

yogasattva

AUGUST 2026

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



The Yoga Institute

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The Yoga Institute

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EDITOR'S NOTE



Namaste,

The month of August reminds us of the value of freedom. As we celebrate India's Independence Day, let us also reflect on a deeper form of independence, the freedom from unhealthy habits, disturbed thoughts, and emotional restlessness. Yoga teaches us that true freedom is attained not merely through external circumstances, but through mastery over ourselves.

In this issue, Dr. Hansaji Yogendra's article on Sattva, Rajas, and Tamas helps us understand the three gunas that influence our thoughts, emotions, and actions. By observing these tendencies with awareness, we can gradually cultivate greater balance, clarity, and inner harmony in our daily lives.

Shri Yogendraji, in *Yoga Celebrates Life*, reminds us that yoga is not separate from worldly life. It is a practical discipline that can be lived amidst our daily responsibilities, provided it is approached with sincerity, patience, and regular practice.

Dr. Jayadeva Yogendra's article on the Vrittis offers a deeper understanding of the workings of the mind. By recognising these modifications and learning to observe them without identification, we move one step closer to self-understanding and inner stability.

This issue also presents practical guidance for healthy living. Our Nutrition & Diet article explains the science behind belly fat and reminds us that lasting health is achieved through balanced food, regular activity, adequate rest, and disciplined living rather than temporary solutions. Complementing this is our wholesome Recipe of the Month, a nourishing Moong and Vegetable Soup that reflects the simplicity and balance of a sattvik diet.

May the teachings shared in these pages inspire us to live with greater awareness, perform our duties with steadiness, and experience the inner freedom that is the true goal of yoga.

Happy Reading!

Pranee H Yogendra

Pranee Hrishi Yogendra

Recognizing Sattva, Rajas, and Tamas in Your Thoughts and Choices



Every human being longs for happiness, peace, and fulfilment. Yet, despite living in an age of convenience and technological advancement, many people continue to experience stress, restlessness, and dissatisfaction. Yoga explains that our external circumstances alone do not determine our state of mind. Instead, our thoughts, emotions, and actions are shaped by three fundamental qualities of nature known as the three gunas, Sattva, Rajas, and Tamas.

The gunas are present in every individual and influence every aspect of life. They are not fixed personality traits but ever-changing tendencies that fluctuate depending on our lifestyle, habits, food, environment, and state of mind. By becoming aware of these qualities, we can understand ourselves better and consciously make choices that lead to greater balance and inner harmony.

Understanding the Three Gunas

Sattva is the quality of purity, harmony, balance, and wisdom. It brings clarity of thought, emotional stability, and inner contentment. When Sattva predominates, we naturally become calm, compassionate, patient, and self-disciplined. Our actions are guided by discrimination rather than impulse, and we perform our duties sincerely without constantly seeking praise or recognition. A sattvik mind is steady, optimistic, and capable of seeing situations objectively.

Rajas are the quality of activity, movement, ambition, and desire. It is the force that motivates us to work, create, learn, and fulfil our responsibilities. Without Rajas, progress would not be possible. However, when this quality becomes excessive, it gives rise to restlessness, anxiety, impatience, competition, and attachment to results. The rajasic mind is constantly occupied with

thoughts of the future, planning the next achievement, acquiring more possessions, or comparing itself with others. Even after reaching one goal, it immediately begins chasing another, making lasting contentment difficult to experience.

Tamas represents inertia, heaviness, ignorance, and resistance. Like the other gunas, it also serves a purpose. Sleep and physical rest are expressions of Tamas and are essential for maintaining health. However, when Tamas becomes dominant, it manifests as laziness, procrastination, confusion, negativity, lack of enthusiasm, and resistance to change. It clouds our judgement and prevents us from making positive choices, even when we know what is beneficial.

The Gunas in Everyday Life

The influence of the gunas can be observed in simple daily experiences. Imagine waking up before sunrise, feeling refreshed, and beginning the day with prayer, meditation, or pranayama. The mind feels peaceful, focused, and grateful, this is Sattva.

As the day progresses, work, family responsibilities, meetings, deadlines, and countless tasks demand energy and action. This is Rajas in operation. It enables us to fulfil our responsibilities and contribute to society.

By evening, after a long and tiring day, you may feel tempted to skip your evening walk, order unhealthy food, or spend hours scrolling endlessly through your phone instead of resting mindfully. This is Tamas gradually taking over.

These changes occur naturally in everyone. The objective of Yoga is not to eliminate any guna but to

PEARLS OF WISDOM

understand their influence and prevent any one of them from dominating our lives excessively.

Your Thoughts Reflect Your Inner State

One of the easiest ways to identify the dominant guna is by observing your thoughts.

When your mind asks, *"How can I help?"*, *"What is the right thing to do?"*, or *"What can I learn from this experience?"*, Sattva is present.

When thoughts revolve around *"I must succeed,"*, *"I need more,"*, *"I don't have enough time,"*, or *"Why is someone else doing better than me?"*, Rajas is influencing your thinking.

When your inner dialogue says, *"I'll do it tomorrow,"*, *"Nothing will change,"*, *"It's too difficult,"*, or *"Why should I bother?"*, Tamas has begun to dominate.

The practice of Yoga begins with observation. Instead of judging ourselves for these thoughts, we simply become aware of them. Awareness creates the possibility of making conscious choices instead of reacting automatically.

Food, Lifestyle, and the Gunas

According to Yogic philosophy, food influences not only the body but also the mind.

Fresh fruits, vegetables, whole grains, legumes, nuts, seeds, milk, and freshly prepared meals promote Sattva. They nourish the body, improve mental clarity, and provide sustained energy.

Very spicy, oily, salty, fried, or highly stimulating foods, along with excessive caffeine, tend to increase Rajas. While they may temporarily energise the body, they can also make the mind restless and reactive.

Stale, processed, preserved, reheated, or excessively heavy foods encourage Tamas. They often leave the body feeling sluggish and the mind lacking clarity.

Equally important is the manner in which we eat. Eating slowly, expressing gratitude before meals, chewing food thoroughly, and avoiding distractions such as television or mobile phones help cultivate mindfulness and improve digestion. A calm mind enhances the nourishment we receive from our food.

Cultivating Sattva in Daily Life

Today's fast-paced lifestyle naturally encourages Rajas. We are constantly connected through technology, surrounded by endless information, and encouraged to remain busy every moment of the day. While activity is necessary, excessive activity without periods of rest and introspection eventually leads to stress and burnout. As a result, many people swing from excessive Rajas into Tamas, seeking comfort through overeating, excessive

sleep, or endless entertainment.

Yoga offers a more balanced approach by encouraging us to consciously cultivate Sattva.

Begin your day early and maintain a regular routine. Practise asanas, pranayama, and meditation consistently, even if only for a few minutes each day. Choose fresh, wholesome food and eat at regular times. Keep your surroundings clean and uncluttered, as the external environment often reflects the condition of the mind. Read uplifting literature, speak gently, practise gratitude, and spend time in the company of positive and inspiring people. Whenever possible, connect with nature and dedicate a few moments each day to self-reflection.

These simple practices may appear small, but when followed consistently, they gradually purify the mind and strengthen sattvik qualities.

Living with Awareness

Yoga does not teach us to reject Rajas or Tamas. Both are necessary for a healthy and balanced life. Rajas gives us the energy to perform our duties with enthusiasm, while Tamas provides the rest that allows the body and mind to recover. The aim is to ensure that Sattva becomes the guiding force that directs both action and rest appropriately.

Every choice we make, what we eat, how we speak, the company we keep, the information we consume, and the thoughts we entertain, either strengthens Sattva, Rajas, or Tamas. Through mindful living, we gradually become less controlled by these tendencies and more capable of choosing wisely.

The journey of Yoga is not about becoming someone different. It is about becoming more aware of our inner nature. As Sattva grows, the mind becomes clearer, our actions become more purposeful, relationships become more harmonious, and life itself becomes more peaceful. True transformation begins not by changing the world around us, but by understanding and refining the world within.



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

Understanding Mental Disorders: The Role of Yoga in Mental Well-being



Mental health is one of the most pressing global health concerns today, with over a billion people estimated to be living with mental disorders worldwide. Anxiety, depression, trauma-related disorders, addiction, and stress-related conditions are increasing across countries, affecting people of all ages and backgrounds. According to the World Health Organization (WHO), a mental disorder is "a clinically significant disturbance in cognition, emotional regulation, or behaviour." Such disorders can affect thinking, emotions, memory, sleep, relationships, work capacity, and daily functioning. Common examples include anxiety disorders, depression, bipolar disorder, PTSD, schizophrenia, OCD, eating disorders, addiction disorders, and dementia.

Mental disorders arise from a combination of biological, psychological, social, and lifestyle factors. Biological causes include genetics, hormonal imbalance, changes in brain chemistry, chronic inflammation, poor sleep, and nutritional deficiencies. Psychological factors such as trauma, grief, fear, loneliness, chronic worry, and negative thinking patterns also contribute significantly. Social challenges, including poverty, family conflict, violence, unemployment, social isolation, addiction, and excessive digital overload, can further increase vulnerability. Lifestyle habits like lack of exercise, unhealthy diet, substance abuse, overwork, and inadequate exposure to sunlight and nature also play an important role.

The impact of mental disorders extends beyond the mind. They can cause fatigue, weakened immunity, digestive problems, sleep disturbances, and an increased risk of heart disease. Emotionally, individuals may experience sadness, fear, irritability, hopelessness, or emotional numbness, while cognitively they may struggle with poor concentration, memory decline, confusion, and impaired decision-making. Social relationships, productivity, and one's sense of meaning and purpose may also be

affected. The WHO reports that severe mental illness may shorten life expectancy by 10-20 years.

Conventional treatment generally combines medication, psychological therapies such as Cognitive Behaviour Therapy (CBT) and counselling, rehabilitation services, and strong family and community support. Alongside appropriate medical care, yoga offers a valuable complementary approach by helping regulate the body, breath, emotions, and attention. Practices such as Shavasana, Vajrasana, Tadasana, Bhujangasana, diaphragmatic breathing, Nadi Shodhana, Bhramari, Yoga Nidra, mindfulness, and Om chanting can support emotional balance. Lifestyle practices including early sleep, a natural diet, reduced screen exposure, walking in nature, meaningful relationships, and service further promote mental well-being.

In Yoga Sutras of Patanjali (YS 1.30), Patanjali identifies obstacles to mental steadiness such as disease, mental dullness, doubt, carelessness, laziness, sensory overindulgence, delusion, and instability, observations that remain remarkably relevant today.

Recovery varies from weeks to years depending on the condition and requires professional guidance, family support, a safe environment, regular routine, patience, and consistency. Mental disorders are not a sign of weakness but conditions affecting the whole person. Reducing stigma, seeking help early, integrating medical care with healthy lifestyle practices, and encouraging emotional education and yoga can help create a healthier, more compassionate society. As both modern psychology and yoga suggest, a disturbed mind affects the body, and a balanced life helps restore the mind.

Harold Sequeira

Why do regular gynaecological check-ups matter?



A woman's body speaks in signals, some subtle, some loud. Listening to them through regular gynaecological visits can make the difference between early care and a missed diagnosis.

Menstrual changes: Cramps, backache, or shifts in cycle length can point to uterine inflammation or infection. Heavy bleeding, especially after intercourse, may hint at cervical cancer and can quietly progress to anaemia, leaving a woman fatigued, breathless, or dealing with a racing heart. A simple pelvic ultrasound can spot growths in the uterus, cervix, or ovaries, and reveal any unusual thickening of the uterine lining.

Infections: Pelvic pain and unusual discharge are common, yet often ignored. Both partners need treatment to break the cycle of reinfection, left unchecked, even mild infections (including genital tuberculosis) can quietly cause infertility.

Intimacy and fertility: Sexual difficulties, whether rooted in the body or the mind, deserve attention, resolving them often improves both relationships and reproductive health.

Conceiving: Infertility has many causes, and many are treatable with simple interventions; others may call for IUI or IVF.

Cancer screening: A Pap smear every three years, recommended between ages 35 and 65, remains one of the simplest ways to catch precancerous cervical changes before they become dangerous.

Breast wellness: Monthly self-checks paired with an annual clinical exam after 35 go a long way, mammograms can catch what fingers cannot feel.

Planning ahead: Pre-marital and pre-pregnancy consultations help women choose the right contraception and understand risks to a future child's health.

Pregnancy care: A missed period calls for prompt confirmation and the start of regular prenatal visits to track the baby's growth and the mother's blood pressure and weight.

STDs: Often silent in their early stages, infections like HIV, syphilis, gonorrhoea, and chlamydia call for routine testing, particularly since they can pass to an unborn child.

Menopause: As oestrogen dips, hot flashes, mood swings, and bone thinning can follow. Everyday foods rich in phytoestrogens, soybeans, chickpeas, yams, beets, can gently ease the hormonal shift.

Every stage of a woman's life carries its own signals. Regular check-ups aren't about waiting for something to go wrong, they're about staying ahead of it, one visit at a time.

Dr. Kumndini Mangaokar



Beyond Asanas: My Journey at The Yoga Institute

Sarita Tibrewala

My journey at The Yoga Institute has been truly transformative. Coming here was not just about learning yoga; it inspired me to live a better and more meaningful life. This inspiration gradually evolved into a profound question: Who am I, and who can I become? Reflecting on this question changed the way I looked at myself and my life.

As I began this journey of self-reflection, my inner dialogue started to change. My thoughts became more positive, which in turn influenced my emotions and actions. Gradually, I found myself approaching life with greater clarity, acceptance, and purpose. Situations that once seemed difficult became opportunities to learn and grow.

Over time, these changes took root in my daily life. I developed healthier habits and discovered new ways of thinking. I also realized that building new habits is only the first step; staying committed to them is equally important. What initially required conscious effort gradually became a natural part of my daily routine. This transformation happened slowly but steadily, making me appreciate the power of consistency and awareness.

One of the greatest learnings from my time at The Yoga Institute has been understanding the true meaning of

awareness and balance. These are no longer just words for me—they have become guiding principles in the way I live. I have realized that nothing is more valuable than inner joy and peace. Today, I experience a deeper sense of happiness that comes not from external achievements but from within.

I consider myself extremely fortunate to be associated with an institution like The Yoga Institute. Here, yoga is not limited to the practice of asanas. It is taught as a complete way of life. Along with physical practices, great emphasis is placed on yoga philosophy, self-reflection, and understanding the deeper purpose of life. This holistic approach has enriched me intellectually, emotionally, and spiritually.

In the end, I would like to say that transformation is not like flipping a switch. It is a gradual process, a wave that begins within and slowly extends outward, influencing every aspect of our lives. My journey at The Yoga Institute has helped me experience this transformation from the inside out. I am deeply grateful to The Yoga Institute for guiding me on this path and helping me become a more aware, balanced, and joyful person. This experience has been one of the most meaningful chapters of my life.

Managing Diabetes Naturally Through Yoga

Diabetes is often called a lifestyle disorder, and yoga offers a natural, sustainable way to support its management. Beyond the well-known pillars of diet and medication, specific asanas can gently stimulate the pancreas, improve circulation to the abdominal organs, and calm the stress response that often drives blood sugar spikes. Regular practice, combined with mindful breathing, helps the body regulate insulin more effectively over time. This month, we focus on three simple yet powerful postures that anyone managing diabetes, or looking to prevent it, can incorporate into their daily routine.

Yogendra Ardha Matsyendrasana



METHOD OF PRACTICE

Starting Position :

1. Sit on a mat, legs fully stretched forward, feet and toes together—pointing upwards and hands besides the body, palms resting on mat.
2. Keep the back straight—neck and head in line, chin tucked in and held parallel to the ground.

Sequence of Steps

1. Fold the left leg and press the heel towards the perineum (do not allow the knee to lift up).
2. Pull the right leg up and interlock it against the left leg by placing the right heel to the left of the left knee.
3. Twist the trunk a little to the right and let the left hand hold the right ankle (in such a way that the right knee comes under the left armpit). Inhale normally.
4. Exhaling, twist further to the right and swing the right hand towards the left thigh, from behind the back, palm facing outward.
5. Simultaneously, turn the neck towards the right shoulder. Complete the above steps 4 & 5, while exhaling.
6. Maintain this posture for a few seconds with the breath suspended (final position).
7. Inhaling, gently un-twist the trunk and the neck to return to the starting position, bringing the right hand back to its respective side.
8. Unfold the feet and stretch both the feet in front.
9. Now fold the right leg and repeat the above steps for the left twist, to complete 1 round.

Recommended Practice

1. Practice 4 rounds, with pause in-between rounds.
2. As a static pose, follow the steps as explained above, to attain the final position. Maintain this pose, with slow rhythmic breathing, for 1 minute, alternately, on each side.

YOGA TECHNIQUE OF THE MONTH



Yogendra Dhanurvakrasana

METHOD OF PRACTICE

Starting Position :

1. Lie on the stomach (prone position), on a mat; forehead resting on the mat, legs drawn straight and feet together-toes pointing outwards.
2. Slowly, raise the head and the neck a few inches and simultaneously bend the legs at the knees.
3. Grasp the ankles of the legs with the respective hands, keeping the knees as close as possible.

Sequence of Steps

1. Inhaling, raise the head upwards, arching the spine.
2. Simultaneously, pull the legs also upwards to give the body a bow shape.
 - a. Focus on lifting the legs upward with toes pointing up.

3. Maintain this pose breath retained for double the time of inhalation (final position).
4. Returning to starting position: Exhaling, bring the head down and simultaneously, release the ankles and unfold the legs, to assume the starting position.

Recommended Practice

1. Practice 3 rounds/session, with a pause in-between rounds.
2. The static pose may be tried after mastering the dynamic variation. Hold the final position for a maximum of 2 minutes (start with 30 seconds), breathing should be normal, slow and rhythmic.



Yogendra Konasana 3

METHOD OF PRACTICE

Starting Position :

1. Stand straight and keep the feet 2 1/2 feet (of your own foot measure) apart, parallel to each other.
2. Keep the neck straight, the abdomen in normal contour, the chin drawn in and the shoulders square.
3. Raise both the hands up together in front. Keep the hands parallel to each other at shoulder level, palms facing up.

Sequence of Steps

1. Inhaling, pull up the chest a bit and spread both hands to their respective sides, in line with the shoulders (do not swing the hands back).
2. Now, turn the neck to gaze at the right palm.
 - a. Complete the above two steps while inhaling.
3. Exhaling, swing your hands along, simultaneously bending forward and twisting the spine, to reach the left toes with the right fingers, gaze following the right palm.
4. Touch the left toe with the fingers of the outstretched right palm, while the left hand is kept straight up, towards the ceiling.
5. Now, turn the neck to look up at the palm of the out

stretched left hand, ensuring the right palm, the left knee, the head and the left palm are aligned in a straight line.

- a. Complete the above steps (3 to 5), while exhaling.
6. Maintain this position, suspending the breath, for a period, double of exhalation (final position).
 7. Returning to starting position: Turn the neck to gaze at the right palm, and inhaling, rise up, gently and smoothly, swinging both the hands, keeping them in a straight line, untwist to return to the position of step 1 above. Complete this step, while inhaling (equal to exhalation).
 - b. Now, retaining the breath, turn the neck to look at the palm of the out stretched left hand and repeat the above steps (from step 3 onwards) for the left swing.
 - c. Once you have untwisted and returned to step 1 above (after the left swing) look straight ahead and lower your hands to the sides, to return to starting position.
 - d. This completes 1 round.

Recommended Practice

1. Recommended counts for breathing rhythm - 3:6:3 seconds or to a ratio of 1:2:1, as per individual comfort.
2. Practice 3 rounds in one session, pausing in-between rounds.

FEATURED ACTIVITY



ESTD 1918
The Yoga Institute

Become a Certified Yoga Teacher Join 500-Hrs Teachers Training Course (Intermediate - Online English)

17th Aug - 7th Nov 2026

DAYS: Mon to Sat

TIMINGS: 7:00 am to 8:30 am (Morning)

4:30 pm to 8:30 pm (Evening)

FEES: 44,000/-

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



Meditation Foundation Course Online

This 12-session meditation course includes effective techniques and practices that help you be in a meditative state with increased job performance and life efficiency.

3rd Aug to 28th Aug 2026

DAYS: Mon, Wed & Fri

TIMING: 7:00 am to 8:00 am (IST)

FEES: Rs. 1,200/

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



FEATURED ACTIVITY

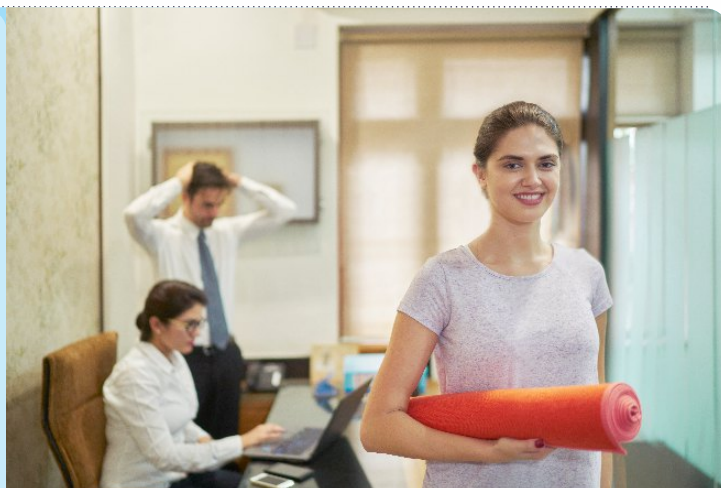


21-Days Better Living Certificate Course

9th to 29th August

Timings:
Evening- 6:30 pm to 8:00 pm (IST)

Fees:
Rs. 2,750/-



Online & On-Campus (Hybrid) - Hindi

Learn the yogic way of living, become healthy and stress-free.

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



7- Days Health Camp

22th to 28th August

Days: Saturday to Friday
Time: 7:00 am to 7:00 pm (IST)

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



On-Campus & English

Experience the yogic way of life.

FEES:

Non-Residential: 10,000/-

(inclusive of course fees and 4 Meals)

Residential: Rs. 17,500/- Triple Sharing

(Inclusive of course fee and 4 meals a day)

Please note fees once paid will be non-refundable.

FEATURED ACTIVITY

Camps @TYI

Online & On - Campus (Hybrid)



2nd August

Take charge of your health with our comprehensive Diabetes Management Workshop.

Time: 9:30 am to 5:30 pm

Fees: Rs. 1,000/- (Inclusive Lunch & Snacks)

8th August

Techniques, mindful practices, and holistic approach to cleanse, energize, and rejuvenate from within. .

Time: 9:30 am to 1:30 pm

Fees: Rs. 500/- (Inclusive Lunch)



23rd August

Discover the empowering path to managing back and joint disorders, through the transformative power of simple and effective yogic guidelines.

Time: 9:30 am to 5:30 pm

Fees: Rs. 1,000/- (Inclusive Lunch and Snacks)



***Kindly Note:** All the camps are not available to the general public who might be interested in attending for the purpose of gaining general knowledge. The camp is exclusively crafted for people presently dealing with the health condition.

***Kindly note** all the camps are online and offline (hybrid).

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



The auspicious occasion of Guru Purnima was observed on 29th July 2026. Sadhakas poured in all day to seek blessings from Guru Maa Dr. Hansaji Yogendra. An online celebration, which featured Ashirvachan by Pujya Guru Maa, a special talk by renowned mythologist Devdutt Pattanaik, and a full moon meditation with Vinay Zendeji, brought together 800+ participants for an evening of gratitude, wisdom, and reflection.



As part of our monthly AVM Camps, students from Standards 1 to 10 actively participate in asanas and pranayama, fostering physical fitness, mental well-being, and mindfulness through consistent practice.



Yoga enthusiasts from Brazil visited The Yoga Institute on 7th July for an enriching session, where they explored the benefits of yoga and practiced asanas to enhance their overall well-being.



The Yoga Institute conducts ongoing yoga sessions for SVC Bank management, where they learned about the benefits of yoga and practiced asanas to support their overall well-being.



Students from Andrews School visited The Yoga Institute on 22nd July for a holistic experience, practicing asanas and pranayama while enjoying wholesome sattvik food.



Women from the Urja Yoga Kendra Camp visited The Yoga Institute for a rejuvenating session, received pearls of wisdom from Dr. Hansaji Yogendra while experiencing the essence of holistic well-being.



On July 25th, The Yoga Institute conducted a Sattvik Cooking Workshop, introducing participants to the principles of wholesome, mindful cooking and healthy eating.



Students of the 1-Month Teacher Training Course practice asanas as part of their curriculum, gaining a deeper understanding of their physical, mental, and emotional benefits.



On the last Sunday of every month, The Yoga Institute conducts Yoga by the Bay at Marine Drive, bringing yoga enthusiasts together for a rejuvenating community practice by the sea.



Students of the 3-Month Advanced Teacher Training Course received their course completion certificates, marking the beginning of their journey as ambassadors of yogic wellness.



Students of the 7-Days Health Camp (999th batch) experienced the yogic way of life through the practice of asanas, leaving them feeling rejuvenated, balanced, and inspired to embrace holistic well-being.



Students of the 21-Day Better Living Course were delighted to receive their participation certificates from Pujya Guru Hansaji, marking the successful completion of their transformative yogic journey.



By Shri Yogendraji

Beginning Yoga the Right Way: A Guide for the Modern Aspirant



It is known that the study of Yoga is meant for all and therefore anyone can join the preliminary course. But such an effort should not be casual as success depends upon a precise methodology. The requisites for the safe and fruitful study of Yoga is strong motivation, daily practice, and the integral conditioning of the body-mind-complex. It is also not necessary that one should leave one's home, neglect one's family responsibilities, keep away from society, seek seclusion or change one's nationality or religion to undertake the study of Yoga. There is no initiation or ritual necessary but a formal obeisance to the teacher should help to build up a healthy teacher-disciple relationship.

The approach to the subject should be rational, scientific and pragmatic and should be applied with modern educational methodology suited to the subject which follows the classroom programme. Since physical health is a primary concern in the study of Yoga, all students must be made aware of their present condition of health and should have a medical check-up. This should be followed by laboratory tests where found necessary. This will help to determine the ailments as either functional or organic. If functional, the teacher should guide him with simple yoga practices and special recommendations as suit his needs. But if the disease is organic, the student should be advised to attend the clinic of an authorized yoga therapist. Where the disease is chronic or refractory, he must seek admission to a recognized yoga psychosomatic. In acute cases, with the help of medicine or hospital-cum-āśrama, surgery is indicated.

To grade the aspirant to Yoga, it is equally necessary to probe the history of the student and his life pattern,

besides psychological tests to group his personality-complex. Such tests are to be taken both before and after the study. They help the modern man to discrimination and built-in faith in Yoga. Such records are also useful in the evaluation of yoga practices and statistical data. Uniformity in such methods will greatly help the promotion of Yoga not only amongst the sympathetic Indians but also among the foreigners.

Discipline both physical and mental, cultivation of the sense of responsibility, faith in the teacher, strict adherence to yoga instructions, adjustment to the yoga way of life, regularity, total presence of the mind to yoga practices, hygiene, sanitation and care in diet, etc. are some of the other things which need emphasis as much as the technological study. Personal attention to all students is essential and therefore the yoga classes at any one time should not exceed fifteen. Larger groups and masses become a source of dissatisfaction and even failure. Since the interest of the average student is more in himself than in Yoga, the teacher should be tolerant to his personal projections during the practice till he reaches the norm.

Neither the teacher nor the student should be over-ambitious while making a modest beginning. With limitations of the modern age, much should not be promised. For example, the air we breathe, the water we drink and the food we take are far from being natural, pure or healthy. Modern life is a contrast to what nature provides. Since both ahāra and vihara (nutrition and way of life) remain unyogic, one need not create hope of making everyone a yogin. It is enough, if a modern man can be made even a worthy student of Yoga.

Understanding the Vrittis: A Yogic Study of the Mind's Five Modifications



By Dr. Jayadeva Yogendra

At any particular moment of time, our mind is but a mixture of pure consciousness identified with the colours of thoughts, feelings, experience, etc. We remain involved in these states of our mind and do not bother to go behind them. So that at any moment, if we were to ask such questions as "Who am I?," "What am I?," the answer would be "I am all that my mind is all that occupies my mind at that; particular moment." We are a part of all that we survey, we are the sensations of colour and sound etc., we are the feelings of pleasure and pain, we are the subjectified emotions love and hate, etc.

In Yoga, such admixture of consciousness with the varying rates of mind, is to be avoided. In fact, we must learn to recognise the variety of modifications of the mind itself. These modifications, when not analysed and controlled, lead to much suffering. It is only when we identify our enemy that we can conquer him. The mind that remains distracted and is a veritable jungle of disjointed ideas, feelings, sensations, tensions, etc. is not yet a yogic mind. It is only when the Pogi begins to take stock of his mental contents, that he begins a serious study of himself. "Know thyself" would mean here, know and control the five klišṭa vrittis and the one aklišṭa wilt of the mind. The various states of the mind are divided under the head-vrittis.

In Yoga, such ways of functioning of the mind remain oriented and contaminated by inherent structural defects which lead to painful as well as non-painful conditions. Against the five klišṭa vrittis, there is a sixth way of functioning of the mind, which is the way of self-improvement. It is a non-painful way of working of the mind. It is in the state, that one can gain true understanding of oneself, as opposed to the other five defective states that lead to untold sufferings. Of these five states, the first is called the state right knowledge. Such right knowledge is available through direct sense perception as well as through inference and authoritatively communicated knowledge. This is one way in which it is believed we arrive at the right understanding.

What is called as wrong knowledge is another type of the vritti of the mind and is very extensive in its ramification. In fact, this is the habit of our mind to impute something an object, which is totally different from what we impute. It is very much like doubt, but is different because at the moment of our wrong knowing we are absolutely certain about our wrong interpretation. This way of our functioning betrays lack of our awareness of the highest reality. We are unable to distinguish between the real consciousness and the unreal material world. In fact, this wrong association beginning from ego identification, goes to the level of identification of

consciousness with mental modifications and identification with our body. It extends even further when we are drawn by desire of possessions, of power, and of authority or are directed by sensory objects and believe ourselves to be one with them. In fact, such ignorance leads to suffering through identification with unreal things. Ignorance thus a source of suffering. It even becomes responsible for the memory grooves that causes birth and death.

To th We are existing at the level of ideas and imagination We might appear as normal persons and we might accept this functioning of our mind as a legitimate one. Yogis, however, imagination is also unreal and is a source of pain. A verbal construction has no real base and can encourage us to move about in the realm of fantasy. Of course, various persons can detect the flaw in this way of functioning of our mind. The very purpose of meditation is the functioning of citta. In this type of meditation, the mind still acts in the ordinary way of jumping from one associated concept to another, and this does not allow us to get at the reality.

We also spend a lot of our time in drowsy sleepy states which are also unyogic. We need not feel happy in this state. For example, when in deep sleep we are in a state which is not really a higher state of consciousness, but is in fact a state of inertia. We remain what we are or possibly a little worse off after such drowsy conditions, when it comes to beginning fresh efforts at self-improvement. What is basically wrong with this is that we dwell on the affective states of non-existence.

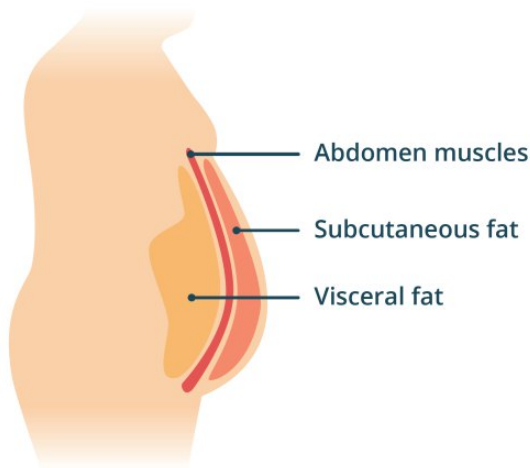
An inert state of functioning of our mind is memory. The theory is that activities of our mind are stored and preserved as impressions both in the conscious and subconscious mind so that at suitable provocation, these impressions will also create fresh activities in the mind. At a later state of sadhana, one has to overcome association of memory, by concentrating on the essentials of any object devoid of any memory. Memories have a disturbing effect on the steadiness of the mind.

In this type of a division of the states of the mind it may happen that we do not include certain of our special ways of thinking and feeling. A careful study of the five-fold division, however, would show how this arrangement is more suitable for yogic analysis of the mind. Many of our unrepresented conditions like feelings, emotions etc. are really to be integrated into one or all the above states.

The Truth About Belly Fat

Belly fat is one of the biggest health concerns today. Many people believe that doing hundreds of crunches, drinking detox beverages, or following extreme diets will help them lose fat from the abdomen. The truth is that belly fat is far more complex than it appears, and understanding it is the first step towards reducing it in a healthy and sustainable way.

There are two types of belly fat. The first is subcutaneous fat, which lies just beneath the skin. The second is visceral fat, which surrounds internal organs such as the



liver, pancreas, and intestines. While subcutaneous fat mainly affects appearance, visceral fat is metabolically active and is associated with serious health conditions, including type 2 diabetes, heart disease, fatty liver, high blood pressure, and chronic inflammation.

One of the biggest myths is that you can spot-reduce belly fat by performing abdominal exercises. While exercises such as planks and crunches strengthen the core muscles, they do not specifically burn fat from the stomach. Fat loss occurs throughout the body when healthy lifestyle habits are practised consistently.

Several factors contribute to excess belly fat. A diet high in refined carbohydrates, sugary beverages, processed foods, and excessive alcohol can promote fat storage. Poor sleep, chronic stress, hormonal imbalances, physical inactivity, and prolonged sitting also play a significant role. When stress levels remain high, the body releases cortisol, a hormone that encourages fat accumulation around the abdomen.

Instead of searching for quick fixes, focus on building habits that support long-term health. Fill half your plate with colourful vegetables, include a good source of protein in every meal, and choose whole grains and

healthy fats in moderation. Protein and fibre help keep you full, reduce cravings, and support muscle maintenance during weight loss.

Regular physical activity is equally important. A combination of strength training, brisk walking, yoga, and aerobic exercise helps improve body composition and reduce visceral fat more effectively than endless abdominal workouts alone. Even simple habits, such as taking a 10–15-minute walk after meals and avoiding prolonged sitting, can make a noticeable difference over time.

Quality sleep should never be overlooked. Adults should aim for 7–9 hours of restful sleep each night. Sleep deprivation disrupts hunger-regulating hormones, increases cravings for high-calorie foods, and makes weight management more challenging. Managing stress through meditation, deep breathing, yoga, or spending time in nature can further support healthy hormonal balance.

Remember, success should not be measured by the weighing scale alone. Improvements in waist circumference, energy levels, fitness, digestion, and overall well-being are equally important indicators of progress.

There is no magic food, supplement, or exercise that melts belly fat overnight. Sustainable weight loss comes from consistent healthy eating, regular physical activity, adequate sleep, and effective stress management. When you focus on improving your overall lifestyle, reducing belly fat naturally becomes a positive outcome of those healthy habits.

In Yoga, good health is not achieved through quick fixes but through balanced living. A disciplined routine that includes mindful eating, regular asana practice, pranayama, adequate rest, and a calm mind not only helps reduce excess belly fat but also supports lasting physical, mental, and emotional well-being.

RECIPE OF THE MONTH

Nourishing Moong and Vegetable Soup

Warm, wholesome, and easy to digest, this Moong and Vegetable Soup is the perfect comfort food for the monsoon season. Packed with protein, fibre, and seasonal vegetables, it supports digestion, boosts immunity, and keeps the body nourished without feeling heavy. The gentle blend of spices not only enhances flavour but also helps kindle digestive fire, making it an ideal addition to a sattvik diet.

Ingredients (Serves 2)

- ½ cup yellow moong dal, washed
- 1 small carrot, finely chopped
- ¼ cup bottle gourd (lauki), diced
- ¼ cup pumpkin, diced
- 2 tbsp green peas (optional)
- 1 tsp grated ginger
- ½ tsp cumin seeds
- A pinch of turmeric powder
- A pinch of black pepper powder
- 1 tsp cow's ghee
- 3-4 cups water
- Rock salt, to taste
- Fresh coriander leaves, chopped

Method

1. Wash the moong dal thoroughly and soak it for 20-30 minutes.
2. Heat ghee in a pan or pressure cooker and add cumin seeds. Once they crackle, add grated ginger and sauté briefly.
3. Add the chopped vegetables, turmeric, and soaked moong dal. Stir for a minute.
4. Pour in the water and cook until the dal and vegetables are soft.
5. Blend lightly using a hand blender if you prefer a creamy texture, or leave it chunky.
6. Add rock salt and black pepper, and simmer for another 2-3 minutes.
7. Garnish with fresh coriander and serve warm.

Healthy Tip

Enjoy this soup fresh and warm, preferably for lunch or an early dinner. Eat mindfully, without distractions, and allow the warmth of the meal to support healthy digestion. Pair it with a small bowl of steamed red rice or millet if a more filling meal is desired.



TESTIMONIALS



Vartika Goyal
1-Year AITTC

During this one-year duration, I learned to reflect on my actions. I understood that yoga is all about awareness. We learned from Hansa Maa how to follow dharma (duty). She told us that our first duty is towards ourselves. It is not about becoming selfish, but about taking care of ourselves while performing our duties towards others. During this course, I got a brief introduction to Samkhya, the Upanishads, and the Bhagavad Gita, which helped me grow spiritually. I progressed well in the area of asanas as well. I not only gained strength and flexibility but also got a lot of insights into asanas and pranayama.

TYI became a guiding light during one of the most difficult phases of my life, filled with stress, anxiety, health struggles, and emotional exhaustion. It helped me experience calmness and find my way back to inner peace. Each teacher's wisdom, compassion, and selfless guidance through asanas, meditation, and theory touched me deeply, bringing healing, strength, and a peace I had long forgotten. What began as learning yoga slowly became a journey of reconnecting with myself. I am truly grateful to be part of TYI, I didn't find TYI; it found me exactly when I needed it most. Thank you to all the teachers for being such beautiful sources of light.

Nethra Pushpa
3-MTTC



Shweta Vandeyar
200-Hrs BTTC

Over the course of three enriching months, I successfully completed a 200-hour program that profoundly advanced my spiritual practice. Through disciplined breathwork and inward-focused exercises, I attained increased clarity, equanimity, and an enhanced sense of purpose. I have maintained consistent practice beyond June 6, affirming that this commitment was both judicious and rewarding. The curriculum and guidance systematically addressed habitual patterns, fostering greater presence, self-compassion, and resilience. I am grateful for the instruction and community support, which continue to provide practical tools and inspiration for sustained personal and spiritual development.

TESTIMONIALS



Aparna

200-Hrs BTTC, TYI Goa

I am deeply grateful for this past month at The Yoga Institute. It has been a journey of self-discovery and growth, helping me find more balance mentally, emotionally, and physically. I look forward to applying these learnings in my daily life and feel blessed to have the tools to do so. Heartfelt thanks to Amit ji and Rishika ji for their patience, guidance, and dedication.

The in-depth knowledge I gained at The Yoga Institute, Raipur far exceeded my expectations. It completely transformed my perspective, I once viewed yoga merely as a form of exercise, but today I see it as a profound way of living a healthy, balanced life. The teaching methodology here is exceptional. The patience, clarity, and positivity of the teachers is unmatched. They address every doubt with such grace and depth that learning becomes truly effortless. I've not only built beautiful memories here, but also discovered a better, more mindful version of myself. Truly grateful for this life-changing experience.

Palak Jain

200-Hrs BTTC, TYI Raipur



Namrata Anilbhai Khetani

200-Hrs TTC (Online)

I joined The Yoga Institute to rediscover my confidence and reconnect with myself. What began as a search for healing became a journey of resilience, growth, and self-awareness. Through emotional and physical challenges, yoga gave me strength, balance, and hope. I am deeply grateful to my teachers, supportive batchmates, my parents, family, and friends who stood by me throughout. Yoga has become a way of life, a return to my true self. Heartfelt gratitude to Hansama for your trust and guidance.

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 01/08/2026	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 01/08/2026	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 01/08/2026	Monday to Friday 1:30 pm - 4:00 pm
21-Days Better Living Course (On Campus & Offline - English)	Ideal for individuals who have no major health problems and who wish to experience the Yogic lifestyle to feel rejuvenated and fresh.	02/08/2026 – 22/08/2026	7:00 am - 8:30 am
21-Days Better Living Course (On Campus & Offline - English)	Ideal for individuals who have no major health problems and who wish to experience the Yogic lifestyle to feel rejuvenated and fresh.	02/08/2026 – 22/08/2026	6:30 pm - 8:00 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.	01/08/2026	9:30 am - 5:30 pm
Diabetes Management Workshop	Take charge of your health with our comprehensive Diabetes Management Workshop.	02/08/2026	9:30 am - 5:30 pm
Total Body Detox Workshop	Techniques, mindful practices, and holistic approach to cleanse, energize, and rejuvenate from within.	08/08/2026	9:30 am - 1:30 pm
Stress Management Camp	Discover the path to inner calm and resilience with our stress management workshop.	09/08/2026	9:30 am - 5:30 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.	15/08/2026 & 16/08/2026	9:30 am – 5:30 pm
Back & Joint Disorder Workshop	Restore mobility and ease pain with our Back & Joint Disorder Workshop.	23/08/2026	9:30 am - 5:30 pm
Gut Health Workshop	Boost your digestion and overall wellbeing with expert tips and techniques for a healthy and happy gut.	22/08/2026	9:30 am - 1:30 pm
Menopause Wellness Workshop	Holistic strategies for managing symptoms, balancing hormones and embracing this transformative phase of life.	30/08/2026	9:30am - 1:30pm (IST)

TYI MONTHLY PLANNER > UPCOMING ACTIVITIES

CAMP	DESCRIPTION	Date/Day	TIME
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.	03/08/2026 - 28/08/2026	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/theyogainstituteofficial



Nispanand Meditation App

www.youtube.com/NispanandMeditationApp



INDIAN
CENTRES

HEADQUARTER - SANTACRUZ (E)

Shri Yogendra Marg, Prabhat Colony, Santacruz (E), Mumbai - 400055, India. Tel: +91-22-26122185, +91-22-26110506, +91-7045558181

MUMBAI

ANDHERI (E)

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Shree Nityanand CHS,
SN Patil Lane, Sahar Road,
Next to Andheri flyover,
Andheri East, Mumbai.

ANDHERI (W)

The Yoga Institute
D.N. Nagar, Andheri (W),
Mumbai, A/604,
Winspace Amelio,
Barfiwala College Road,
Next to Joeys Pizza,
D.N. Nagar, Andheri (W),
Mumbai - 400053

JUHU

The Yoga Institute, Juhu
Ground Floor Backside,
Abhijat Bunglow, Plot No. 48,
NS Road Number 7,
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JVPD Scheme, Juhu

JUHU

The Yoga Institute,
Juhu Center 1, Mumbai
401, Creative Stepz,
A-13, Loyalka House,
Cross Road No. 8,
Model Town Society,
Gulmohar Road, Juhu,
Mumbai 400049

JUHU

Juhu Center 2, Mumbai
Jamnabai Narsee School,
N.S. Road No. 7, JVPD Scheme,
Juhu, Mumbai 400049.

Call: +91-9833864964 | juhuandheri@theyogainstitute.in

MALAD

The Yoga Institute Malad,
Rejoice International School,
Next to Bhujavale Talav,
Bhandarwada Marg,
Off Zakeria Road, Malad (W).

SANTACRUZ (W)

The Yoga Institute,
Rotary Club of Bombay West
Rotary Service Centre,
Rotary Chowk,
Juhu Tara Road, Santacruz W,
Mumbai 400049

VILE PARLE

Barbhaya Kalpavruksh,
Shree Barbhaya orphanage
for Hindu girls, 78, SV Road,
Between Kotak Mahindra Bank
and Adenwala Jewellers,
Irla, Vile Parle (W),
Mumbai 400056.

LOKHANDWALA

The Classique Club,
New Link Road,
Behind Infiniti Mall,
Phase D, Shastri Nagar,
Andheri (W), Mumbai 400053.

KALYAN

The Yoga Institute, Kalyan
Saket College,
Saket Vidyanagri Marg,
Katemenivali,
Chinchpada Road, Kalyan,
Maharashtra -421306

MATUNGA (CR)

The Yoga Institute, Matunga
Sri Kanyaka Parmeshwari
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Call: +91-8879955000

OTHER CITIES

ALIBAUG

The Yoga Institute, Plot No. Eight/9, Kihim Beach,
Navedar Navgaon, Alibaug - 402208

Call: +91-7738155500

GOA

The Yoga Institute, Viva Chorão, Near Our Lady of Grace Church,
Madel Chorão, Tiswadi Goa, 403102

Call: +91-9820557676

RAIPUR

The Yoga Institute, Opp. Indian Chilly Square Hotel
Near Vidya Hospital, Shankar Nagar Main Road Raipur - 492004 CG

Call: +91 9752550490, 9820350490

RISHIKESH

The Yoga Institute, BHAVYAM, House No. 4, Gali No. 4,
Ward No. 1, Shri Badri Kedar Colony, Lakkad Ghat,
Khadri Khadakmaaf, Yoga Nagri Rishikesh- 249204

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The Yoga Institute,
Swami Parmanand Prakritik Chikitsalaya (SPPC)
Main Mother Dairy Road, Shanti Marg,
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Narwana Rd, Block E, West Vinod Nagar,
New Delhi, 110092

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INTERNATIONAL CENTRES

FRANCE



The Yoga Institute, France
Centre Lothlorien, Domaine de Moiron
52800 Foulain, France

Call: +33 (0) 325034086

U.A.E.



Jumeirah Lake Towers, Dubai

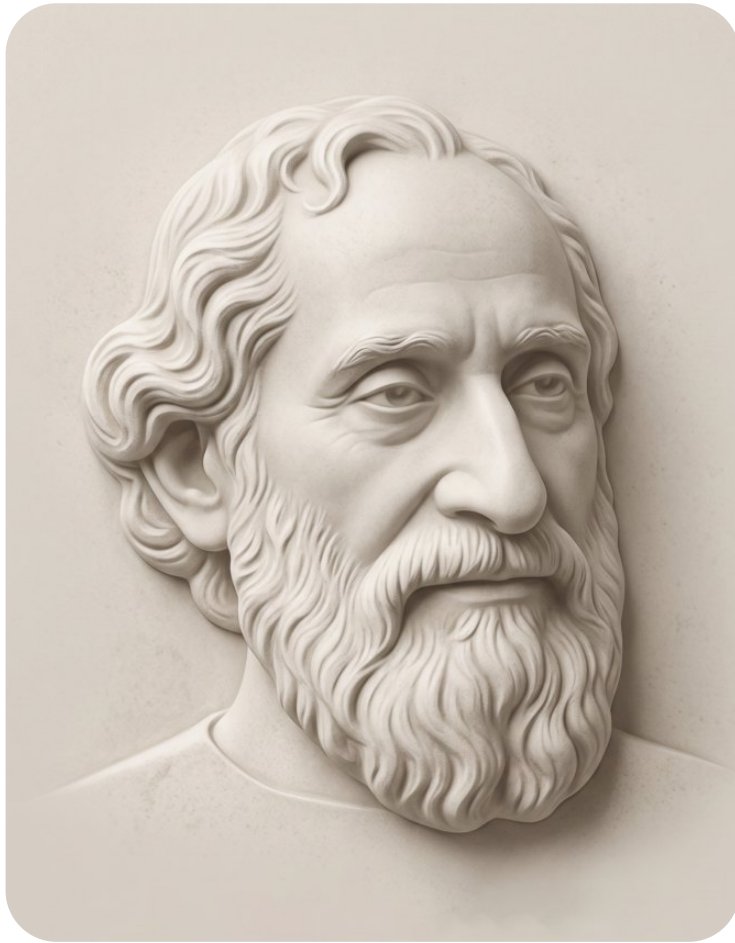
Call: +971563801232

HONG KONG



The Yoga Institute, Hong Kong
35, Kimberly Road 11/F, Tsim Sha Tsui, Hong Kong.

Call: 21919651



More than anything, the temperament of the aspirant determines the need or otherwise of prayer as a means to psychic elevation. Emotional individuals find satisfaction in prayer, while the intellectuals find all about the ultimate in meditation. Emotion calls for something personal between the two, while in meditation, the abstract becomes the impersonal. The discipline and sublimation of emotion portrayed in a devotee during prayer is enchanting and is felt at lower levels even by others. The touch of reality is fancied as sensate and the individual longs for such an experience to continue for ever and a day. It gives human touch to spiritual longings and upholds the imagery of personal satisfaction at its emotional best. Persons with strong emotions cannot do without prayer as their last resort to spiritual life, as it will be difficult for such persons to find satisfaction in other means of Yoga. Although, in the traditional Yoga, prayer is neither compulsory nor substantive, since all means of achieving concentration are permitted, its use as such is not precluded. For those who prefer the path of sublimating the emotional life through Yoga as happens to be the case in Bhaktiyoga, Nadayoga, Mantrayoga etc., the role of prayer is predominant.

Shri Yogendraji

Father of Modern Yoga
Renaissance

“A strong mindset is not built in one day. It is built every time you choose discipline over excuses and action over comfort.”

~ FOUNDER, SHRI YOGENDRAJI