

AUGUST 2026, ISSUE-76

YOGAVANI

— IYA - THE YOGA MOVEMENT —

PURPOSE

Sharing the message of Yoga
based on traditional and
scientific foundation

VALUE

Unifying the diverse
traditions of Yoga



Official Monthly of The Indian Yoga Association
www.yogavani.info | www.yogaiya.in



Scan Me



SANGOSHTI 2026

7th National Conclave of the
Indian Yoga Association



12-13 September 2026

Where Yoga's Timeless Wisdom
Meets Its Future Path



Scan to
Register



+91 966 7181 329

Registration Open →

Venue: Adhyatma Sadhna Kendra,
Chattarpur, New Delhi

Table of CONTENTS



06	Letters to the Editor
07	Editorial
11	CYCLE PROGRAM – Counselling Skills for Yoga Therapists by Dr Vinod Joshi
18	Headlines
24	Sattvik Recipe – Mixed Daal Soup
25	Seeker’s Corner: Guidance on the Path
27	Practice of the Month: Sarpasana (Snake Pose)
29	Academics and Accreditation, IYA Personnel Certification Body (PrCB)
31	Upcoming Batches

Indian Yoga Association

Indian Yoga Association is a registered society, Registered under the Society Registration Act of 1860 bearing Registration No: SI/63761/2008, Dated on 31st October, 2008 Yogrishi Swami Ramdev ji Maharaj was the First Chairman of the Governing Council, Currently Gurudev Sri Sri Ravishankar ji is the new Chairman of the Governing Council and Maa Dr. Hansaji Yogendra is the President. Founded under the legendary Yogi Padma Vibhushan Late Dr BKS Iyengar ji, IYA is a maiden attempt to unite all yoga paramparas in a common cause. Indian Yoga Association is committed to promotion and advancement of Yoga and its applications around the world, a policy advocacy body in yoga and is an industry-cum-self-regulatory body to facilitate activities of its member institutions.

Aims and Objectives

- Promotion and advancement of Yoga and its applications.
- Maintaining and promoting the different Indian Yoga traditions.
- To provide extensive research facilities for carrying out fundamental and clinical research in the discipline of Yoga and its applications keeping in view the socio-economic needs of all sections of the society.
- To hold Conferences, Seminars, Workshops, Camps and Public meetings to propagate information and knowledge of Yoga, its various techniques and practice in various parts of India as well as abroad.
- Accreditation and affiliation of Yoga Institutions including Prescribing of basic requirements for affiliation of Yoga Institutions.
- To bring certain amount of self discipline in the operations of the Yoga Institutions
- To conduct experiments and research on emerging trends in Yoga.
- To develop techniques and approaches based on the Ancient Yoga Texts and Granthas of Yoga to meet the challenges of the modern era.
- Development and dissemination of new approaches to the practice, teaching and research of yoga.
- To prescribe different courses for imparting education and training in Yoga;
to prescribe syllabus and curriculum for various Yoga education, Yoga therapy and Yoga training courses and programmes;
also to prescribe guidelines to carry out research in Yoga and its applications at various levels.

योगवाणी YOGAVĀNĪ

EDITORIAL

Chief Editor
Dr Ishwar Bharadwaj

Editor
Dr Ganesh Rao

Associate Editor
Shruti Prabhakar

ART

Designer
Deepak Rawat

PRODUCTION

Production Manager
Praveen Prabhakar

ADVERTISING, SUBSCRIPTION & CIRCULATIONS

9999973450

ads@yogaiya.in

Published by Indian Yoga Association. This publication and its contents are protected by international copyright registered to publisher. Consequently, no part of this publication may be reproduced, stored in a retrieval system or transmitted in any form and by means without the prior written permission of Publisher.

Letters to the Editor

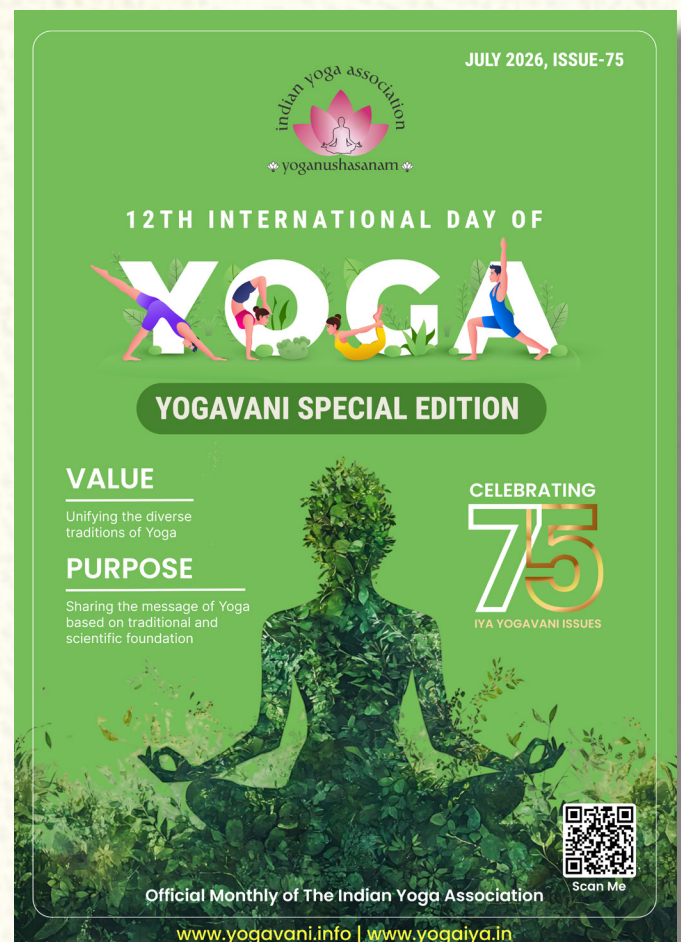
The growing integration of Yoga with modern medicine is an encouraging development. Yoga is no longer being viewed merely as a physical practice but as a holistic approach that can support physical, mental and emotional wellbeing. The article on Yoga and Modern Medicine in Alcohol Rehabilitation particularly highlights how yoga can contribute to recovery by addressing not only the body but also the mind and patterns of behaviour. Such applications remind us that the true potential of Yoga lies in its ability to complement contemporary healthcare while retaining its traditional foundations. I hope Yogavani continues to explore such meaningful intersections between ancient wisdom and modern needs.

– **Shri Chiranjit Sutradhar**

The celebration of International Day of Yoga 2026 from every corner of the world is a beautiful reminder of Yoga's universal appeal. What began as an ancient Indian discipline has become a shared language of wellbeing across cultures and communities.

Yet, beyond photographs, events and large gatherings, the real celebration of Yoga lies in making it part of everyday life—with awareness, compassion, discipline and balance.

– **Shri Sanjay Pareek**



In an age of constant information, comparison and digital distractions, maintaining a positive and balanced mind has become increasingly challenging. The article on cultivating a positive mind is therefore especially relevant to today's generation.

I believe this aspect of Yoga deserves greater attention, particularly among young people. If we can teach children and youth how to work with their minds along with caring for their bodies, we may be preparing them not just for successful lives, but for meaningful ones.

– **Shri Rabindra Das**

FROM THE EDITOR'S DESK:

- By Dr. N. Ganesh Rao

Founder of ACT Yoga | Editor, Yogavani, IYA



Significance of the Prayer to Sage Patanjali

Beginning from the beginning!

Ancient Indian philosophy is classified into two branches: Orthodox or Aastika and Unorthodox / heterodox or Naastika.

the “philosophy of knowledge”.

In the Naastika branch there are three darshanas viz. Buddhism, Jainism and Charvaka.

In the Aastika branch there are six darshanas (shad darshana) viz. Vedanta

(Uttara Mimamsa), Mimamsa (Purva Mimamsa), Nyaya, Vaisheshika, Samkhya (Sankhya) and Yoga.

Each of these six aastika darshanas has one fundamental text in the form of sutras. So we have

‘Philosophy’ is a Greek word meaning “love of wisdom”. Philosophy in ancient India was referred to as ‘darshana’ meaning ‘sight’ or ‘vision’ i.e. ‘insight into Truth’ or ‘vision of Reality’. It is also referred to as anvikshiki (आन्वीक्षिकी), which translates to “the science of inquiry”, “critical thinking”, or



Brahma Sutras of Badarayana or Veda Vyasa for Vedanta, Mimamsa Sutras of sage Jaimini for Mimamsa, Nyaya Sutras of sage Gautama, Vaisheshika Sutras of sage Kanada, Samkhya Sutras of sage Kapila and Yoga Sutras of sage Patanjali.

Thus, Patanjali's Yoga Sutras hold utmost significance and command deep reverence from all of us connected with Yoga in one capacity or the other.

In this context, the most popular prayer offered to sage Patanjali is as follows:

योगेन चतित्स्य पदेन वाचां, मलं शरीरस्य च
वैद्यकेन ।

योऽपाकरोत्तं प्रवरं मुनीनां,
पतञ्जलिप्रराञ्जलरिनतोऽस्मि॥

Transliteration

Yogena cittasya padena vācāṃ,
malaṃ śarīrasya ca vaidyakena
Yo'pākarottam pravaram
munīnām, patañjaliṃ
prāñjalirānato'smi

With Sandhi

योगेन चतित्स्य
पदेन वाचां, मलं
शरीरस्य च
वैद्यकेन ।
यः अपाकरोत् तं
प्रवरं मुनीनां,
पतञ्जलि
प्रराञ्जलिः आनतः
अस्मि॥

Transliteration with Sandhi

Yogena cittasya padena vācāṃ, malaṃ
śarīrasya ca vaidyakena
Yaḥ apākarot taṃ pravaram munīnām,
patañjaliṃ prāñjaliḥ ānataḥ smi

Meaning

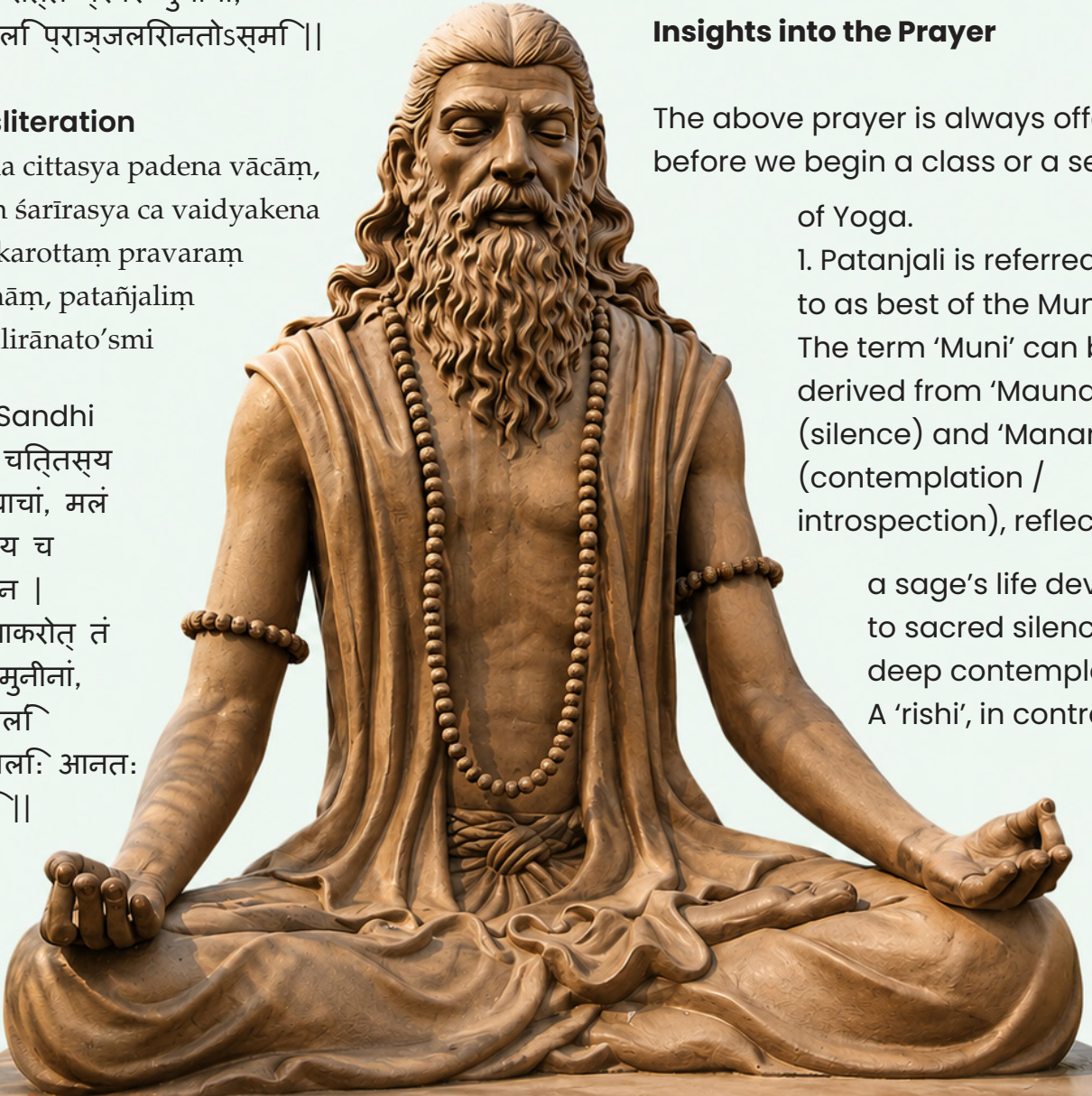
I pay my obeisance, with folded hands, to that best among the sages, Patanjali, who removes the impurities of the mind (chitta) through Yoga (Yoga Sutras), (defects) of speech through (his works on) Grammar and (diseases / excrement) of the body through (his works on) medical science (Vaidya i.e. Ayurveda).

Insights into the Prayer

The above prayer is always offered before we begin a class or a session of Yoga.

1. Patanjali is referred to as best of the Munis. The term 'Muni' can be derived from 'Mauna' (silence) and 'Manana' (contemplation / introspection), reflecting

a sage's life devoted to sacred silence and deep contemplation. A 'rishi', in contrast,



is a seer who 'saw' cosmic truths and mastered the sacred scriptures.

2. 'Patanjali' means 'fallen into hands folded in prayers'. Mythological tradition considers Patanjali to be an incarnation of Adi Seshha, the cosmic serpent, vehicle and couch of Lord Vishnu. He is swayambhu (self-incarnated), having fallen into the folded hands of a yogini by the name of Gonika.

3. Sage Patanjali has done monumental works in three subjects – Ayurveda, Sanskrit Grammar and Yoga. In the field of Ayurveda, the Carakavarttika (a commentary on the Charaka Samhita) and Patanjalantra or medical fragments are attributed to him. In the field of Sanskrit Grammar, the Vyakarna-Mahabhashya (the "Great Commentary" on Pāṇini's Aṣṭādhyāyī and Kātyāyana's Vārttikas) is attributed to sage Patanjali. Finally, in the field of Yoga, the text of Yoga Sutras is authored by sage Patanjali.

4. Purification of human beings happens at three levels: kayika (physical), vachika (verbal) and manasika (mental). Sage Patanjali has endeavored to bring about purification of human beings at all three levels i.e. total purification. This is the essence of the prayer to Patanjali – I bow down to him who has purified the body

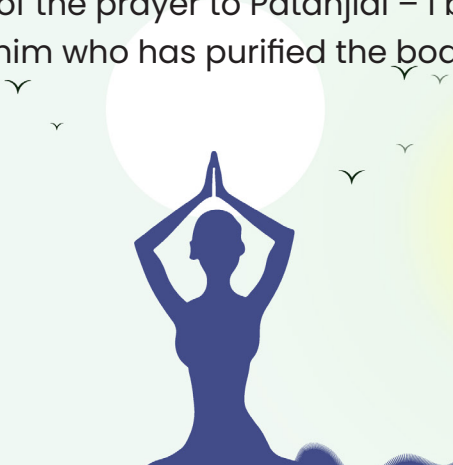
by ayurveda, the speech by grammar and the mind by Yoga. That is why sage Patanjali is addressed as Pravara Muni or Maharishi.

It is comparatively easier to control the body and physical actions; slightly more difficult it is to control the speech; and, the most difficult to control the mind. The contents of the mind inevitably become our speech; our speech inevitably leads to our actions.

5. The Upanishads say that one who has controlled his mind is more powerful than the most powerful emperor in the universe. Yoga is meant for purification and control of the mind as mentioned in the prayer to Patanjali. This should clarify beyond any doubt and dispute that Yoga deals ultimately with the mind. Every practice of Yoga – shuddhi kriya, yama, niyama, asana, pranayama, pratyahar, mantra chanting, meditation, etc. – though bringing about its own specific benefit, is ultimately meant for controlling the mind. And, the mind is controlled so that it can be transcended!!!

Since the Yoga Sutras begin with the 1st Sutra, 'Atha Yoga Anushasanam' ('Now the discipline of Yoga'), it can be inferred that Patanjali's treatises on grammar and ayurveda have logically preceded and led to the crowning exposition of the Yoga Sutras. Mind is subtler than body and speech!

6. All forms of Yoga have as their goal the experiencing of the "No-Mind state", the state wherein the Self is Realized.



The 55th Meeting of the Executive Council of the Indian Yoga Association (IYA) was held online on 18 May 2026 under the gracious chairpersonship of Maa Dr. Hansaji Yogendra, President, IYA. Convened as a special meeting at short notice, the Executive Council deliberated on several important organizational matters, with a primary focus on the successful execution of YOGOTSAV 2026 – the 6th National Conclave, upcoming collaborative initiatives, and policy decisions aimed at strengthening IYA's programmes.

The meeting commenced with the

blessings and opening remarks of Maa Dr. Hansaji Yogendra, who emphasized the importance of conducting the proceedings in a structured and time-bound manner. The minutes of the previous Executive Council Meeting were confirmed, followed by a review of the Action Taken Report. The Council noted the successful implementation of paid social media promotion for Member Institute advertisements, the effective functioning of the newly appointed Zonal Coordinators, and the continued success of the CYCLE Programme, which has now completed its 28th session.

A major highlight of the meeting was the review of preparations for the 6th National Conclave. The Executive Council was informed that the programme schedule, budget, speaker line-up, and session moderators had been finalized. With registrations reaching full capacity and receipts exceeding expenditure for the first time, the Council expressed satisfaction with the meticulous planning and approved the proposed arrangements.



CYCLE PROGRAM: 28

Counselling Skills for Yoga Therapists by Dr Vinod Joshi

A brief Report by Yogacharya Nilachal

Introduction

The 28th session of CYCLE addressed a subject that rarely receives formal space in our therapy curricula, yet quietly shapes every therapeutic encounter, the skill of counselling. The session was led by Dr Vinod Joshi,

Senior Vice Chairman of the Maharashtra Chapter of the Indian Yoga Association and a dedicated volunteer of Yoga for over four decades, and was moderated by Shri Nilachal, Founder-Director of Live Holistic Wellness and CEO of the Gitananda Integrative Therapist Academy (GITA), Puducherry.



CYCLE has developed over the past two years as a continuing educational forum for Yoga Chikitsa Ratnas, Acharyas, researchers, therapists and practitioners from across the country. Its purpose is not merely to add techniques to the therapist's repertoire, but to deepen understanding of Yoga Chikitsa as an evidence-informed, holistic and person-centred discipline.

Dr Vinod Joshi ji himself represents an unusual combination of yogic sadhana, education, entrepreneurship, adventure and service. His contribution to Yoga was appreciated at Rashtrapati Bhavan by the then Honourable President of India, Dr Shankar Dayal Sharma, alongside his revered Guru, Padmashri Sadashiv Nimbalkar ji. He has run his own paint manufacturing enterprise for thirty-eight years and served as visiting faculty at the University of Mumbai for over forty years. His life outside the classroom has been

equally active, with extensive trekking across the Sahyadris and Himalayas to heights of 17,000 feet, fifty-three half marathons, and a Guinness World Record certificate as part of a group event at the Satara Half Marathon.

Yet he began the session not with achievement, but with humility. Invoking Goddess Saraswati, he said that if anything in his presentation proved useful, the credit belonged to the Divine, while any errors were entirely his own. He even invited participants to correct him so that he too could continue learning. That spirit shaped the entire session.

Have We Drifted from the Chitta to the Body?

Yoga therapists today study anatomy, physiology and pathology seriously,



and rightly so. But Dr Vinod asked whether, in gaining knowledge of the body, we have shifted our centre of gravity away from the chitta. Patanjali defines Yoga in relation to the chitta; disturbance arises in the manomaya kosha, influences the pranamaya kosha, and only later becomes visible in the annamaya kosha. By the time a problem appears in the body, its story is already much older.

Learning from the Pioneers

Reflecting on Swami Kuvalayananda, Swami Sivananda, Sri T. Krishnamacharya and Shri Yogendra ji — while openly inviting participants to add other names — Dr Vinod noted how their teaching changed once they began working with the ill:

- Perfection of posture became less important than breathing within a posture the person could manage.
- Sthira and sukha were read from the face and breath, not only from the external form.
- Diet, meditation and lifestyle modification became part of the therapy.
- The teachers embodied what they

taught.

- The goal was transformation of the individual, not relief alone.

Yoga therapy was never meant to become the mechanical dispensing of asana, pranayama, mudra and bandha. These belong within a larger therapeutic relationship — and that relationship needs counselling skill.

The Mind at the Centre

Recalling Sri T. K. V. Desikachar's emphasis on the mind in Yoga therapy, Dr Vinod observed that two people may carry identical X-rays, one distressed and unable to stop thinking about the diagnosis, the other calmly asking whether daily activity can continue. Medically the images are the same; therapeutically the two people are not. This does not make the therapist a psychiatrist or psychologist. The role is complementary: listen better, communicate carefully, recognise distress, and refer when specialised care is needed.

Re-examining the Word Counselling

A dictionary calls counselling

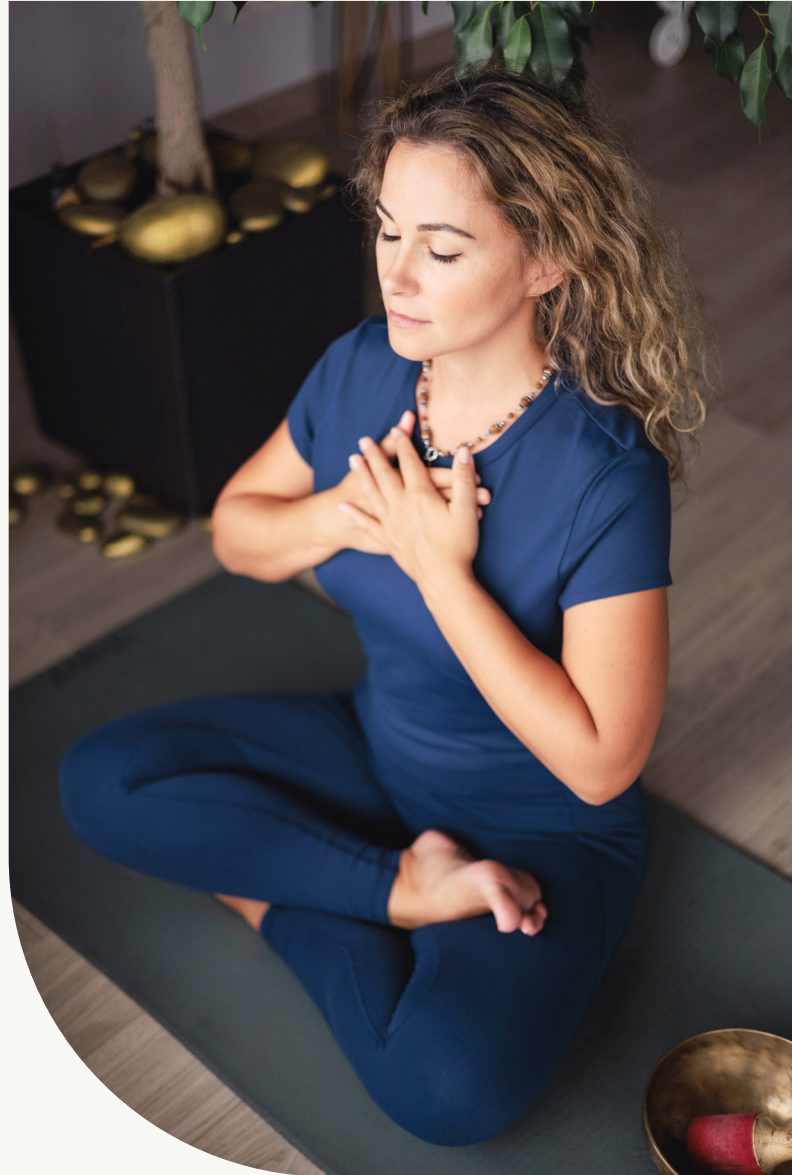
professional advice about a problem. Dr Vinod questioned both words. Advice creates hierarchy and, over time, dependence. Problem narrows attention to the diagnosis rather than the person living with it. His working definition was broader: a discussion of an emotional problem with the objective of reducing it or helping the person accept what cannot be changed and arriving at a way forward in cooperation with the individual.

Communication is where it begins. Recalling the childhood whispering game, in which the message reaching the last child bears no resemblance to the first, he connected this to samvad, meaningful dialogue. We too often lose the sam and are left with vaad, argument. In vaad the purpose is to prove I am right; in samvad, to understand.

The Heart, Not Only the Hand

An emotional problem, he said memorably, is trouble on the heart rather than bother on the hand. Two artisans carve stone for a temple: one complains of the sun and the meagre wage, the other describes himself as building a monument thousands will visit. The work is identical; the experience is not. That inner experience is the counsellor's territory and also its limit. Counselling cannot clear a traffic jam, but the anger and the ruined day that follow are entirely within its scope.

Where technical or legal expertise is required, counselling should not intrude. Counselling is also more than sympathy. It asks for empathy and for intent, a sincere



desire to help the person towards clarity. Sometimes the work is not to remove suffering but to help accept what cannot be changed, as the Buddha did when he asked the grieving mother to bring grains of rice from a home that had never known death. She arrived at the understanding herself, which is why Dr Vinod ji encouraged therapists to cultivate the art of storytelling.

The Six Functions of Counselling

Dr Vinod urged therapists to remain aware of which function they are performing at any moment:

- **Advice:** often mistaken for counselling itself, and the surest

route to dependence. Justified only in exceptional cases where confidence has been temporarily lost.

- **Reassurance:** recognise what the person already does well and build from there, rather than correcting habits merely because our own differ. But never endorse an irrational or violent reaction.
- **Communication:** listen without unnecessary interruption. Many people have nobody who will listen patiently; that alone brings relief. With elders, speak of a valued past; with the young, of a hopeful future.
- **Release of emotional tension:** speaking discharges what has accumulated. He linked this to sakshi bhava: as we clean the body daily, the mind too needs cleansing. And he noted that most of what we fear never happens, offering the profits of insurance companies as evidence.
- **Clarified thinking:** restoring proportion. A retired gentleman arrived convinced his organs were failing; the real event was that his son now read the newspaper first. The remedy cost the price of a second copy.
- **Reorientation:** a tablet is stopped once the headache goes, but Yoga is not symptomatic relief. The aim is a voluntary, sustainable change in the way a person lives.

On goals he added a caution: we are told that low aim is a crime; too high an aim, he said, can be more than a crime. Between anxiety and boredom lies the state Mihaly Csikszentmihalyi described as flow.

The Patient Is Also Evaluating You

While we assess the patient, the patient is assessing us. Four questions run silently through his mind:

- **Is this a safe and private place?** A person who may weep cannot open up in a corner of a busy hall.
- **Is this counsellor genuinely interested in me?** A checklist handed over while attending to other work answers that.
- **Will I be judged?** Told that the therapist endured surgery without a tear, the patient has already been classified as weak.
- Are my fears seen through my eyes or yours? Fears assessed through our own value system yield no workable solution.

When the answers are safety, involvement, non-judgement and understanding, a therapeutic alliance forms and only then does deeper work begin.





What Counselling Is Not

Counselling means two people setting aside time for one another, which means, concretely, that the telephone does not interrupt. It rests on absolute confidentiality, since people disclose what they have never told their own family; if a case is later used academically, the identity must be masked. It is not continuous guidance, not judging, not taking ownership of another's problem, and not expecting the patient to respond as we would. The aim throughout is growing autonomy.

The Bhagwat Gita as Samvad Yoga

We approach the Bhagavad Gita through Jnana, Karma and Bhakti Yoga. Dr Vinod proposed a fourth dimension, Samvad Yoga, the Yoga of therapeutic dialogue with Krishna as master counsellor. Note the structure: Arjuna is first allowed to express his distress fully; sustained teaching begins

only after he himself asks for guidance; and at the close Krishna does not decide for him, but asks him to reflect and choose. The decision returns to the person whose life it is. The clinical lesson is plain – let the person speak, and listen before you prescribe.

Why This Matters Now

Yoga is increasingly part of public health strategy, non-communicable disease programmes and the Indian Knowledge Systems framework, an opportunity and a responsibility together. With trained mental-health professionals so few relative to our population, a therapist who listens well and refers responsibly becomes far more useful in schools, institutions and communities. Two developments make this urgent: an epidemic of loneliness, in which people are surrounded yet unheard; and the fourth industrial revolution, bringing rapid obsolescence

of skills, aspirations disconnected from contribution, and rising self-interest even within families.

His warning was direct: education cannot end with a TTC or a therapy diploma. Patients arrive informed, sometimes about the Yoga Sutra and the Hatha Pradipika. He encouraged familiarity with REBT, CBT, OCD and ADHD, and returned to Patanjali, who gives abhyasa and vairagya, Ishvara pranidhana, Kriya Yoga and Ashtanga Yoga as angas, limbs, not a rigid sequence imposed identically on everyone.

Key Takeaways

- Yoga therapy is centred on the whole person, not the diagnosis alone.
- Counselling is samvad, not vaad; listening comes before advice.
- How a person views his condition may matter as much as the condition.
- Advice creates dependence; cooperation builds capacity.
- Privacy, confidentiality and non-judgement are non-negotiable.
- The patient evaluates the therapist as surely as the therapist evaluates the patient.

- The aim is reorientation of living, not symptom relief.
- Respect professional boundaries and refer in good time.
- Continuous learning is now part of professional responsibility.

Conclusion

In the discussion that followed, participants offered the Yoga Vasistha as another great text of counselling, Vasistha's response to Rama standing beside Krishna's to Arjuna and named further pioneers, all of which Dr Vinod ji welcomed without defensiveness. Asked how a counselling relationship should end, he answered that termination begins at the first interaction: four or five meaningful meetings often suffice, and when the person is confident of working with his own difficulties while knowing support remains available, the relationship has served its purpose.

He closed with a poem by Jill Warren, a cancer survivor writing twenty years after her diagnosis, on second chances and valuing each day addressed not to the patient but to us. Do not sit down thinking it may be the patient's last day; sit down remembering it may be your last opportunity to serve that person. He then gave the assembly his personal telephone number and an open invitation to call, adding that he expected nothing in return, not even a cup of tea. For two hours he had spoken of availability, listening, humility and service. By the end, he had demonstrated each of them.





HEADLINES

MGYI with Puducherry SCC organises CYEP

Mahatma Gandhi Yoga Institute, associate centre of IYA, in association with TAPAS, and in collaboration with the IYA Tamil Nadu, Pondicherry, West Bengal and Karnataka State Chapters, organised a Continuing Yoga Education Programme (CYEP) titled “Creating Health Through Yoga – Salutogenesis & Yoga Chikitsa (Yoga Therapy): Theory, Practice & Interactive Learning” on 26 July 2026.

The programme was organised as part of the Institute’s 25th Year of Dedicated Service (2002–2026) and focused on understanding Salutogenesis—the science of creating health—and the practical application of Yoga Chikitsa.

The programme brought together distinguished experts including Dr. T.

Ravichandran, Yogacharya Dr. Ananda Balayogi Bhavanani, Yogacharini Anandhi Mary Cecil and Yogamitra Dr. Subbu Bhaiya. The sessions explored the integration of traditional yogic wisdom with modern healthcare, with emphasis on the role of yoga in promoting physical, mental, emotional and spiritual well-being.

With more than 350 participants comprising yoga teachers, therapists, practitioners, medical and AYUSH professionals, students and wellness professionals, the programme provided a meaningful platform for continuing education, professional development and knowledge exchange. The successful programme marked another important milestone in the Institute’s 25-year journey of promoting yoga education, therapy and holistic health.



YSAB & NSYSA take yoga to wider audiences

Yoga Sports Association of Bengal and Nari Shakti Yog Sports Association have undertaken a series of major initiatives to expand the reach of yoga across West Bengal. A state-level Surya Namaskar Competition brought together more than 500 students from 24 districts, while two mega yoga programmes at Raj Bhavan witnessed participation of more than 1,000 people each. An International Workshop on “Yoga for Women Empowerment” was also organised to promote health, confidence and leadership among women.

The organisations further strengthened professional engagement by facilitating the participation of 55 yoga teachers from different districts at the National Conclave held at Kaivalyadham. Two

large-scale Yoga Setu programmes were conducted in Siliguri and Cooch Behar, bringing together more than 200 yoga teachers. A Yoga Internship Programme at Raiganj University also resulted in 70 participants joining the Indian Yoga Association.

The International Day of Yoga saw the organisations undertake a particularly extensive awareness campaign, with more than 1,600 programmes conducted across schools, colleges, universities, villages, MNCs and the health sector. Their efforts also contributed to IYA’s membership expansion, while approximately 40 candidates successfully cleared YCB Level 1, 2 and 3 examinations through the IYA-PRC Board.

Amritwani Yog Kendra conducts online training programme

Amritwani Yog Kendra, Mumbai, an Associate Centre of the Indian Yoga Association, organised a three-day Online Mudra Therapy Workshop on 21, 23 and 25 July 2026. The programme brought together 32 yoga teachers from institutions across India, providing them with an opportunity to deepen their understanding of Mudra Therapy through interactive online learning. The workshop covered Hasta Mudras, their principles and guidelines, the scientific basis of Mudra practice, Pancha Tattva and Pancha Prana, along with specific Mudras for balancing the five elements and vital energies.

Therapeutic applications for conditions including high blood pressure, asthma,

heart ailments and various aches and pains were also discussed. The sessions were conducted by Smt. Vidula Angol, whose systematic and practical approach enabled participants to connect theoretical concepts with their application.

The programme concluded with a valedictory session and the distribution of e-certificates to participants with 100% attendance. Positive participant feedback highlighted the practical value and structured nature of the sessions. The initiative reflects Amritwani Yog Kendra's continued efforts to strengthen traditional yogic knowledge and equip yoga professionals with practical wellness tools.

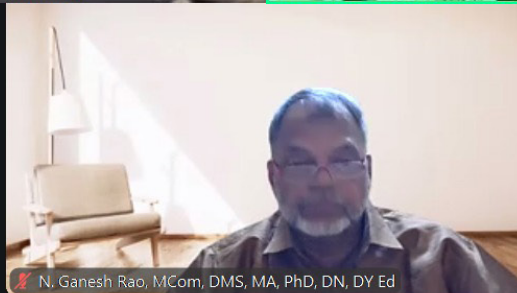
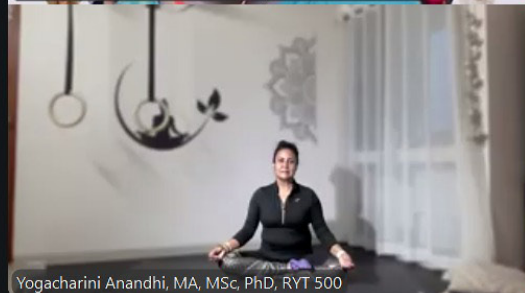
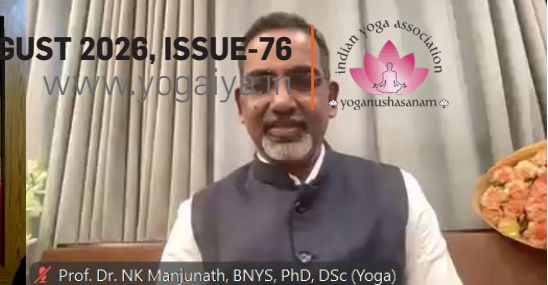
IYA and IAYT celebrates Global Yoga Therapy Day

The Indian Yoga Association (IYA) and the International Association of Yoga Therapists (IAYT) jointly organised Global Yoga Therapy Day on 14 August 2026. The online programme witnessed an overwhelming response, recording more than 5,800 registrations from across the world and reflecting the growing international interest in Yoga Therapy and its role in holistic healthcare.

The programme brought together



eminent yoga masters, clinicians, researchers and educators, including Yogacharya S. Sridharan, Yogacharya Dr. Ananda Balayogi Bhavanani, Dr. Ganesh

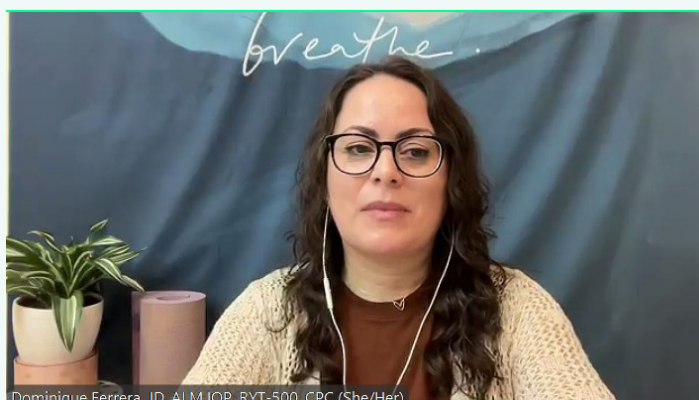


Rao, Dr. N. K. Manjunath, Yogacharini Anandhi, Yogacharya Vinay Siddaiah and Dr. Balaji R. The speakers explored the integration of traditional yogic wisdom with modern healthcare and discussed the expanding role of Yoga Therapy in preventive, promotive and integrative health.

The discussions also highlighted the importance of scientific research and validation while preserving the authenticity of India's yogic heritage. Strong audience participation and interaction added further value to the programme. The collaboration marked



an important step towards strengthening international cooperation, advancing Yoga Therapy research and enhancing the global recognition of Yoga Therapy as a holistic approach to health and well-being.





Yoga Sessions bring IDY 2026 to Trichy communities

As part of the International Day of Yoga (IDY) 2026 celebrations, D. Humaira, Yoga Trainer & Therapist, conducted a series of yoga sessions across educational institutions and community centres in and around Trichy from 15 to 22 June 2026. The sessions were held at Holy Cross College, Boiler Plant Boys Higher Secondary School, National Institute of Technology (NIT), Trichy, and the Ladies Club at BHEL Community Centre, engaging students, teachers and community members.

Across the programmes, 574 participants took part in yoga sessions. At NIT Trichy, the celebrations also featured a Mass Yoga Demonstration following the

Yoga Day Protocol, presented by Yoga student Master Chitra D. The initiatives encouraged wider participation in yoga and helped spread awareness of its importance across educational and community settings.





Two-Day yoga & wellness workshop engages students in Dharmapuri

Kovai Prana Yoga Centre, an Associate Centre of IYA, conducted a two-day Yoga & Wellness Workshop for the students of Sri Viswabharathi Matriculation Higher Secondary School, Dharmapuri, at JK Palace on 7 and 8 August 2026. The programme focused on yoga practice, wellness awareness and creating a positive and mindful environment for young learners.

The sessions witnessed enthusiastic participation from the students, with support from the school management and teachers. The initiative reflects the centre's continued efforts to promote yoga, nurture wellness and inspire young minds through meaningful and engaging programmes.



Sattvik Recipe

Mixed Daal Soup

by Kaivalyadhama Yoga Institute

Mixed Dal Soup is a wholesome and nourishing meal that provides a good combination of plant-based protein, dietary fibre and complex carbohydrates, helping support sustained energy and satiety. The variety of dals contributes essential nutrients such as iron, folate, potassium and magnesium, while tomato, coriander and coconut add further nutritional value. Spices such as ginger, cumin, curry leaves and asafoetida are traditionally used to support digestion and enhance the flavour of the dish.

When prepared with fresh ingredients and moderate seasoning, this simple soup can be a light, comforting and nourishing addition to a sattvic lifestyle.

Mixed Dal Soup: a simple, nourishing recipe

Ingredients

- ½ cup dal (mung, toor, urad, chickpea, red lentils)
- 1½ cups water
- ½ tsp turmeric
- 1 tsp oil
- ½ tsp mustard seeds
- ½ tsp cumin seeds
- curry leaves



- ½ tsp grated ginger
- ½ tsp coriander powder
- A pinch of asafoetida
- 1 chopped tomato
- Freshly grated coconut (optional)
- Salt and jaggery or brown sugar, to taste
- Fresh coriander, for garnish

Recipe

1. Place water and dal in a large pot or pressure cooker and add turmeric. Bring to the boil and cook until the dal is soft.
2. In a separate pan heat the oil, add the mustard seeds, then cumin seeds, curry leaves, ginger, coriander powder and asafoetida. Add the tomato and fry for 5 minutes.
3. Add the tomato mixture to the dal. Add coconut, salt and jaggery to taste.
4. Garnish with fresh coriander and coconut.

Seeker's Corner: Guidance on the Path

Yogavani, meaning the voice of yoga, has always sought to be more than a magazine: it is a space for dialogue, reflection, and connection within our larger yoga family. In that spirit, we invite you to share your questions with us. Whether they relate to yoga, spiritual practice, philosophy, personal challenges, relationships, or life itself, send us the questions that are on your heart and mind. Selected questions will be answered by yoga experts and members of our wider community, creating a meaningful exchange of knowledge, experience, and perspectives.

Q: I often feel completely controlled by my thoughts and emotions. When I am angry, anxious, frustrated, or upset, it feels as though that is simply who I am in that moment. From a yogic perspective, how can I learn not to be controlled by my mind?

A: When was the last time you said, 'i am happy,' or 'i am angry,' or 'i am frustrated?' When was the last time you explained your state of being as caused by a reaction in your mind to something that happened outside of you? 'You made me angry.' 'He infuriates me.' 'I can't take her anymore.' Most of us say things like this to ourselves and others pretty constantly.

Try this first: A 60-second exercise

Before reading any further, take just a moment and close your eyes. Allow the breath to slow and bring your awareness to your breath low in your abdomen, below your belly button. Just anchor there for a few seconds. Then, very deliberately, start repeating the word 'Hate' over and over in your mind. Hate. Hate. Hate. Hate. Keep repeating it for about 30 seconds. Then stop. Return to your breath for a moment and then start repeating the word 'Love'. Over and over. Love. Love. Love.



Love. Do that for 30 seconds. Then return to your breath for a few moments.

Do you notice a difference in the way your body feels between the two words? For most of us, hate causes contraction, tightening, while love causes opening, expansion, and a loosening of tension. If you've forgotten already, do it again – it's only a 60-second exercise.

What this reveals about you

I share this exercise for two critical reasons. First: our thoughts, emotions, mind, and body are intricately linked. There is no separation. The neurotransmitters flooding synapses in our brains are speaking directly and loudly to the walls of our intestines, to our immune system, to our adrenal glands. So, nothing is ever 'just in the mind'.

But the second reason is far more important. It is this: You are not your thoughts or your mind. You were there whether hate or love was being repeated. You were the conductor, not the instrument being played. You were the one in charge.

The ability to determine what we think, how we think, and the state of our minds is an inherent part of our human capacity. This is what neuroscience calls 'emotional regulation' and what the yogis have called sakshi, witness consciousness, for thousands of years.

If we are the watcher – the witness consciousness, the one who is aware – then by definition we are not the mind.

Most of us don't realise this. We say, 'I am angry,' or 'I am depressed,' or 'I can't control my temper.' Or my anxiety. Or my ad-

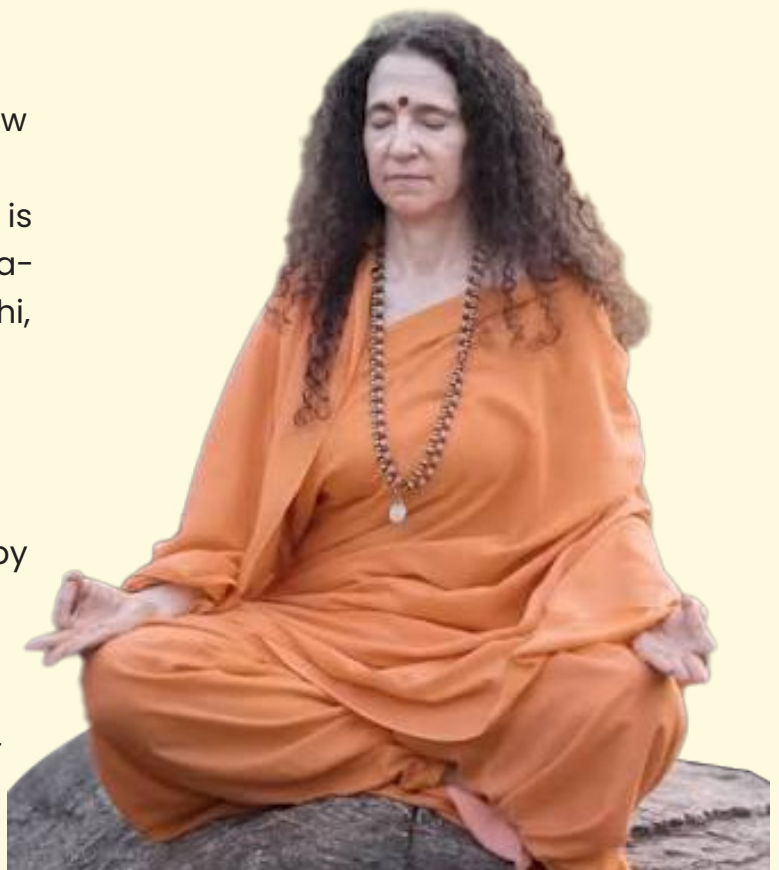
diction. But what our rishis have been telling us for thousands of years is that our minds are in our hands, as long as we are paying attention.

The one who was always watching

Anchoring our sense of identity in that pure, unchanging, unchangeable light of awareness is the key – not only to emotional and mental health, not only to healing anxiety, depression, and the endless turbulence of the monkey mind – but to freedom itself.

There is a teaching that says: *mana eva manushyanam karanam bandha mokshayoh*. Mind alone is the cause of both bondage and liberation. Fuse with its monkey nature and you live in constant bondage. Extricate yourself through re-identifying as the knower of the mind, the witness consciousness, the observer self – set yourself free.

Sadhvi Bhagawati Saraswati



Practice of the Month

Sarpasana (Snake Pose)

By Ms Purvi Shah
Samutkarsh Academy of Yog, Music & Holistic Living
Department of Yog

Sarpasana, commonly known as Snake Pose, is a backbending posture of Hatha Yoga. The name is derived from the Sanskrit words Sarpa, meaning "snake," and Asana, meaning "posture." It is considered an advanced variation of Bhujangasana, with greater emphasis on the back muscles, upper back and core.

Unlike Bhujangasana, where the palms are placed on the floor to assist in lifting the torso, Sarpasana involves interlocking the hands behind the back, requiring the practitioner to lift the chest and arms without support from the hands.

Method

1. Begin by lying prone on the abdomen, with the legs together, toes extended backwards and the forehead resting gently on the floor.
2. Interlock the fingers and place the hands over the buttocks. Place the chin on the floor.
3. Using the muscles of the back, gently raise the chest as high as comfortable.

At the same time, extend the interlocked hands backwards and lift the arms.

4. Continue lifting the chest and arms without straining. Draw the shoulder blades together and maintain a forward gaze.
5. Hold the posture for as long as comfortable while breathing normally.
6. Slowly lower the chest and arms and return to the starting position.

Release the hands and relax the arms alongside the body. Turn the head to one side and relax.

This completes one round. Practice up to five rounds, according to individual comfort and capacity.



Health Benefits

Regular practice of Sarpasana may help maintain spinal flexibility and strength and counter the effects of prolonged sitting and slouching by encouraging the opening of the thoracic region and the retraction of rounded shoulders. The posture may also support better expansion of the rib cage and respiratory control. It engages and strengthens the muscles of the back and abdomen and may help maintain the health and tone of the abdominal region.

Precautions & Contraindications

Sarpasana should be practised with appropriate guidance and without straining. Individuals with peptic ulcers, hernia, hyperthyroidism or intestinal tuberculosis should avoid the practice. It is also contraindicated for people with heart conditions or high blood pressure. Those experiencing acute disc herniation or severe sciatica should avoid deep backward-bending movements.



SANGOSHTHI
2026

12-13 September 2026

Venue:
Adhyatam Sadhana Kendra
Chhatarpur, New Delhi

Exclusively for

- Life Members
- Associate Centres
- Yoga Professional Members

Register Now ►

Join the largest Yoga Family!

Become a member of IYA

- Life Member
- Yoga Professional Member
- Yoga Volunteer Member

Visit www.yogaiya.in



Academics and Accreditation

Membership Data (Till 2022 and After)

Type of Members	Till 2023	2024	2025	2026	Total
Yoga Volunteer Members	5,811	1449	1946	228	9434
Yoga Professionals Members	6,779	2269	2279	1390	12717
Life Members	610	196	156	74	1036
Eminent Yoga Professionals	16	01	01	--	20
Associate Centers	204	46	53	30	333
International Associates	12	02	04	04	22
Member Institutes	43	06	03	04	52



Personnel Certification Body (PrCB)

For Promotion of Yoga, Indian Yoga Association has taken an initiative to make Personnel Certification Body approved under the Scheme for Voluntary Certification of Yoga Professionals owned by Yog Certification Board (Formerly was owned by QCI) launched by Ministry of AYUSH. IYA has created an independent entity within itself named as IYA PrCB by giving functional autonomy to it.

The focus of the Scheme for Voluntary Certification of Yoga Professionals, as it is being called, is to certify the competence of Yoga Professionals who provide Yoga training as Teachers or Instructors etc.

Upcoming Examination Dates of the Yoga Certification Board

Examination	Date & Month
IYA PrCB [Yoga Certification Board]	September 12, 2026 September 26, 2026 October 10, 2026 October 24, 2026 November 14, 2026 November 28, 2026 December 12, 2026 December 26, 2026



*The Examination Fees has been reduced for all the Levels

Contact us: sendinfo@iyaprcb.com

Upcoming Batches

Certificate Course in Yoga

Insignia	Course Date	Venue	Institution	Fees
	1st Sep - 28 Sep 2026	On Campus	The Yoga Institute	INR 60,000
	1st Sep - 28 Sep 2026	Non-Residential	The Yoga Institute	INR 33,000
	1st Sep - 28 Sep 2026	Online	The Yoga Institute	INR 27,500
	1st Sep – 30 Sep, 2026	Lonavla, Maharashtra	Kaivalyadhama	INR 57000 US\$ 1150
	15th Nov - 15 Dec 2026	Lonavla, Maharashtra	Kaivalyadhama	INR 57000 US\$ 1150
	14th July 2026 To 1st June 2027	(Physical Mumbai)	Yoga Vidya Niketan Mumbai	INR 30,000 / 35,000/-
	2nd August 2026 To 30th April 2027	Online	Yoga Vidya Niketan Mumbai	INR 20,000 / 25,000/-

Insignia	Course Date	Venue	Institution	Fees
	1st Sep - 28 Sep 2026	On Campus	The Yoga Institute	INR 60,000
	1st Sep - 28 Sep 2026	Non-Residential	The Yoga Institute	INR 33,000
	1st Sep - 28 Sep 2026	Online	The Yoga Institute	INR 27,500
	1st Sep – 30 Sep, 2026	Lonavla, Maharashtra	Kaivalyadhama	INR 57000 US\$ 1150
	15th Nov - 15 Dec 2026	Lonavla, Maharashtra	Kaivalyadhama	INR 57000 US\$ 1150
	14th July 2026 To 1st June 2027	(Physical Mumbai)	Yoga Vidya Niketan Mumbai	INR 30,000 / 35,000/-
	2nd August 2026 To 30th April 2027	Online	Yoga Vidya Niketan Mumbai	INR 20,000 / 25,000/-

ASSOCIATE CENTRE



Breathing Point Integrative Therapy

Breathing Point Integrative Therapy offers a holistic approach to wellness by combining traditional yoga with therapeutic yoga and specialised props. Its personalised programmes focus on improving flexibility, strength, posture, stress management and overall quality of life for people of all ages and abilities. The centre also offers Yoga Teacher Training Courses from Levels 1 to 6, accredited by the Yoga Certification Board, Ministry of AYUSH, Government of India. Its programmes integrate yoga philosophy, anatomy, teaching methodologies and practical techniques to prepare practitioners and aspiring teachers for professional practice.



Devprabha Soul Yoga

Established in 2025, Devprabha Soul Yoga is a yoga, wellness and therapeutic education centre that combines authentic yoga traditions with modern health sciences. It offers personal yoga training, yoga therapy, prenatal and postnatal yoga, Bala Yoga, face yoga, meditation, pranayama and corporate wellness programmes. The centre is led by internationally credentialed yoga professionals, including Devanshi N. Patel and Dr. Niraj D. Patel, a consultant physiotherapist. Through online and offline programmes, it aims to make professional, evidence-informed and holistic yoga accessible to diverse communities.



JYOTT YOG STUDIO

Jyott Yog Studio

Jyott Yog Studio is a yoga centre dedicated to promoting yoga as a means of improving health and overall well-being. The centre has been operating for the past two years and offers programmes catering to different needs and levels of practice.

Its programmes include basic and advanced yoga, meditation, children's yoga and specialised weight-loss batches. According to the centre, its programmes have supported more than 400 individuals, including people seeking support for various health concerns.



The Institute of Yoga & Nutrition Sciences (IYNS)

Established in 2003, the Institute of Yoga & Nutrition Sciences (IYNS) has been promoting yoga, holistic health and preventive wellness across Assam for more than two decades. The institute has worked with various departments of the Government of Assam through yoga camps, wellness outreach programmes, school initiatives and community health activities. Its programmes reach diverse groups, including students, women, senior citizens, frontline workers, persons with disabilities and rural communities.

Through its Yoga Wellness Centres, IYNS continues to provide yoga training, therapeutic sessions and meditation programmes while integrating traditional yogic wisdom with modern scientific approaches.



SERA YOGA

SERA YOGA is a holistic wellness centre dedicated to preserving and sharing authentic traditions of yoga and naturopathy. With more than two decades of professional expertise, the centre offers traditional Ashtanga, Vinyasa, therapeutic yoga and restorative meditation. Its approach combines posture alignment, conscious breathwork and mindfulness to support physical strength, flexibility and mental clarity. Through personalised practices, SERA YOGA seeks to help individuals manage stress, enhance overall well-being and develop a sustainable path towards lifelong health.



YogaTute Health

YogaTute Health combines traditional yoga wisdom with structured modern wellness systems. It operates physical centres in Chamarajpet and Banashankari, Bengaluru, along with online programmes for practitioners of different age groups. Its offerings include therapeutic yoga, teacher training and prop-based Ashtanga and Hatha Yoga. With more than 1,000 students impacted globally, a faculty of regular teachers and visiting consultants, and academic collaborations, the centre is committed to holistic well-being and lifelong learning.

Sattva Yoga Centre

Established in 2012, Sattva Yoga Centre is dedicated to authentic yogic learning and offers both online and offline programmes. Its offerings include General Yoga, Therapeutic Yoga and Meditation, with students participating from different parts of the world. The centre has developed a particular focus on therapeutic yoga and meditation practices. Alongside practical yoga, it also facilitates the study of Yoga Sutras, Bhagavad Gita and Upanishads, providing practitioners with an opportunity to explore the philosophical and spiritual dimensions of yoga.



LIFE MEMBERS



Smt Vijaya Lakshmi Vedati

Smt Vijaya Lakshmi Vedati is an experienced Yoga Teacher with over 30 years of dedicated service to the field of yoga. She has taught yoga free of cost to students across age groups and has worked extensively with adults, senior citizens and community groups. Her expertise includes traditional yoga, pranayama, meditation, stress management and wellness practices. Through her sustained teaching and community engagement, she has worked to make yoga an integral part of healthy living.



Shri Suresh Bantupalli

Shri Suresh Bantupalli is a dedicated Yoga Trainer with experience in traditional, therapeutic and corporate yoga. Trained through 200-hour and 500-hour Yoga Teacher Training programmes, he specialises in Hatha Yoga, pranayama, meditation and personalised yoga programmes. His work includes yoga-based support for lifestyle-related concerns, posture correction, stress management and mobility. He is committed to promoting safe, sustainable and holistic yoga practices for diverse groups.

Shri Barla Sadanandam



Shri Barla Sadanandam is a Yoga practitioner and teacher who has been conducting Yoga and Therapy classes for around 10 years. He has completed the Yoga Instructor Course from SVYASA University, Bengaluru, adding a structured academic foundation to his practice. Alongside his professional work, he has remained committed to sharing yoga and therapeutic practices with the community. His dedication, self-discipline and commitment to service reflect his sustained engagement with yoga.



Shri Prakash Menon

Shri Prakash Menon is a senior business leader with more than 30 years of international leadership experience, whose current work also reflects a growing focus on wellness and sustainable living. As Founder and Director of Sukhino Clothings, he is working towards organic, wellness-based apparel and sustainable textiles. His professional experience in leadership, organisational development and sustainability brings an important interdisciplinary perspective to the yoga and wellness ecosystem.



Sumit D. Aundhekar

Shri Sumit D. Aundhekar is a trained Yoga professional with an M.Sc. in Yoga and a B.Sc. in Yoga Education from SVYASA University. His work spans yoga instruction, meditation, advanced yogasanas, stress management and yoga-based programmes for students. His research on the effect of yoga on focus, attention, concentration and memory in school children reflects his interest in evidence-based applications of yoga. He has also worked extensively in yoga education and promotion through SVYASA and community programmes.



Dr. Rima Dada

Dr. Rima Dada, Professor of Anatomy at AIIMS, New Delhi, is a distinguished researcher in Yoga and integrative medicine. Since 2008, her work has explored the impact of Yoga on conditions including rheumatoid arthritis, depression, infertility, obesity, and PCOS. She has received several honours for her contributions to Yoga research.



Smt Mousumi Adhikary Putatunda

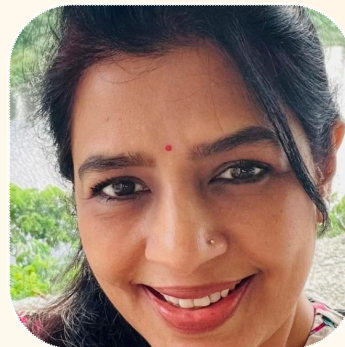
Smt. Mousumi Adhikary Putatunda is a passionate learner committed to continuous education and personal growth. A new Life Member of IYA, she joins the yoga fraternity with an interest in deepening her engagement with Yoga and contributing to its holistic values.

LIFE MEMBERS (FOREIGN)



Ms. Fatema Ahmed

Ms. Fatema Ahmed is a certified Yoga Instructor and Founder & Lead Instructor at Fitness Centre by Zinnia, Mymensingh, Bangladesh. Trained through VYASA, Bengaluru, with certifications in Face Yoga and AYUSH Yoga Volunteering, she promotes physical and mental well-being through yoga, mindfulness, and holistic wellness.



Ms. Faria Athar Khan

Ms. Faria Athar Khan is a Yoga Teacher and Founder of Yogmind by Faria, offering in-person and online programmes since 2021. Pursuing an MSc in Yoga Science from SVYASA University, she specializes in Hatha and Ashtanga Yoga, pranayama, mindfulness, and meditation, promoting holistic well-being and lifestyle transformation.



Dr. Maria Parveen

Dr. Maria Parveen is a Yoga and Wellness Coach with an MBBS and FCPS in Obstetrics & Gynaecology. Specializing in Hatha Yoga, personal yoga, weight management, and women's wellness, she integrates her medical expertise with yoga-based approaches to holistic well-being.



Ms. Nargis Sultana Munni

Ms. Nargis Sultana Munni is a Yoga and Wellness Coach specializing in Hatha Yoga, personal yoga, weight management, and holistic lifestyle practices. Trained at SVYASA Yoga University, Bengaluru, she combines Yoga, nutrition, and fitness practices to promote healthy living and overall well-being.

Indian Yoga Association State Chapter

The map displays the status of Indian Yoga Association State Chapters across India. The states are color-coded: Green for 'Reformed', Purple for 'Under Process', and Orange for 'Yet to reform'. Black location pins are placed on various states, indicating the presence of a chapter. The legend is located in the bottom right corner.

Status	States
Reformed	Andhra Pradesh, Arunachal Pradesh, Assam, Bihar, Chhattisgarh, Goa, Gujarat, Haryana, Himachal Pradesh, Jharkhand, Karnataka, Kerala, Madhya Pradesh, Maharashtra, Manipur, Meghalaya, Mizoram, Nagaland, Odisha, Punjab, Rajasthan, Sikkim, Tamil Nadu, Telangana, Tripura, Uttar Pradesh, West Bengal
Under Process	Delhi, Jammu & Kashmir, Ladakh, Lakshadweep, Puducherry
Yet to reform	Chandigarh

- ✓ Tamilnadu SCC
- ✓ Karnataka SCC
- ✓ Haryana SCC
- ✓ Bihar SCC
- ✓ Himachal Pradesh
- ✓ Manipur
- ✓ Odisha
- ✓ Telangana



CYCLE



Scan QR code
to Register

CONTINUOUS YOGA CHIKITSA LEARNING AND EDUCATION



**Learn principles and methods of yoga chikitsa
from the pioneers themselves!**

**First Sunday
of Every Month 2026**

**Starts At
10AM TO 12:00 PM**

**Essential prerequisite for yoga
Chikitsa recognition by IYA!**



Indian Yoga Association

Personnel Certification Body (PrCB)

Personnel Certification Body approved under the Scheme for Voluntary Certification of Yoga Professionals owned by Yoga Certification Board (Formerly was owned by QCI) launched by Ministry of AYUSH.

YCB Certification Offered

- ✓ Yoga Protocol Instructor
- ✓ Yoga Wellness Instructor
- ✓ Yoga Teacher & Evaluator
- ✓ Yoga Master
- ✓ Assistant Yoga Therapist
- ✓ Yoga Therapist

Register Now:

www.yogacertificationboard.nic.in

CALL NOW



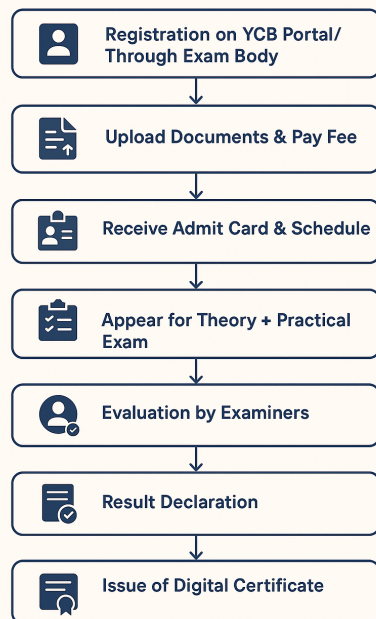
9625059898



www.iyaprch.com
41 | योगवाणी
YOGAVANI

Process of Examination

YCB CERTIFICATION PROCESS



Valid for 5 Years → Renewal/Retest

Sr No.	Examination	Total no of Questions & Marks in Theory	Total no of Marks in Practical
1	Yoga Protocol Instructor	60	140
2	Yoga Wellness Instructor	60	140
3	Yoga Teacher and Evaluator	80	120
4	Yoga Master	120	80
5	Assistant Yoga Therapist	60	140
6	Yoga Therapist	100	100

PROCESS

There are two parts of examination i.e Theory & Practical In theory following no of MCQ question are asked. There is no negative marking for wrong answer. It is mandatory to get 70% in each theory and practical to be certified

**20%
Discount**

*on assessment fees for
all associate centers.*



Scan QR Code
to Register

Fee Structure for National and International Candidates.

Certification Category	Enrollment	Enrollment SAARC Countries US\$	Enrollment Developing Countries US\$	Enrollment Developed Countries US\$	Assessment	Reapper
Yoga Protocol Instructor	₹ 500	US\$ 10	US\$ 25	US\$ 50	₹ 2000 / US\$ 75	₹ 1000 / US\$ 30
Yoga Wellness Instructor	₹ 1000	US\$ 25	US\$ 50	US\$ 75	₹ 3500 / US\$ 100	₹ 1500 / US\$ 35
Yoga Teacher and Evaluator	₹ 1500	US\$ 35	US\$ 75	US\$ 100	₹ 4000 / US\$ 125	₹ 2000 / US\$ 50
Yoga Master	₹ 2500	US\$ 50	US\$ 100	US\$ 150	₹ 5000 / US\$ 150	₹ 2500 / US\$ 75
Assistant Yoga Therapist	₹ 1500	US\$ 35	US\$ 75	US\$ 100	₹ 3500 / US\$ 100	₹ 1500 / US\$ 35
Yoga Therapist	₹ 2000	US\$ 40	US\$ 80	US\$ 100	₹ 4000 / US\$ 125	₹ 2000 / US\$ 50

CALL NOW

योगवाणी
YOGAVANI | 42



9625059898
7291972078



www.iyaprcb.com

Not just a yoga school. A living lineage of yoga.



Founded by **Gurudev Sri Sri Ravi Shankar**, Sri Sri School of Yoga carries the living pulse of the Vedic tradition into the modern world. Rooted in ancient wisdom, yet radically accessible — across ages, abilities, cultures, and faiths — SSSY delivers yoga in its fullest, most authentic form: body, breath, mind, and spirit, unified.



National Branches:

Bangalore | Mysore | Rishikesh |
Dharamshala



International Branches:

North America | South America | Europe



Yoga gave you something. It's time for you to give back.

Choose from our teacher training programs:

- 200H TTC
- Prenatal TTC
- 300H TTC
- Sri Sri Hatha Yoga TTC
- Children TTC



Scan to know more

One mat. Infinite possibilities.



Our daily yoga classes continue to transform millions across the world.

Be a part of the revolution.

**Step onto the mat.
Step into something larger.**



Scan to know more



Not all yoga is taught. Some yoga is lived.



Founded by **Gurudev Sri Sri Ravi Shankar**, Sri Sri School of Yoga carries forward a living yogic tradition rooted in the wisdom of the Vedas. More than techniques and postures, we offer an immersive journey into the essence of yoga—integrating body, breath, mind, and spirit.

With authenticity at its core and accessibility at its heart, Sri Sri School of Yoga has empowered millions across cultures, generations, and backgrounds to experience yoga in its fullest form.



National Branches:

Bangalore | Mysore | Rishikesh |
Dharamshala



International Presence:

North America | South America |
Europe

Carry the tradition forward.
**Become a certified
yoga teacher**

Train with experienced faculty and gain the knowledge, confidence, and depth to share authentic yoga with the world.

Choose from our teacher training programs:



Scan to know more

- 200-Hour TTC
- 300-Hour TTC
- Children's TTC
- Prenatal TTC
- Sri Sri Hatha Yoga TTC



Every practice matters.
Every breath counts.

Whether you are beginning your yoga journey or deepening an established practice, our daily classes offer a space to strengthen the body, calm the mind, and reconnect with your inner self.



Scan to know more

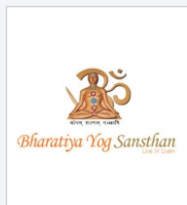
Join a global community experiencing the transformative power of authentic yoga every day



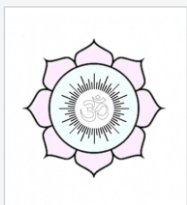
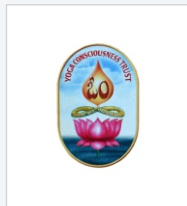
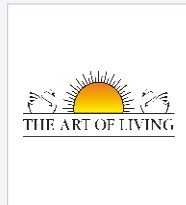
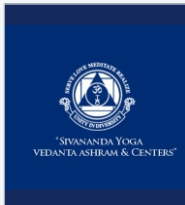
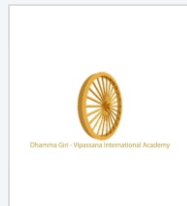
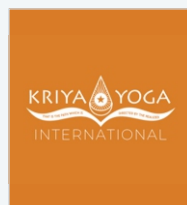
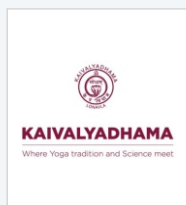
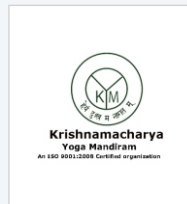
9886011231

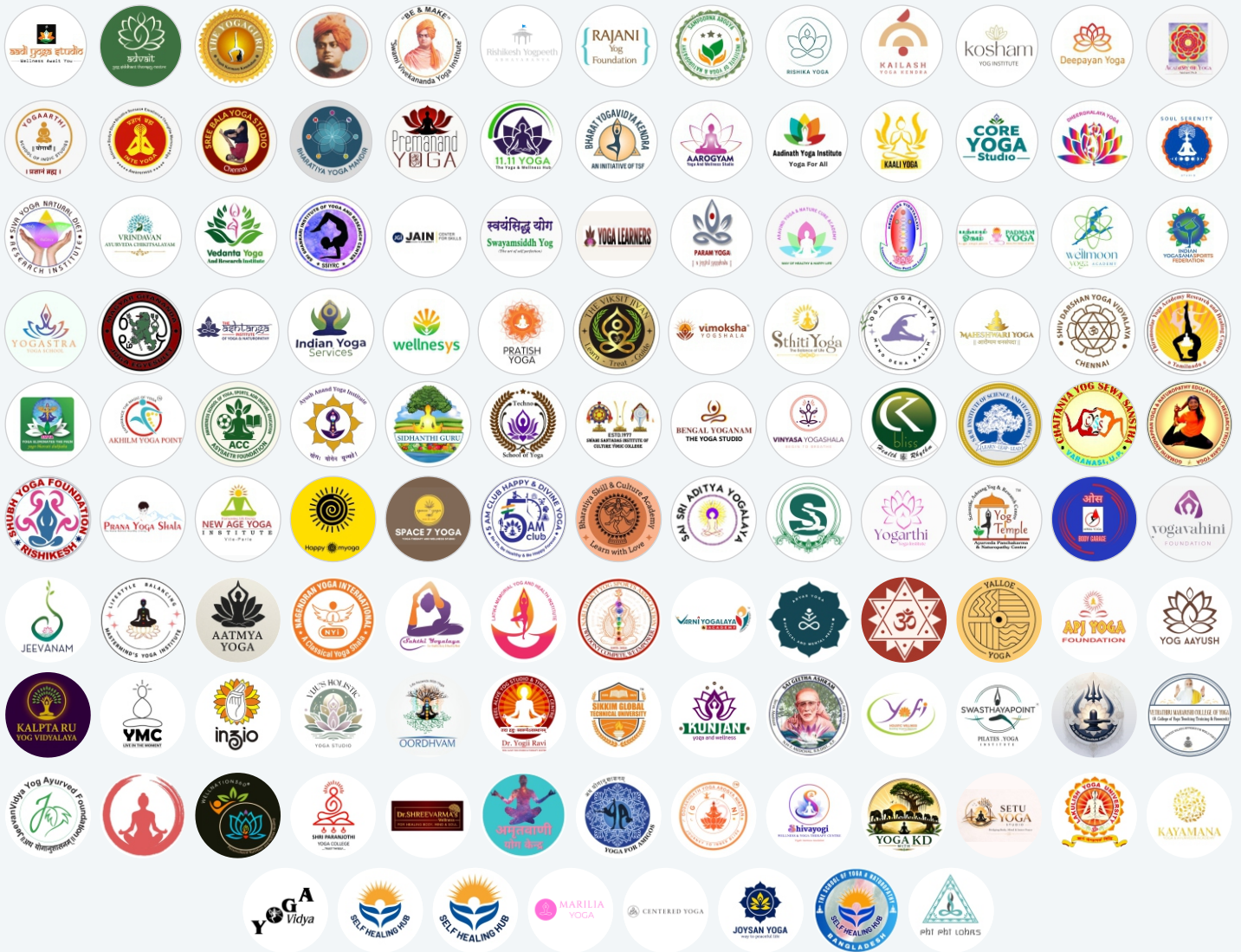


admissions@srisrischoolofyoga.org



MEMBER INSTITUTIONS





ASSOCIATE CENTRES & INTERNATIONAL ASSOCIATE

