogic concepts and philosophies while guiding them on embracing a yogic lifestyle.



On 18th January, The Yoga Institute conducted enriching yoga sessions for the students of the Post Graduate Diploma in Yogic Sciences at Morarji Desai National College, providing them with deeper insights into yogic philosophies and practices.



The Yoga Institute joyfully celebrated the birthday of Mrs. D on January 8th, one of its oldest and most devoted Sadhakas, embodying the true spirit of yoga.



Students of the 100-hour Yoga Therapy Course (12th batch) were awarded certificates by Hansa Maa on January 12th, upon successfully completing their transformative journey.



The Yoga Institute conducts regular yoga sessions for the 1st standard students of Arya Vidya Mandir, Juhu on January 15th, guiding them through asanas and pranayamas which help enhance their physical fitness, concentration, and overall well-being.



Students of the 1-MTTC actively practice asanas throughout their course, deepening their understanding of yoga.



Students of the 21-days Better Living Course practice asanas designed to enhance both their mental clarity and physical well-being.



Students of the 3-month TTC explore Vamandhuti, practice asanas, and engage in Trataka, gaining comprehensive knowledge and practical experience in yogic techniques.



Students of the 21-days Better Living Course practice asanas designed to enhance both their mental clarity and physical well-being.



By Shri Yogendraji

Interdependencies of Sexes in Yoga

Whether one believes in the theory of creation as does the theologian or in the science of evolution as does the scientist, the biological truism of the interdependence of the sexes could hardly be denied. How Yoga takes its stand in between these two on the basis of ultimate experience should prove of considerable interest to an uncommitted aspirant. On this fundamental fact of interdependence of sexes, all schools of thought—either metaphysical or scientific—are agreed that without the male (positive) and the female (negative) counterparts uniting into one, living organism or, for that matter, even the inorganic world, could not have existed.

Modern scientists have abundantly emphasized the fact that humanity owes its existence and growth to the unfertilized ovum (rajas)—the creative potential (prakṛti). This emphasis of the modern scientists is a reflection of the ancient tenets of a section of yoga schools which regards Sakti (Female Energy) as being primarily responsible for the creation of this universe. This refers to the Tantra, Saiva, Śākta and other similar schools of Yoga which, while acknowledging mutual relationships of Siva (Male Energy), the followers however attach great importance to the latter.

Such schools are known as Sakti-worshippers. representative ideals of their genuine fundamentals may be found in recent history from the teachings and life of Paramahansa Rāmakrishna.

The association of Mother-worship in Yoga, originating in northern Asia and still prevalent in the north-east upper regions of India, although common to many primitive races, slowly percolated at a later date and succeeded in dubbing a section of yoga technology with both its finer and baser concepts and mechanics. Its practices have been much maligned by the ill-informed due to lack of symbolic interpretation, due to interpolation of absurd ceremonials, due to exaggerated notions of sex, and due to perverted emotional guidelines and application. The intermixed good and bad aspects of Mother-worship are still quite prevalent in many parts of India.

As in science, even in the highly speculative field of metaphysics, the active influence of female energy—in one form or another—as the sole cause of world-appearance had to be fully recognized. Thus, apart from

those systems which admit of dualism—the philosophy of spirit and matter or consciousness and energy, and the coexistence of puruṣa (male) and prakṛti (female)—even the monistic school of Sankara Vedānta has been obliged to admit the existence of māyā or māyā sakti (female) as the cause of world-appearance. (Cf. Brahmasūtra with Bhamati of Vacaspati Miśra). Pra-kāśānanda in his Siddhantamuktavali further holds that it is really the māyā-energy (māyāśakti) which is the material cause of the world and not Brahman.

Moreover, the independent coexistence of the sexes is taken for granted from the beginningless time besides the fact that one could not have existed without the other. The relative importance therefore attached to either sex by certain theologians, philosophers, biologists, sociologists, economists and others is sheer confusion. This is for the simple reason that, while conception and growth would be impossible without the female species (ovum), the female species might remain indefinitely unfertilized but for the presence of the male species (sperm).

In short, what such controversies actually prove is the basic fact of interdependence of the sexes. Scientific Yoga has fully recognized this truth and its cultural and social technology has been based upon the vital significance of such an interdependence.

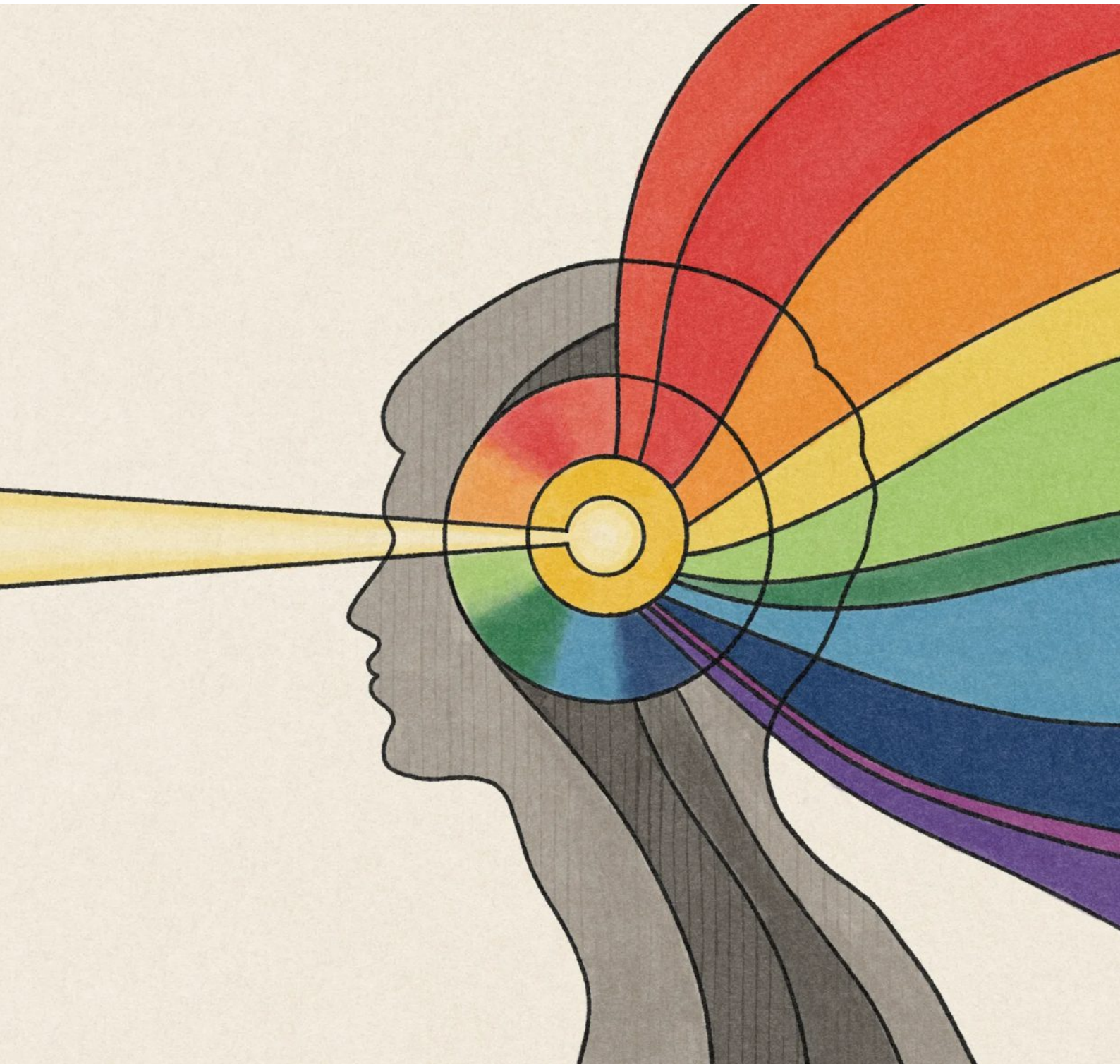
Having regard to this acknowledged fact, Yoga has dealt with man as an interdependent unit of man-cum-woman. It may be of interest to point out here that Hathayoga has also been defined as the process for creating harmony and unity between the two sexually opposite elements—Ha or bindu (sperm) and Tha or rajas (ovum).

Since uncontrolled emotionalism is anticipated in certain ritualistic performances by the schools of Yoga that derive their inspiration from Sakti as against those who derive their inspiration from Siva, the latter, more in the form of self-protection and as a strong disapproval of the other, have referred to the followers of shakti in Yoga as the leftists (vāma-mārgi). This attitude still continues and with good reasons as the modern application of both these technologies have proved in their respective cases in India and abroad.

The Yogic Path to Understanding Consciousness and Change



By Dr. Jayadeva Yogendra



We are generally happy with our usual involvements in life. We do not care to go into greater details about things or our own selves. What matters to us are the immediate sensations, feelings and certain satisfying ideas that come up in our participation with life. It is just like driving a car and enjoying the drive without caring for the mechanism that is involved in the car and any understanding about repairs. However, it does happen often in life that there are breakdowns. These can provide an opportunity for us to think as to what has gone wrong and why, and then to set about correcting and repairing.

Analyzing Experience

The ancient *Yogis* studied thoroughly the mechanism that is involved in life's experiences. What they found out is contained in the philosophy or the metaphysics of the *Samkhya* system or the *Yoga Sutras* of Patanjali. In the Yoga system, it is suggested that a careful analysis of our own consciousness, our own experiences, provides us a few simple propositions which can explain a lot about things around us, i.e. the factors that led to certain events and the ways to solve certain difficulties that arose as a result of these factors. The *Yogis* of old claimed that it was not just an analysis that they carried out. in an academic manners. In fact, many systems of philosophy are of this nature. These systems are based on certain presuppositions and as if playing a game. In case you agree to presuppose that this entire universe is created from atoms and molecules, you can then work out a whole system which can explain anything and everything in this universe. All that is seen to be that there is no inconsistency and contradiction. Such systems of philosophy are innumerable.

The Difference

The difference claimed by the *Yogis* about their way of understanding the external universe and the events, is that many of the propositions that went into the making of their system have been actually observed, experienced and realized by them. The *Yogi* can direct his attention to any external object and, as a result of his heightened concentration and awareness, gain a knowledge that is very superior to the usual knowledge that is acquired through discursive, distracted thinking. The *Yogi* sees the truth with his own eyes and bases his conclusions and recommendations on them.

It is thus that the *Yogis* considered the existence of two entities which are the ultimate in this universe, one being the principle of awareness, the other the changeful principle of matter. Matter changes continuously; it never remains stationary. It is, therefore, not a desirable objective which one can consider as ultimate, worthwhile. The other entity is the Spirit or Consciousness or Awareness. This can remain steady, unchanging, all throughout one's experiences with matter. The *Yogi* is not satisfied with the continuous change, the uncertainties. He wishes to remain as if fixed in the unchanging, the eternal, the permanent. To him, therefore, that aspect of

his own consciousness, his personality, his experiences, that does not change but remains the same always, providing consciousness, awareness and deep understanding that is more important to him than anything else.

The difference claimed by the *Yogis* about their way of understanding the external universe and the events is that many of the propositions that went into the making of their system have been actually observed, experienced and realized by them.

So, after his analysis of experience, the *Yogi* goes into greater details about the nature of these two ultimates. To him matter evolves and changes to provide a lot of experience to the Spirit. We would all really remain quite dumb and dull unless things were happening around us. It is in interactions and relationships that we grow, we learn, we understand. So, changes are necessary, but they are not by themselves the end. There is something for which these changes provide experience and knowledge. The environment and external happenings are all there to help the individual in understanding, in growing, in achieving the Highest; because the individual possesses in himself the sentient principle of intelligence, knowledge and consciousness. So, it is this consciousness principle that makes his world function. In fact, the thinking is that the external world is there for a teleological purpose, to help in providing experiences, to help in the growth of the individual and his consciousness.

The Learning

So, this leads to a lot of understanding of the series of evolution that occurs in matter. Because matter as we see it is too gross, too specialized, we can see it only in the form of objects like doors or windows or floors and ceilings. A principle like energy or even the atoms are beyond our perception. Trying to understand the series of evolution helps the individual since it makes him more capable of facing changes and drawing some moral or lesson out of it.

The external changes that occur right in our presence often confuse us. We get too attached to a particular thing as it exists, although in reality it is constantly undergoing changes. As it is mentioned in the commentary on the *Yoga Sutra*, grains of rice that are stored for long ultimately deteriorate and turn into powder. If there were a possibility of correcting the defect in our perception, we could see or at least accept the change. Then we would not feel so sad when in the end we do not see any grains but just powder.

So, every little metaphysical analysis leads to some learning, though it does not provide us the end result. The end result is that the individual himself has to grow wise. He has to turn away from matter as the ultimate and turn within and understand consciousness as the highest and see that he can maintain himself in the state of consciousness that does not change.

Fibre and fat loss: The essential connection

The link between dietary fibre and fat reduction is an important but frequently overlooked aspect of obtaining and maintaining a healthy weight. Fibre, an indigestible carbohydrate present in plant-based diets, has a diverse function in fat reduction by influencing satiety, digestion, and metabolism.

Enhancing Satiety

Fibre promotes fat reduction by enhancing the feeling of fullness. Soluble fibre in foods such as oats and fruits absorbs water in the digestive tract, resulting in a gel-like consistency. This delays stomach emptying and prolongs digestion, lowering appetite in between meals. Insoluble fibre in whole grains and vegetables provides bulk to meals, allowing you to feel full with fewer calories. Fibre indirectly helps with fat loss by reducing overeating and increasing portion management.

Supporting Digestive Health

Fibre is important for a healthy gastrointestinal system because it promotes nutrient absorption, reduces bloating, and supports gut bacteria. It creates short-chain fatty acids (SCFAs), which control metabolism, reduce inflammation, and increase insulin sensitivity, all of which aid in fat loss. SCFAs also help with appetite control by increasing satiety and decreasing cravings. Fibre regulates blood sugar, prevents overeating, and promotes fat burning. Furthermore, it promotes a caloric deficit by filling you up without adding extra calories, making it an essential component of any effective weight loss strategy. A high-fibre diet can also help reduce visceral fat that surrounds internal organs. Fibre promotes overall health and weight loss by improving digestion and increasing fat metabolism.

Stabilizing Blood Sugar Levels

Fibre regulates the absorption of sugar in the bloodstream, reducing blood glucose spikes and dips. Stable blood sugar levels reduce insulin resistance, a marker frequently linked to abdominal weight gain. Furthermore, maintaining



stable blood sugar levels helps decrease cravings for high-calorie, sugary foods, which aids in fat loss attempts.

Lowering Caloric Density

High-fibre foods are less energy-dense, which means they contain fewer calories per gram than low-fibre, high-fat foods. Fibre-rich foods such as fruits and vegetables, whole grains, and legumes can help you consume more satisfying portions while eating fewer calories.

Practical Tips for Increasing Fibre Intake

To maximize the fat-loss advantages of fibre, strive to ingest at least 25-30 grams each day. Incorporate whole, unprocessed foods such as fruits, vegetables, whole grains, nuts, seeds, and legumes into your diet.

The Bottom Line

Fibre is an effective fat-loss ally, helping to suppress hunger, regulate blood sugar, and improve digestion. Making fibre a staple of your diet not only boosts fat loss but also improves overall health. Small, frequent efforts to boost fibre consumption can have a significant long-term effect.

Nutri Diet Clinic Team

RECIPE OF THE MONTH

Sattvik Strawberry Cheesecake with a Nut Base



Indulge in this delicious and healthy vegan cheesecake topped with a fresh strawberry compote! With a nutty, naturally sweetened base, creamy vegan cheesecake layer, and a vibrant strawberry topping, this dessert is a perfect balance of flavors and textures. It's easy to make, dairy-free, and ideal for anyone looking to enjoy a guilt-free treat!

Ingredients: For the Nut Base

- 1 cup almonds or walnuts (or a mix of both)
- 1/4 cup dates (pitted, softened in warm water for 10 minutes)
- 1 tbsp ghee or white butter

For the Cheesecake Layer:

- 1 cup vegan cheese (Recipe given below)

For the Strawberry Topping:

- 1 cup fresh strawberries (chopped)
- 2 tbsp water

Ingredients: Vegan Cheesecake

- 1 cup raw cashews (soaked in water for 4-6 hours or boiled for 10 minutes)
- 2-3 tbsp maple syrup, agave, or powdered jaggery (adjust sweetness)
- 1/2 tsp vanilla extract (optional, alcohol-free)
- 1/4 tsp cardamom powder (optional, for an Indian twist)
- 1-2 tsp lemon juice (balances sweetness)
- Pinch of salt (to enhance flavor)
- 1/4 to 1/3 cup plant-based milk (almond, coconut, or cashew milk; adjust for consistency)

Instructions: Prepare the Nut Base

Prepare the Nut Base:

1. Blend the nuts into a coarse flour in a food processor.
2. Add the softened dates and ghee/white butter. Blend until the mixture sticks together.
3. Press the nut mixture evenly into the base of a cupcake mold or dessert glass.
4. Chill in the refrigerator for at least 20 minutes to set.
5. Make the Cheesecake Layer using vegan cheese and pour this mixture over the chilled nut base and spread it evenly.
6. Refrigerate for 4-6 hours or until firm.

Prepare the Strawberry Topping:

1. Cook chopped strawberries with water in a saucepan over low heat until softened.
2. Mash lightly for a chunky texture or blend for a smooth topping.
3. Let the topping cool completely.

Assemble:

1. Spread the cooled strawberry topping over the cheesecake layer.
2. Chill for an additional hour before serving.

Instructions: Vegan Cheesecake

1. Soak Cashews:

- Soak cashews in water for 4-6 hours, or boil for 10 minutes for a quicker option.
- Drain and rinse thoroughly.

2. Blend:

- Add the soaked cashews, sweetener (maple syrup, agave, or jaggery), vanilla extract, cardamom powder, lemon juice, and salt to a blender.
- Add 1/4 cup plant-based milk to start and blend until smooth. Adjust milk quantity for a thinner or thicker texture.

3. Taste and Adjust:

- Taste the sweet cheese and adjust the sweetness or flavoring as desired. Add more cardamom for a stronger Indian flavor, or more lemon juice for a subtle tang.

4. Chill:

- Transfer the mixture to a bowl and refrigerate for at least 1 hour to set and let the flavors meld.

Storage

- Store in an airtight container in the refrigerator for up to 5 days.
- You can freeze portions for up to 1 month; thaw and whip before use.

TESTIMONIALS



Uttara Ramji Iyer
900-Hrs Advanced TTC Hindi

The 900-hour Yoga Teacher Training at The Yoga Institute, Mumbai, has been a life-changing journey, transforming me physically, mentally, and emotionally. Beyond asanas, the curriculum delved into the Yoga Sutras, Samkhya philosophy, and the Bhagavad Gita, offering a holistic and spiritual experience that left me wanting more. My practice now embodies strength and flexibility, while yoga has sharpened my focus, discipline, and emotional balance. Guided by devoted teachers, this immersive experience prepared me to live and teach yoga fully. I am deeply grateful to The Yoga Institute and to Hansa Maa for her inspiring wisdom and kindness.

Valentina Visini
3-months TTC

I joined the 3-months TTC in October, coming from the fresh Italian autumn. When I landed in Mumbai and stepped out of the airport I had my first impression of the weather here: very hot and humid. This was one of the most uncomfortable things for me, along with the noises, the crowded streets... Everything challenged my senses in the beginning and sometimes I felt overwhelmed. But as the time went by, and as I was learning the core concepts of the yoga philosophy I understood that most of the times we choose to feel how we feel, we choose to think what we think. Our inner world is not something that simply "happens": we have power over it. Most of the things in our life, whether we are aware of it or not, are a consequence of some choice: what we like and dislike, how we think and feel, what we do, how we behave and who we are. That's what this course taught me: that if I want I can be free, even from my own "self".



Ruchir Prajapati
B-TTC, TYI Raipur

It was a very wonderful experience in learning from teachers like Manjeet Sir, Chiranshi ma'am, Rupal and Ranu ma'am. Forever will be grateful to The Yoga Institute for imparting the precious ancient knowledge of Yoga to us students.

TESTIMONIALS



Moumita Mukherjee
500-HR Online TTC

I am deeply grateful to The Yoga Institute and all my incredible 500-hour TTC teachers for guiding me through a journey of profound transformation, especially on an emotional and mental level. At one point, I felt emotionally fragile and mentally vulnerable, likely grappling with the effects of “empty nest syndrome” after my son moved to a different city for his graduation. However, the wisdom I gained through the teachings of Yama and Niyama, particularly the practices of Anitya Bhavna and Vairagya Bhava, along with the habit of writing 10 positive points daily, became a turning point in my life. These practices helped me process my emotions, regain my strength, and emerge mentally more resilient. Physically, I’ve achieved a level of flexibility I never thought possible, and regular asana practice has brought remarkable discipline into my daily routine. Spiritually, I find myself leaning towards Ishwar Pranidhan, cultivating a deeper sense of surrender and connection to the divine. While I know this is just the beginning of a long spiritual journey, I feel more grounded and aligned than ever.

Priya Mishra
1-Year TTC

My experience at The Yoga Institute has been transformative. Regular asana and pranayama sessions have helped me feel more relaxed. Physically, I’ve become more aware of my posture, more flexible, and stronger. Mentally and emotionally, the techniques I learned—like reflection, and practicing Anitya Bhavana and Pratipaksha Bhavana—have helped me overcome emotional challenges. The study of Samkhya philosophy has been invaluable in maintaining mental stability. I feel fortunate to have discovered these practices, which are much needed today. Before coming to the institute, I was lost with many uncertainties. Now, I face life’s challenges with confidence. My spiritual journey has deepened significantly through all I’ve learned here.



Elizabeth Heather Mugan (Asha), Italy/England
3-months TTC

Initially, I was concerned about the aeroplanes’ noise nearby, but I quickly became accustomed to everything and even practised Pratipaksha Bhavana focusing on that noise. I improved my asanas because my strength increased and Utkatasana and Natapararthanāsana became easier. I also lost weight! Importantly, I realised my body-mind connection wasn’t stable, but by doing asanas, this conscious connection happened naturally, and now I speak to my body in gratitude. Finally, I appreciate the enthusiasm and expertise of our teachers, who were always willing to go that extra mile; true karma yogis. I feel blessed and grateful for this place of light, the deep friendships formed and learning of many positive things.



TYI MONTHLY PLANNER > UPCOMING ACTIVITIES

CAMP	DESCRIPTION	Date/Day	TIME
1-Month TTC (Instructor's Course - QCI- LEVEL I) (English) Online & Offline	Offered in English, this course is best-suited for individuals who wish to teach Yoga to school students and young adults who have no health problems. An intensive Yoga Teachers Training that introduces both the theoretical and the practical aspects of Yoga.	Starting on 01/02/2025	Monday to Saturday 10:00 am - 6:00 pm
7-Months TTC (Advanced Teachers Training Course - QCI - LEVEL II) (English)	Offered in English, this course covers Asanas, Pranayama, Kriyas, Bhavas, attitude training, counselling, public speaking, methodology of teaching, practice teaching, essentials of anatomy and physiology, Yoga Sutras and Samkhya Philosophy.	Starting on 01/02/2025	Monday to Saturday 5:00 pm - 8:00 pm
1-Year TTC (Advanced Teachers Training Course - QCI - LEVEL II) (Hindi)	Offered in Hindi, this course covers Asanas, Pranayama, Kriyas, Bhavas, attitude training, counselling, public speaking, methodology of teaching, practice teaching, essentials of anatomy and physiology, Yoga Sutras and Samkhya Philosophy.	Starting on 01/02/2025	Monday to Friday 1:30 pm - 4:00 pm
21-Days Better Living Course (On Campus) & Offline	Ideal for individuals who have no major health problems and who wish to experience the Yogic lifestyle to feel rejuvenated and fresh.	02/02/2025 – 22/02/2025	7:00 am - 8:30 am
21-Days Better Living Course - Hindi (Online & Offline)	Ideal for individuals who have no major health problems and who wish to experience the Yogic lifestyle to feel rejuvenated and fresh.	02/02/2025– 22/01/2025	6:30 pm - 8:00 pm
Cardiac & Hypertension Workshop	Empower your heart health and manage hypertension naturally with our specialized workshop.	02/03/2025	9:30 am - 5:30 pm
Weight Loss Workshop	This 1-day yoga camp on Weight Management will provide you with a holistic approach on wellness and train you in effective Yoga poses for weight loss.	01/02/2025	9:30 am - 5:30 am
Deep Sleep Workshop	Unwind, relax and achieve restorative sleep with effective techniques for a healthier, more peaceful life.	08/03/2025	9:30 am – 5:30 pm
Stress Management Camp	Learn how to not let stress negatively impact your work and health.	09/02/2025	9:30 am – 5:30 pm
Pranayama Workshop (Online & On-campus)	Experience the power of breath and vitality with our Pranayama workshop.	09/03/2025	8:00 am - 11:00 am
PCOD & PCOS Wellness Workshop	Balance hormones, manage symptoms, and enhance well-being through Yoga, diet and mindfulness.	16/03/2025	9:30 am - 1:30 pm
Pregnancy Camp for Ante & Post Natal	This 2-day camp enables the would-be-mother to accept the coming event of motherhood cheerfully and prepares her without fear or misgivings.	15/02/2025 & 16/02/2025	9:30 am – 5:30 pm

TYI MONTHLY PLANNER > UPCOMING ACTIVITIES

CAMP	DESCRIPTION	Date/Day	TIME
Healthy & Sattvik Cooking Workshop	Learn to prepare nourishing, wholesome, and balanced meals that align with the principles of health and harmony.	22/03/2025	9:30 am - 5:30 pm
Back and Joint Disorder Camp	Manage back, joint disorders like cervical spondylitis, low back pain, slipped disc, frozen shoulder, knee conditions, arthritis and such other problems through simple and effective Yogic techniques.	23/02/2025	9:30 am – 5:30 pm
Meditation Foundation Course	This 12-session meditation course includes effective techniques and practices that will help you be in a meditative state throughout the day, assisting in job and life efficiency.	03/02/2025 - 28/02/2025	7:00 am - 8:00 am
Regular Classes for Men (Online)	The hourly classes are scheduled for men who wish to incorporate Yoga as a part of their daily routine. They consist of Asanas, Pranayamas, Kriyas and guidelines on Yogic lifestyle. Students can enrol on any day of the month.	Monday, Tuesday, Thursday and Friday	6:30 am - 7.30 am 7:30 am - 8.30 am 8:30 am - 9.30 am 4 pm - 5 pm 5 pm - 6 pm 6 pm - 7 pm 7 pm - 8 pm
Regular Classes for Women (On-Campus)	The hourly classes are scheduled for women who wish to incorporate Yoga as a part of their daily routine. They consist of Asanas, Pranayamas, Kriyas and guidelines on Yogic lifestyle. Students can enrol on any day of the month.	Monday, Tuesday, Thursday and Friday	6:30 am - 7:30 am, 7:30 am - 8:30 am, 8:30 am - 9:30 am, 9:30 am - 10:30 am, 10:30 am - 11:30 am, 11:30 am - 12:30 pm, 1:00 pm - 2:00 pm, 2:00 pm - 3:00 pm, 3:00 pm - 4:00 pm, 4:00 pm - 5:00 pm, 5:00 pm - 6:00 pm, 6:00 pm - 7:00 pm, 7:00 pm - 8:00 pm
Weekend Classes (On-Campus)	The duration of the class is one and a half hours. Each class is planned for those who wish to practise Yoga but can't spare time on weekdays due to their busy schedule.	Saturday and Sunday	Saturday 8:00 am - 9:30 am Sunday 8:00 am - 9:30 am and 10:30 am - 12:00 pm
Samattvam	The 3½ hour program focuses on individual guidance for Life Management and is recommended for all individuals wishing to learn Yoga for relief from health ailments, for a stress-free life and for general fitness. The session consists of a lecture by Smt. Hansaji Jayadeva Yogendra about implementing Yoga in daily life. Besides individual interaction, the session includes consultation with a panel of medical practitioners and experienced Yoga counsellors. Certain Yogic techniques are also taught to those who are unable to attend classes.	Every Saturday	2:00 pm - 5:30 pm

VIDEOS OF THE MONTH



The Yoga Institute

www.youtube.com/the yogainstituteofficial



Nispand Meditation App

www.youtube.com/NispandMeditationApp



MINDFUL EATING
Secrets



The
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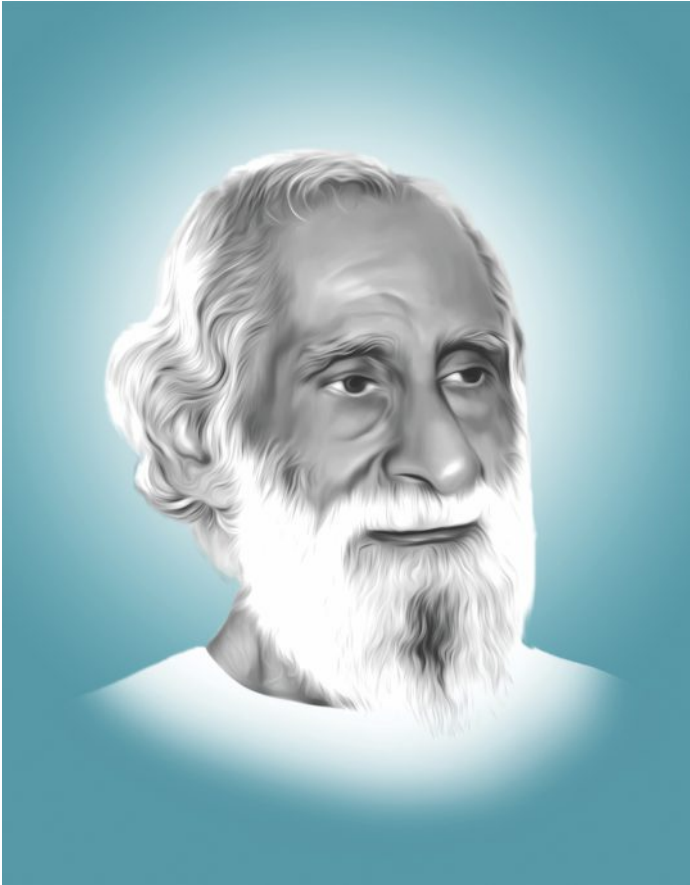
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Shri Yogendraji

Father of Modern Yoga Renaissance

The school of Yoga which, however, practically absorbed and elaborated most of the essential Yoga methods and synthesised into one harmonious course of training is 'HathYoga'. It aims at physical discipline and health with gradual but definite self-evolutionary process, aided by higher practices in emotions and mental control of both the conscious and subconscious planes and ultimately ends in self-realization and emancipation. Orientalists unacquainted with these elaborate practical techniques of Yoga while recognizing it as a philosophy and religion, underestimated its highly useful and scientific importance. Yoga is thus being branded as mysticism, black magic and jugglery.

Setting aside the claims of spiritual or supernatural advantages of practical Yoga, Yoga can prove very useful to a layman in his everyday life. It is true that the early *Yogin*, like modern scientists such as Einstein, Bragg, Millikan, have explored and stimulated the natural phenomenon in a very systematic way. The practical Yoga offers vast field of investigations to the scientists in respect of Psychology (the theory of *citta* and *citta vrttis*) Psychoanalysis (the *manasa cakras* and its eightfold significance) Psychophysiology (the parallelism of *citta* and *pranas*), Physiology (especially endocrinology and neurology), Rational Therapy (elimination, nutrition and cure based on natural processes), Personal Hygiene (both physical and mental prophylaxis), Rejuvenation (replacement of new tissues and cells through Suddhi and hibernation leading to recovery of wasted organs).

***When your day is full of surprises, enjoy it.
When it is full of challenges, survive it.
But never, never give up!***

FOUNDER, SHRI YOGENDRAJI