

yogasattva

JULY 2026

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



International Day of Yoga 2026 Celebration

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The Yoga Institute

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EDITOR'S NOTE



Namaste,

The International Day of Yoga 2026 reminded us once again of the unifying power of Yoga, a practice that transcends boundaries, age groups, and professions. At The Yoga Institute, this occasion became a beautiful celebration of health, harmony, and shared purpose as thousands of individuals across the country came together to embrace Yoga as a way of life.

From the grand public celebration at Bandra Reclamation led by Hon'ble Adv. Ashish Shelar Ji to an enriching Samvad at The Yoga Institute, this year's celebrations carried the inspiring message of "Yoga for Healthy Ageing." The same spirit echoed through special sessions at Mantralaya, INS Hansa, educational institutions, public sector undertakings, corporate organisations, and Yoga By The Bay, demonstrating how yoga continues to unite people from every walk of life in the pursuit of healthier, happier, and more mindful living.

This issue continues that journey. In her article, Pujya Guru Maa Dr. Hansaji Yogendra reminds us that yoga extends far beyond the mat, it is a way of living. She emphasises that true well-being is cultivated through our everyday thoughts, actions, relationships, and choices. When yogic values become a part of daily life, health naturally blossoms from within.

We also invite you to explore our latest book, Be Better Live Better, and rediscover the timeless wisdom of Shri Yogendraji through the insights of Pujya Maa Hansaji. As you turn these pages, may you find inspiration to deepen your practice, enrich your daily life, and move one step closer towards health, harmony, and higher consciousness.

Yours In Yoga

Pranee H Yogendra

Pranee Hrishi Yogendra

The Art of Living Yogically Every Day



We often think of yoga as something we practice for an hour each day, a series of postures, breathing exercises, or a few moments of meditation. But yoga was never meant to be confined to a mat or a classroom. It is a way of living. The true essence of yoga lies in how we think, how we respond to challenges, how we treat others, and how we conduct ourselves in our daily lives. When yogic principles begin to influence our everyday choices, yoga transforms from a practice into a powerful guide for living with greater balance, awareness, and inner peace.

Yoga Beyond the Mat

When people hear the word yoga, they often think of physical postures, stretching exercises, or a class they attend for an hour each day. While these practices are valuable, yoga is much more than what happens on a mat. Yoga is a way of living. It is a science that teaches us how to bring balance to our body, mind, emotions, and relationships.

The true purpose of yoga is not merely flexibility of the body but flexibility of the mind. It is about learning how to

live with awareness, harmony, and inner stability amidst the challenges of everyday life. The real test of yoga begins not during practice, but after it, when we return to our homes, workplaces, and responsibilities.

Living with Awareness

Many of us live on autopilot. We rush through our mornings, react to situations impulsively, and end the day wondering where the time went. A yogic life begins with awareness.

Awareness means paying attention to what we think, how we feel, and how we respond to situations. It means becoming conscious of our habits rather than being controlled by them. When we cultivate awareness, even ordinary activities such as eating, walking, speaking, or working become opportunities for growth.

Yoga teaches us that transformation begins not with dramatic changes but with small moments of conscious living repeated every day.

PEARLS OF WISDOM

The Power of the Breath

One of the simplest tools yoga gives us is the breath. Our breath is constantly with us, yet we rarely pay attention to it.

Notice what happens when you are anxious, angry, or stressed. Your breathing becomes shallow and rapid. On the other hand, when you are calm and relaxed, your breath naturally becomes slow and steady.

Throughout the day, take a few moments to pause and observe your breathing. A few deep, conscious breaths can help settle the mind, reduce tension, and create space between an event and your reaction to it. This simple practice can transform the quality of your day and improve your ability to handle challenges with calmness.

Bringing Yoga into Relationships

Yoga is not practiced in isolation. It reflects in the way we interact with others.

Many of our difficulties arise not because of situations themselves but because of our expectations of people. We want others to think, behave, and respond according to our preferences. When they do not, conflict arises.

A yogic approach encourages acceptance and understanding. It teaches us to listen more carefully, judge less quickly, and respond more compassionately. When we learn to see situations from another person's perspective, our relationships become healthier and more harmonious.

Patience, kindness, and empathy are as much a part of yoga as any physical posture.

A Healthy Relationship with Yourself

Often, we are kinder to others than we are to ourselves. We dwell on our mistakes, criticise our shortcomings, and compare ourselves constantly with others.

Yoga reminds us that self-acceptance is essential for growth. Accepting ourselves does not mean becoming complacent. It means recognising our strengths and weaknesses without self-condemnation.

When we stop fighting ourselves, we create the inner space necessary for meaningful change. A peaceful mind learns faster, grows better, and responds more wisely than a mind burdened by self-criticism.

Mindful Living Through Food and Habits

The yogic lifestyle extends to our daily choices, especially those related to food and routine. What we consume influences not only our physical health but also our mental and emotional state.

Eating with awareness, choosing fresh and wholesome foods, maintaining moderation, and following a balanced routine help create stability within. Equally important is the quality of what we feed our minds through conversations, media, and thoughts.

A yogic life encourages us to be selective about what we allow into our body and mind, knowing that both shape our overall well-being.

Learning to Respond Rather Than React

Life will never be completely free of difficulties. Unexpected situations, disappointments, and uncertainties are part of the human experience.

The difference lies in how we respond to them.

A reactive mind is driven by impulse and emotion. A yogic mind pauses, observes, and chooses its response carefully. This ability to create a moment of awareness before reacting is one of the greatest gifts of yoga.

With practice, we begin to realise that while we cannot always control external events, we can develop greater mastery over our inner responses.

Yoga as a Way of Life

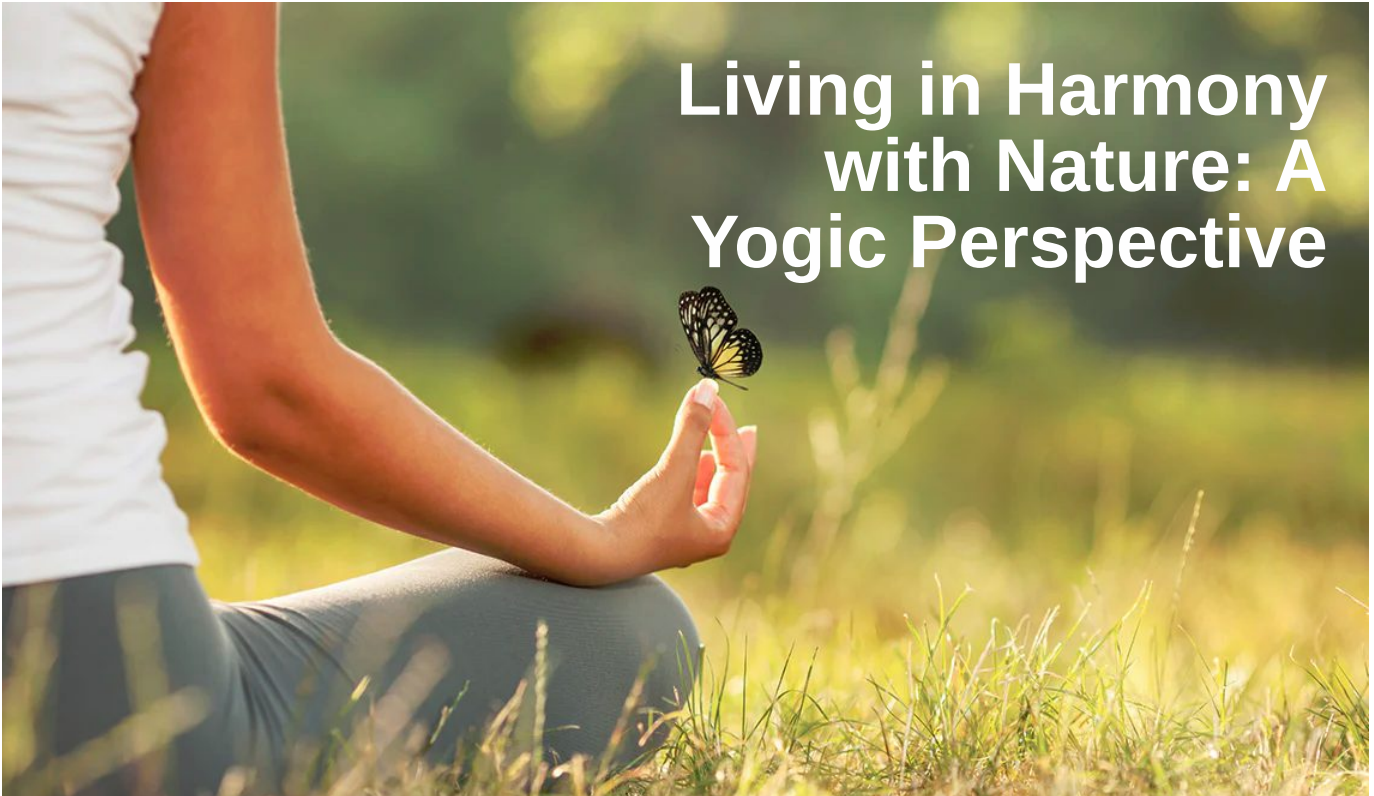
Ultimately, yoga is not limited to a posture, a breathing technique, or a meditation session. It is reflected in the way we think, speak, eat, work, and interact with the world.

Living yogically does not require withdrawing from life. On the contrary, it means participating fully in life with greater awareness, balance, and wisdom. Every day presents countless opportunities to practice yoga, through patience instead of irritation, gratitude instead of complaint, understanding instead of judgment, and awareness instead of habit.

When these small choices become a part of our daily lives, yoga ceases to be an activity and becomes a way of being. And it is through this way of being that we discover not only better health, but also deeper peace, resilience, and lasting fulfilment.



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



Living in Harmony with Nature: A Yogic Perspective

From the movement of galaxies to the blossoming of a flower, nature functions through universal laws that are impartial, consistent, and timeless. Human beings may choose to ignore these laws, but they cannot escape their consequences. Yoga teaches that true well-being comes not from conquering nature but from living in harmony with it.

One of nature's fundamental principles is the law of cause and effect, every action creates a corresponding result. Just as a seed grows into a tree with proper nourishment, our thoughts, habits, and actions shape our physical, mental, and spiritual health. Equally important is the law of balance. Nature constantly seeks equilibrium, correcting excesses through its own processes. The changing seasons also remind us of the law of cycles, teaching that growth, rest, renewal, and change are all essential parts of life.

Nature thrives through interdependence. Soil, water, plants, animals, and humans are deeply connected, and the well-being of one influences the well-being of all. It also flourishes through adaptation and diversity, demonstrating that resilience comes from flexibility and respect for differences rather than uniformity.

Yoga is rooted in these very principles. Yogic breathing follows the body's natural rhythm, while asanas encourage movement that respects the body's design instead of forcing it. A yogic diet emphasizes moderation and seasonal eating, and meditation gently refines the mind by working with its natural tendencies. The principle of Ahimsa, or non-harming, reflects the understanding

that all life is interconnected.

Many view environmental challenges as nature's punishment, but nature does not punish, it responds. Deforestation raises temperatures, polluted rivers lose their vitality, and excessive carbon emissions alter climatic patterns. These are consequences of disturbing natural balance rather than acts of retribution.

Respecting nature's laws begins with simple daily choices: consuming only what we need, reducing waste, conserving water and energy, protecting biodiversity, spending time outdoors, and aligning our routines with natural rhythms of sleep and activity. Practicing yoga and mindfulness further deepens our awareness of this relationship.

Yoga reminds us that the same intelligence governing the stars, forests, and oceans also operates within us. When we choose to live with awareness, moderation, and gratitude, personal well-being and planetary well-being move in the same direction.

The yogic path is not about mastering nature, it is about learning to live as a conscious and harmonious part of it.

Harold Sequeira

Nurture Your Hair Naturally: An Ayurvedic & Yogic Approach



deeply nourishes dry, damaged hair while reducing split ends.

Lifestyle for Healthy Hair

Ayurveda emphasizes that external treatments alone are not enough. A balanced diet rich in leafy greens, nuts, seeds, and seasonal fruits provides essential vitamins and minerals that support hair health. Weekly oil massage of the scalp improves nourishment and circulation, while adequate sleep of

7-8 hours allows the body to repair and restore itself.

Healthy, lustrous hair is not just a result of external care, it is a reflection of inner well-being. Ayurveda views hair health as an indicator of the body's overall balance and vitality. By combining natural remedies, mindful lifestyle practices, and yoga, it is possible to nourish the hair from within and promote long-term health.

Understanding Hair Through the Doshas

According to Ayurveda, every individual is governed by three doshas, Vata, Pitta, and Kapha, each influencing the texture and condition of the hair.

- Vata hair tends to be thin, dry, brittle, and prone to breakage and split ends.
- Pitta hair is generally straight and oily but may be susceptible to premature greying.
- Kapha hair is thick and wavy, often accompanied by excess oil production and dandruff.

Recognising your dominant dosha helps in selecting the most suitable herbs, oils, and hair care practices.

Ayurvedic Herbs for Hair Vitality

Nature offers powerful remedies for maintaining healthy hair. Amla, rich in Vitamin C and antioxidants, strengthens the hair and supports growth. Brahmi nourishes the scalp and helps calm stress, while Bhringraj is traditionally valued for promoting thick, healthy hair and reducing hair fall.

For common concerns, Neem oil helps manage dandruff with its natural antibacterial properties, and Coconut oil

Managing stress is equally important, as prolonged stress can disturb hormonal balance and contribute to hair problems. Incorporating meditation, mindful breathing, and a consistent daily routine helps maintain overall well-being.

Yoga for Strong and Lustrous Hair

Yoga enhances blood circulation and oxygen supply to the scalp, creating a healthy environment for hair growth. Forward-bending postures such as Uttanasana, Sasangasana, Adho Mukha Svanasana, and Sarvangasana support scalp nourishment when practiced correctly under guidance.

Pranayama practices like Kapalbhati and regular meditation help reduce stress, improve vitality, and support the body's natural detoxification processes, contributing to healthier hair over time.

Ayurveda and Yoga together remind us that beautiful hair begins with a balanced body, a calm mind, and a healthy lifestyle. When inner harmony is restored, healthy and radiant hair naturally follows.

Dr Ekta Chaudhry

Ayurveda Consultant,
Mental Health Counsellor, Yogic Lifestyle Coach.

A journey of discovery through Yoga

Athira Nair



When I enrolled in the Basic Teacher Training Course (BTTC) at The Yoga Institute, I came with curiosity and a desire to learn. What I did not anticipate was how profoundly this journey would transform my understanding of yoga, myself, and life itself.

Over the past two months, I have come to realize that yoga is far more than a set of physical practices. Before joining the course, I had little understanding of the vastness and depth of yoga as a subject. Today, it feels as though I have been handed a never-ending gift bag, one that continues to reveal new treasures with every lesson, discussion, and experience. Each concept has opened a new door, inspiring me to explore further and deepening my appreciation for the timeless wisdom of yoga.

One of the most valuable gifts this course has given me is a new perspective on life. Through the teachings and practices, I have begun to understand that there is meaning behind every experience and a purpose behind every challenge. This understanding has helped me release burdens that I had unknowingly carried for years, feelings of guilt, excessive responsibility, self-doubt, and confusion. The knowledge I have gained has brought clarity, acceptance, and a greater sense of inner peace.

I find myself responding to situations with more compassion and awareness than before. Rather than reacting impulsively, I am learning to pause, reflect, and

understand. In many ways, this journey has helped me become a better version of myself, not because it changed who I am, but because it helped me reconnect with qualities that were always within me.

For me, yoga is no longer something I practice for an hour each day; it has become a way of living. It influences how I think, how I interact with others, and how I approach life's challenges. Yoga has brought balance, purpose, and understanding into my everyday life.

As I continue on this path, my deepest aspiration is to share this wisdom with children. In a world that is becoming increasingly fast-paced, demanding, and confusing, I believe yoga can provide young minds with essential tools for life, self-awareness, emotional resilience, inner stability, and a strong sense of values. If yoga has the power to transform my perspective, I believe it can help shape a healthier and more balanced future generation as well.

I am deeply grateful to The Yoga Institute, my teachers, and everyone who has contributed to this transformative experience. This course may be coming to an end, but I know that my journey with yoga has only just begun.

Simple yogic exercises for healthy eyes

Our eyes work continuously throughout the day, reading, working on screens, driving, and focusing on countless tasks. This constant strain can lead to tiredness, dryness, blurred vision, and reduced concentration. Just as the body benefits from gentle stretching and relaxation, the eyes too need regular care and exercise.

These simple yogic eye movements help improve the flexibility of the eye muscles, enhance coordination, reduce visual fatigue, and promote relaxation. Practised mindfully with slow, controlled movements and steady breathing, they can refresh the eyes and improve awareness of vision. Spend just a few minutes each day on these practices to give your eyes a natural break and support their long-term health.

Movement of Eyeballs



METHOD OF PRACTICE

Starting Position :

1. Sit in Yogendra Sukhasana, Yogendra Vajrasana or any other meditative posture.
 - a. If it is not possible to sit on the floor, sit on a firm chair with an erect backrest.
2. Keep your body erect, head straight and palms facing down, resting on your knees or thighs.

Sequence of Steps:

Practice 1: Shoulder gaze

1. Keeping your eyes open, gaze straight ahead at one point.
2. Slowly, without moving your head, move your eyeballs towards your right shoulder in one slow, continuous

movement.

3. Rest your gaze on your right shoulder for a few seconds, without blinking (Dakshina Jatru).
4. Gently move your eyes to the centre and then towards your left shoulder (Vama Jatru).
5. Return gaze to the centre point.

YOGA TECHNIQUE OF THE MONTH



Practice 2: Upward and Downward Gaze

1. From the centre, move your gaze upwards and hold for a few seconds without blinking.
2. Return gaze to the centre and take your gaze down, all the while keeping your head motionless.
3. Return gaze to the centre.

Practice 3: Nasal Gaze

1. Keeping your eyes open, gaze straight ahead at one point.
2. Fix both your eyes on the tip of your nose (Nasikagrah).
3. Continue to gaze for a few seconds and then close your eyes.



Practice 4: Eyebrow Gaze

1. Keeping your eyes open, gaze straight ahead at one point.
2. Focus both your eyes on the space between your eyebrows (Bhruhadhya).
3. Continue to gaze for a few seconds and then close your eyes.

YOGA TECHNIQUE OF THE MONTH



Practice 5: Eyeball Rotation

1. Keeping your eyes open, gaze straight ahead at one point.
2. Rotate both eyeballs in clockwise and anticlockwise motions.



YOGA TECHNIQUE OF THE MONTH



Practice & Peripheral Sight

1. Keeping your eyes open, gaze straight ahead at one point.
2. With your eyes looking ahead, try to see your sides, left and right.
 - a. The eyeballs will not move; however, the vision will widen.

Posture Release

1. Open your eyes and blink a couple of times.
2. Open your eyes wide and gently squeeze them shut.
3. Palm your eyes.

Recommended Practice

1. Practice one or two rounds of all the above sequences together.
2. Pause between rounds for a few seconds by palming your eyes.

B. Near and Distant Gazing

METHOD OF PRACTICE



Starting Position :

1. Sit or stand facing a window, comfortably erect, and not leaning on a wall/fixture.

Sequence of steps:

1. Raise your palms upwards. Maintain them at 'reading distance' (approximately one foot).
2. Gaze at the tips of your fingers for five seconds.
3. Now gaze into a very distant object (a tree, leaves, etc.) for five seconds.
4. Return the gaze to your fingertips.

Posture Release

1. Open your eyes and blink a couple of times.
2. Open your eyes wide and gently squeeze them shut.
3. Palm your eyes

Recommended Practice

1. Repeat the above sequence for at least one to two minutes.

FEATURED ACTIVITY



Become an Internationally Certified Yoga Teacher 3-Months Teacher Training Course (900-Hrs TTC)

On-Campus (English)

This is a TTC course that prepares students for training yoga techniques to healthy individuals. It covers theoretical and practical aspects of Yoga. The syllabus consists of experimenting learning of unique techniques and concepts pioneered by the founders of our institute.

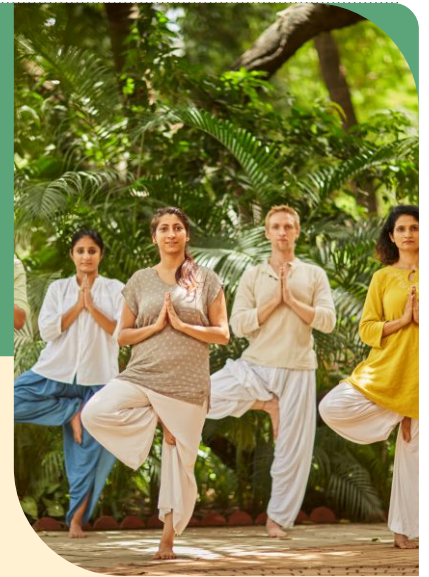
25th July to 18th October

DAYS: Monday to Saturday **TIMING:** 6:30 am to 08:00 pm

Non-Residential: INR 1,10,000/- (Inclusive of course fee, study material, 4 meals a day and 7 Days Camp)

Residential: INR 1,99,500/- (Inclusive of course fee, study material, accommodation on triple occupancy basis and 4 meals a day and 7 Days Camp)

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



Yoga for Cancer (Online)

Join our supportive and compassionate yoga program, designed to help individuals understand and navigate cancer with confidence and intelligence, while promoting healing and well-being.

6th July to 31st August

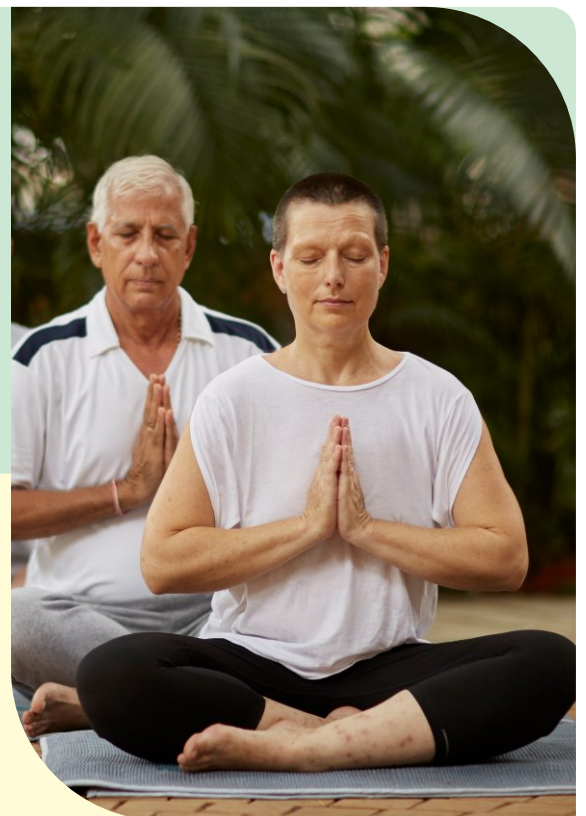
DAYS: Friday & Saturday

TIMING: 3:00 pm to 5:00 pm (IST)

FEES: Rs. 28,000/-

Note: Eligible for those who have completed a minimum 200-hours TTC from any institution.

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



FEATURED ACTIVITY



The Yoga Institute

Join 200-Hrs (2-months) Teachers Training Course

(Online & Hindi)

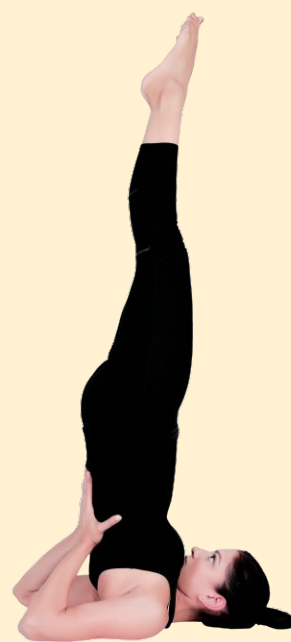
It is ideal for individuals who have no major health issues and wish to experience the Yogic lifestyle to feel rejuvenated and refreshed.

13th July to 5th September

DAYS: Monday to Saturday **TIMING:** 1:00 pm - 4:30 pm (IST)

FEES: 29,000/-

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



Meditation Foundation Course

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.

6th July to 31st July

DAYS: Monday, Wednesday & Friday

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

FEES: Rs. 1,200/-

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



FEATURED ACTIVITY



21-Days Better Living Certificate Course

5th July to 25th July

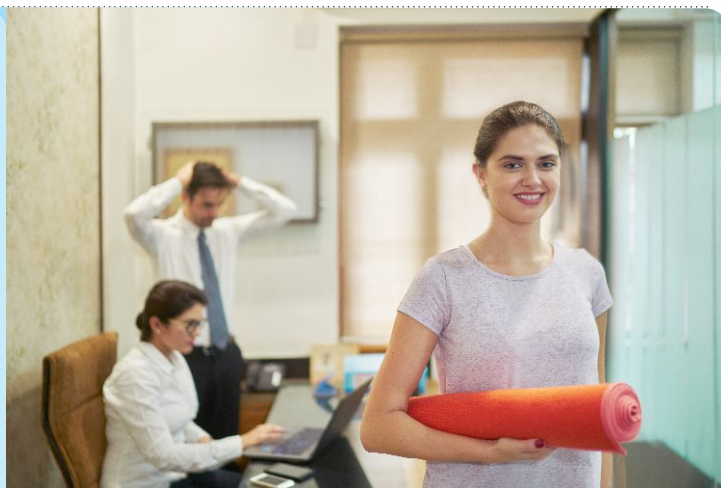
Timings:

Morning -7:00 am to 8:30 am (IST)

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

Fees:

Rs. 2,750/-



Online & On-Campus

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

25th July to 31st July

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)



5th July

Empower your heart health and manage hypertension naturally with our specialized workshop.

Time: 9:30 am to 5:30 pm

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

11th July

Unwind, relax and achieve restorative sleep with effective techniques for a healthier, more peaceful life.

Time: 9:30 am to 1:30 pm

Fees: Rs. 500/- (Inclusive Lunch)



19th July

Balance hormones, manage symptoms, and enhance well-being through yoga, diet and mindfulness.

Time: 9:30 am to 1:30 pm

Fees: Rs. 500/- (Inclusive Lunch)



***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



Pujya Guru Maa Dr. Hansaji Yogendra graced the grand International Day of Yoga 2026 celebration at Bandra Reclamation, Mumbai, organised by Hon'ble Adv. Ashish Shelar Ji, Minister of Electronics, Information Technology & Artificial Intelligence and Cultural Affairs, Government of Maharashtra. The event was attended by diplomats, senior bureaucrats, distinguished dignitaries, and hundreds of yoga enthusiasts. Addressing the gathering, Hansa Maa shared an inspiring message on **healthy ageing through yoga**, encouraging everyone to embrace yoga as a way of life for lasting physical, mental, and emotional well-being



Pranee Yogendra spearheaded a mega International Day of Yoga celebration, bringing together distinguished national leaders including Hon'ble Ministers Shri Anurag Thakur Ji, Smt. Anupriya Patel Ji, and Shri Jayant Chaudhary Ji, in a collective celebration of yoga, wellbeing, and India's timeless knowledge traditions at Yoga By The Bay, organized by The Times of India in association with The Yoga Institute, Shaina NC, and Mickey Mehta.



As part of the International Day of Yoga 2026 celebrations, The Yoga Institute conducted a special yoga session at Mantralaya, Maharashtra promoting the message of holistic health, healthy ageing, and preventive wellness among senior government officials. The session was attended by Shri Rajesh Agarwal, Chief Secretary, Government of Maharashtra; Smt. V. Radha, Additional Chief Secretary; Shri Shekhar Pardeshi, Principal Secretary; Dr. Manik Gursal, Secretary, Department of Disability Welfare; Shri Vikas Rastogi, Secretary, Finance Department; Shri Virendra Singh, Secretary, Information Technology Department; Smt. Richa Bagla, Principal Secretary, Accounts & Treasury; along with several other Secretaries and senior officers from various departments.

The gathering highlighted the growing importance of yoga as a practical tool for enhancing physical health, mental resilience, emotional balance, and overall well-being. It also reinforced the role of yoga in fostering healthier workplaces, mindful leadership, and a more productive society.



An evening of wisdom, reflection, and meaningful dialogue at The Yoga Institute as Pujya Guru Maa Dr. Hansaji Yogendra engaged in a profound Samvad with Shri Ashish Shelar Ji, Hon'ble Cabinet Minister, Government of Maharashtra. Shri Hrishiji Yogendra warmly welcomed and facilitated Shri Ashish Shelar Ji's visit, fostering a meaningful exchange on the role of yoga in building healthier individuals and a stronger society. It was a truly meaningful and extraordinary exchange of ideas, experiences, and perspectives - bringing together leadership, tradition, and practical wisdom for modern life. As we approach the International Day of Yoga, this inspiring conversation served as a timely reminder that yoga is not merely a practice, but a way of living that fosters physical health, mental balance, and social harmony.



As part of the International Day of Yoga 2026 celebrations, The Yoga Institute conducted special yoga sessions across ONGC locations at BKC, Dharavi, and Vasundhara. Employees from diverse departments participated enthusiastically, highlighting a shared commitment to preventive healthcare, workplace wellness, and the theme of "Yoga for Healthy Ageing." The sessions focused on building resilience, managing stress, and promoting holistic well-being.



On the occasion of International Day of Yoga 2026, The Yoga Institute conducted large-scale yoga sessions across leading educational institutions, including Chetana College, Mithibai College, NMIMS, Royal College, Thakur College, Atharva College, and numerous NSS units. Bringing together thousands of students, teachers, and faculty members, the sessions encouraged young minds to embrace yoga for healthy habits, emotional resilience, and lifelong well-being.



The Yoga Institute, in association with the Central Council for Research in Yoga & Naturopathy (CCRYN), conducted a special yoga session at Nehru Planetarium, bringing together leaders from healthcare, education, science, and public service. Aligned with the theme "Yoga for Healthy Ageing," the session highlighted yoga's role in preventive healthcare, lifelong well-being, and healthy living, reflecting a shared commitment to building healthier communities.



As part of the International Day of Yoga 2026 celebrations, The Yoga Institute conducted a special yoga session for Force One, the elite counter-terrorism commando unit of the Maharashtra State Reserve Police Force (SRPF). The session highlighted yoga's role in building physical endurance, mental resilience, focus, and calmness under pressure, reflecting the discipline and dedication of those who serve the nation.



As part of the International Day of Yoga 2026 celebrations, The Yoga Institute Goa Centre conducted special yoga sessions at INS Hansa, Dabolim, Goa, for Indian Navy personnel. The sessions focused on enhancing mental clarity, emotional balance, and resilience, celebrating the dedication and service of the brave men and women safeguarding the nation.



Special yoga sessions were conducted across 70+ corporate locations, including State Bank of India, Ants Crew Entertainment Pvt. Ltd., and Shroff Engineering Consultants. Participants experienced simple yogic practices designed to enhance focus, productivity, balance, and workplace well-being while reinforcing the importance of preventive healthcare.



The Yoga Institute conducted International Day of Yoga sessions across 25+ Macleods Pharmaceuticals locations nationwide. Employees participated enthusiastically, reaffirming the organisation's commitment to preventive healthcare, employee wellness, and healthier workplaces.



The Yoga Institute conducted special International Day of Yoga 2026 sessions for CISF personnel at RCFL, Chembur, and the CISF Unit at Antop Hill. Focused on physical fitness, mental alertness, emotional balance, and resilience, the sessions reinforced yoga's importance for those protecting the nation's critical infrastructure. The enthusiastic participation reflected their discipline, dedication, and commitment to service.



By Shri Yogendraji

Preserving the Authentic Spirit of Yoga



There is always a two-way traffic applicable to the future of any concept or technique. They cannot maintain the status quo since all things will either tend to improve or de-generate in due course or technique its founder propounds. This is normal with any concept the founder provides specific guidelines which he associates to avoid the latter, with its precept and practice. This is so because it is he who has originally conceived it, it is also he who understands it fully, and it is he alone who has realized it in his personal life. Thus, the experienced concept or technique remains his monopoly although she may pass his knowledge to others through literature or personal guidance. Those who follow him even devotedly are logically different. For this reason, yoga has been a monopolistic knowledge and experience which remains individualistic.

Promoters of yoga were mere followers of traditional founders who religiously depended upon their teachers. Serious investigations into the basic tradition of the yoga teachers were therefore emphasized to maintain cohesion and uniformity. The traditional teacher thus has been the only guarantor to authenticate any knowledge which he might pass on to others. Teachers devoid of traditions were not regarded as genuine. Seekers of yoga therefore devoted much of their time, energy and resources in trying to reach the traditional source before taking the risk of subscribing to any yoga teacher (guru). Thus, with faith fixed in such a teacher because of his unquestioned authority, it was easy for the disciple to accept the teacher's guidelines. The institution of guruparampara (the succession of knowledge or of

technique from teacher to the disciple) thus helped to preserve the original spirit and methodology of the remote past linked to the present through this peculiar process of knowledge. There was total discrimination on both sides and yoga for quite a long period of history maintained these traditions.

The reality of the situation has however changed considerably during the past centuries, traditional yoga suffered most. With the respect that was shown to the yogi and the yoga teacher and with their growing demand, the enthusiastic and the adventurous did away with the formality of authenticity; and groups of disciples both Indian and foreign flocked around any so-called yogin. Lacking tradition and leaning on quantity rather than quality, the study of yoga assumed a new character devoid of its genuine spirit and charisma. Thus this compromising yoga became so permissive that acts of indulgence in unyogic way of life were treated lightly, condoned or even totally ignored. The yoga that was taught being untraditional, the results proved doubtful and many began to discredit all that was said about yoga. Thus compromising yoga brought doubt where there was faith, brought disgrace where there was respect and failed where success was always assured. This made yoga suspect in the eyes of modern society except when so-called yogi performed miracles instead of self-realization.

Once on the downhill, the study of yoga stopped at nothing. The compromising yoga came handy to many unscrupulous persons who under the name of yoga traded on the ignorance and credulity of the unwary. The application of such yoga is evident from its extrovertism in place of inner development. The yoga study which compromises its basic principles and practice, presented in any form by modern social, educational, scientific and medical institutions for any given purpose associated with their specific avocations is devoid of reality and should not be credited with anything like Yoga. Insistence on genuine yoga traditions during its study is no chauvinism, it is an essentiality of study. Permissive yoga may flourish for any reason but it is ultimately barren.

The Power of a Sattvik State of Mind



By Dr. Jayadeva Yogendra



In the yoga literature, it is said that a certain state of our mind is conducive to our growth and development-this is the sattvik state. This is the state of stability, a state that makes for strength and power and lends to deep understanding and true knowledge. In fact, the highest kind of aspirations for absolute state of consciousness can arise only when an individual is poised in this sattvik state.

The finer feelings of faith, love and joy, etc. germinate in the soils of such healthy minds, and impelled by yogic technology they grow into a strong sapling. Faith is like a mother that nourishes the seeker of self-improvement and tends him throughout his spiritual development.

Anything lesser than the sattvik state is regarded as a disease, causes pain and is meaningless. Unsteadiness of mind encourages disease processes. When you lack correct judgement and lose your balance of mind, you are surely encouraging the etiology process of a disease. In fact, in more sense than one, the sãttvik states guarantee good health of the total man.

Besides ill health, the impure states of our mind are also responsible for causing pain and suffering. Each type of mental state has its own variety of feeling-tones associated with it. Overcome by these emotions, the mind loses its sense of direction.

It is said that, when severely plagued by these excessively emotional states causing instability, the mind

gets structurally deformed. The very potency of self-improvement and self-realization thus gets crippled. The example is that of a seed that is put into fire and then brought out. Such a seed would never sprout again.

So, there is much meaning in constantly watching our thoughts and our behaviour, to see if the same are contributory to positive and helpful states of consciousness or whether they are effecting deep scars in our own personality structure-never to allow us to enjoy our true capacities.

We must be clear that true insight and understanding is not available to persons whose minds are affected by the diseases of unsteadiness of mind and by negative emotions. All calculations made by such ones are imperfect. The two and two do not make four for them. Such a mind is like the turbid waters of a muddy lake stirred by violent storms. Confusion and aggressive feelings reign supreme.

We have to contrast such a mind with another that is totally objective, disinterested, at peace and steady. This integrated and well-poised mind has great capacities to penetrate into the very essence of things. Such a mind can see through limitations of material objects, can go beyond the immediate, can distinguish between the merely pleasurable and the actually wholesome and good. It sees the true reality hidden behind the thin golden veil of materialism.

Why Does Your Energy Suddenly Drop Every Monsoon?

Monsoon lethargy is often blamed on gloomy skies or reduced sunlight, but much like other seasonal imbalances, it doesn't appear overnight. It develops gradually through subtle shifts in our daily habits, digestion, activity levels, and the body's response to the damp environment around us.

From a modern nutrition perspective, persistent tiredness during the rainy season is influenced by several factors. High humidity reduces the body's ability to regulate temperature efficiently, often creating a feeling of heaviness and exhaustion. At the same time, people tend to move less, spend more time indoors, crave fried or refined foods, and pay less attention to hydration. These changes can slow digestion, affect blood sugar stability, and leave the body feeling sluggish despite adequate calorie intake.

Ayurveda offers a complementary explanation. During the monsoon season, Agni (digestive fire) naturally weakens due to the cool, moist environment. Simultaneously, Vata becomes aggravated while Kapha may accumulate, resulting in slower metabolism, reduced appetite, and a sense of physical and mental dullness. When digestion is impaired, undigested residues known as Ama begin to accumulate, interfering with the body's natural functions and contributing to fatigue, bloating, and low motivation.

The gut plays a central role in this process. When digestion becomes inefficient, nutrients from even a balanced meal may not be optimally absorbed or utilized. This means the body may have access to food but still struggle to generate steady energy. Many people interpret this as a need for more caffeine or sugary snacks, when in reality the underlying issue lies in digestive efficiency.

Supporting digestion becomes especially important during this season. Warm, freshly prepared meals are generally easier to digest than refrigerated foods or heavy, oily dishes. Including spices such as ginger, cumin, black pepper, or turmeric in everyday cooking may aid digestive function and enhance flavour without overwhelming the system. Herbal teas and warm water can also be gentler on digestion than chilled beverages during damp weather.

Regular meal timings further help maintain stable energy



throughout the day. Long gaps between meals, frequent snacking on processed foods, or overeating comfort foods can place additional strain on an already weakened digestive system. Pairing balanced meals with adequate protein, whole grains, vegetables, and fermented foods like buttermilk or curd-when tolerated-can support both gut health and sustained vitality.

Lifestyle habits matter just as much. Reduced physical activity, inconsistent sleep, prolonged screen time, and staying indoors for extended periods can all amplify the feeling of lethargy. Gentle movement, yoga, walking, and maintaining a predictable daily routine help stimulate circulation and support overall well-being during the rainy season.

While the weather outside may be beyond our control, the way we nourish and care for our body is not. When digestion is supported, meals are balanced, and daily routines remain consistent, the body is better equipped to adapt to seasonal changes and maintain steady energy.

Because in the end, monsoon lethargy isn't simply caused by the rain outside, it often reflects what's happening within. And the small choices you make each day determine whether the season leaves you feeling drained or revitalized.

Nutri Diet Clinic

Wholesome Peanut Amti

The rainy season often calls for simple, warm, and nourishing foods that are easy to digest. This Peanut Amti combines roasted peanuts, kokum, and aromatic spices to create a comforting dish that supports satiety and provides sustained energy. Served hot with rice, it makes a delicious meal for rainy days while bringing together traditional flavours and wholesome nutrition.

Ingredients

- Peanuts - ¾ th cup
- Cinnamon - ½ inch
- Cloves - 2
- Jaggery - 1 tsp, powdered
- Kokum - 2-3
- Water - 2 cups
- Cumin seeds - ½ tsp
- Ghee - 1 tsp
- Salt - ¼ tsp
- Coriander leaves - As required

Method

1. Dry roast peanuts in a pan on low flame. Don't burn them.
2. Remove the peanuts from the pan and let them cool down.
3. Then rub the peanuts between your palms and remove the skin.
4. Take the peanuts and grind them into a coarse powder.
5. Then add cinnamon, cloves and half cup of water in the same jar.
6. Grind the peanuts along with the rest of the ingredients to a smooth paste.
7. Heat ghee in a pan and cumin seeds till it splutters. Then add the peanut paste followed by a cup of water.
8. Stir well and then add kokum, salt and jaggery.
9. On a low flame, simmer the peanut curry for 7-8 minutes, stirring at intervals.
- 10 If the curry thickens, then thin it slightly by adding water.
- 11 Garnish with coriander leaves and serve hot peanut curry with rice.

Healthy cooking tips

1. If you do not have kokum, you can use tamarind paste as an alternative. It has anti-bacterial and anti-inflammatory properties.



2. Those who are allergic to peanuts can use pigeon peas, as it is a source of zinc and potassium. Pigeon peas provide energy and stabilise blood sugar and blood pressure. It has dietary fibre, which helps prevent constipation.

TESTIMONIALS



Palak Jain

B TTC Student, TYI Raipur

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.

My journey with yoga started during a challenging phase in life, and over time it became a path of self-discovery and personal growth. Through this journey, I have experienced positive changes mentally, physically, and spiritually. Yoga has helped me become calmer, healthier, more confident, and more connected with myself. This course has not only deepened my understanding of yoga but has also inspired me to share its benefits with others and help people move towards a more balanced and peaceful life.

Kavita Singh

1-Year TTC



Shweta Vaddey

3-Months TTC

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



Maria Papadopoulou

200-Hrs BTTC

I came in the 200-Hr training with a 10-year long inconsistent asanas practice, but no idea of why I was doing yoga, other than that it made me feel present and calm like nothing else in my life. Through the wisdom of the teachers, the curious questioning and their caring guidance, my mind and heart were opened to a whole new world, one that allowed me to see more clearly who I am, understand my own and others' behaviours and pain points and gave a meaning to my everyday routine. This course was so much more than a physical training of learning and performing asanas, it felt more like a therapy course, with practical tools I continue to use and think about in my life. I am grateful to everyone for the guidance and great energy that, although so far away, could reach from India to Belgium. I wish to continue learning, evolving and sharing this profound knowledge with others in my part of the world.

Aparna Sivasankaran

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.



Kashmira Makani

1-Year ATTC

The TTC at The Yoga Institute has been a truly life-changing experience. Before joining, I struggled with health issues and often felt fatigued. Through regular practice of yoga, pranayama, and meditation, my health has improved significantly, and I feel healthier and more energetic. The course also helped me develop patience, discipline, emotional balance, and inner peace. I am deeply grateful to Dr. Hansaji and all the teachers for their loving guidance, encouragement, and constant support throughout this transformative journey.

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 01/07/2026	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 01/07/2026	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 01/07/2026	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.	05/07/2026 – 25/07/2026	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.	05/07/2026 – 25/07/2026	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.	04/07/2026	9:30 am - 5:30 pm
Cardiac & Hypertension Workshop	Empower your heart health and manage hypertension naturally with our speicalised workshop.	05/07/2026	9:30 am - 5:30 pm
Deep Sleep Workshop	Unwind, relax and achieve restorative sleep with effective techniques for a healthier and peaceful life.	11/07/2026	9:30 am - 1:30 pm
Stress Management Camp	Discover the path to inner calm and resilience with our stress management workshop.	12/07/2026	9:30 am - 5:30 pm
PCOD & PCOS Wellness Workshop	Balance hormones, manage symptoms, and enhance well-being through yoga, diet and mindfulness.	19/07/2026	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.	20/07/2026 & 21/07/2026	9:30 am – 5:30 pm
Healthy & Sattvik Cooking Workshop	Learn to prepare nourishing, wholesome, and balanced meals that align the principles of health and harmony.	25/07/2026	9:30 am - 1:30 pm

TYI MONTHLY PLANNER > UPCOMING ACTIVITIES

CAMP	DESCRIPTION	Date/Day	TIME
Back & Joint Disorder Workshop	Restore mobility and ease pain with our Back & Joint Disorder Workshop.	26/07/2026	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.	06/07/2026 - 31/07/2026	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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Studio Tranquility, A-209,
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

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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
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GOA

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

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RAIPUR

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

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The Yoga Institute, BHAVYAM, House No. 4, Gali No. 4,
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The Yoga Institute,
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INTERNATIONAL CENTRES

FRANCE



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Call: +33 (0) 325034086

U.A.E.



Jumeirah Lake Towers, Dubai

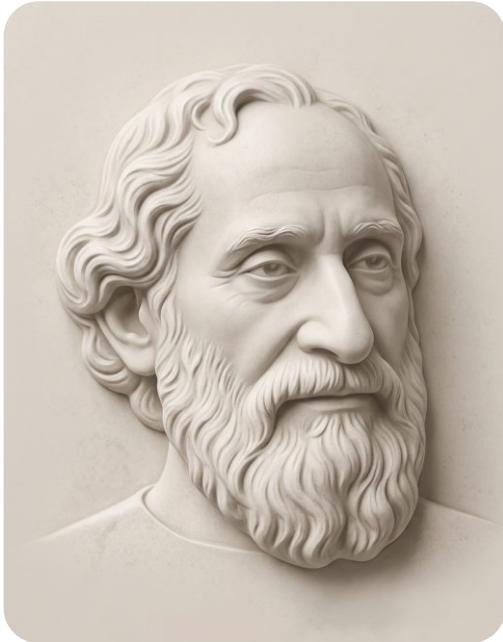
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Call: 21919651



The life of a man is beset with needs. They may be either primary or secondary. Of these, the primary needs like food, shelter, clothing etc. belong to his existential life. Such needs generally get provided somehow to a point where the majority does not bother so much with the satisfaction of such needs. But, with the advancement of science and technology, human problems get involved with the secondary needs rather than the primary. These may be more in the form of luxury than basic needs. The primary needs are a common concern of everybody, and both the society and the State remain involved in providing them. But since the society and State also encourage competition, the secondary needs become the concern of the individual alone. This cannot fail to introduce imbalance and injustice, to create class structure with its attendant competition and therefore tension. In fact, man would have no problem, if his needs are satisfied. In the past, there were few needs and less tensions, while modern life has increased them manifold. There are only two possibilities: (i) do not have secondary needs, or (ii) understand these secondary needs and resolve to solve them under modern conditions. Man has however forgotten what his real needs are which need satisfaction. What man truly needs is the uplifting experience of genuine freedom, of happiness, and of peace reinforced with a healthy long life, joyous living and mental sanity free from tensions, stress, strain, suffering and pain.

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