

DECEMBER 2025, ISSUE-70

YOGAVANI

IYA - THE YOGA MOVEMENT

PURPOSE

Sharing the message of Yoga
based on traditional and
scientific foundation

VALUE

Unifying the diverse
traditions of Yoga

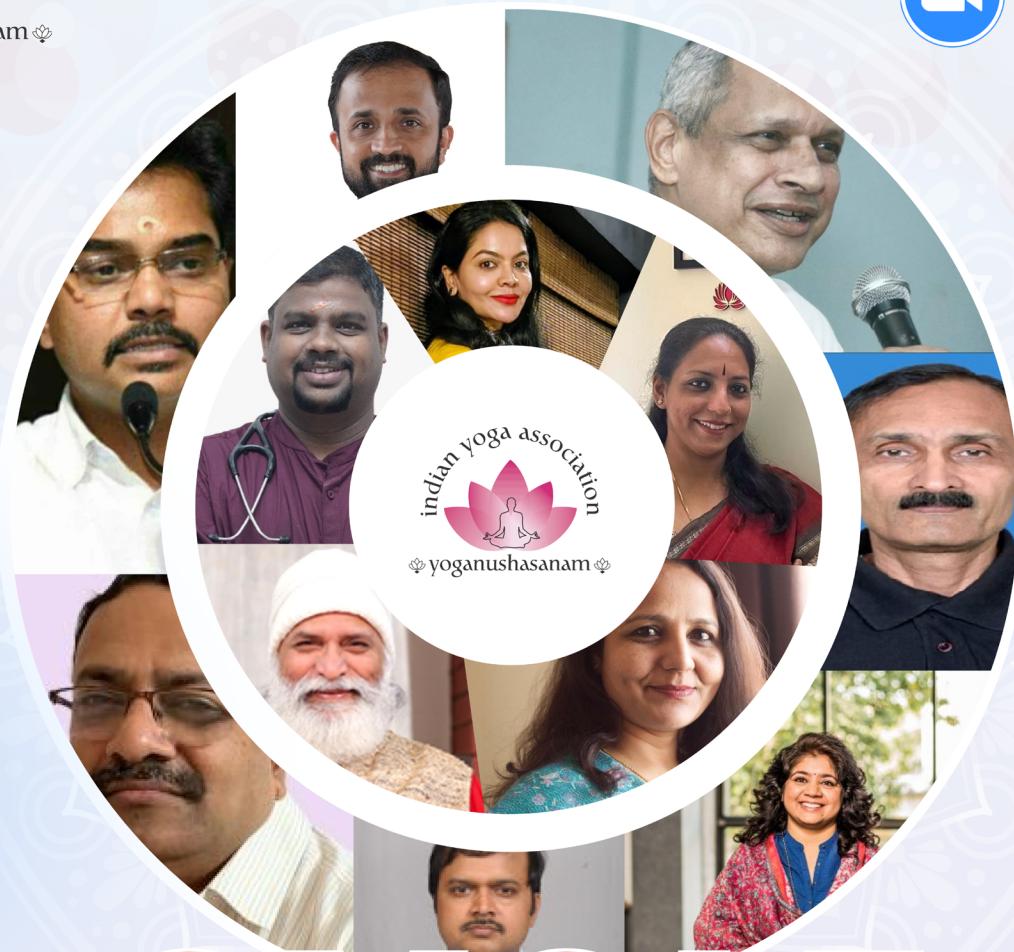


Official Monthly of The Indian Yoga Association

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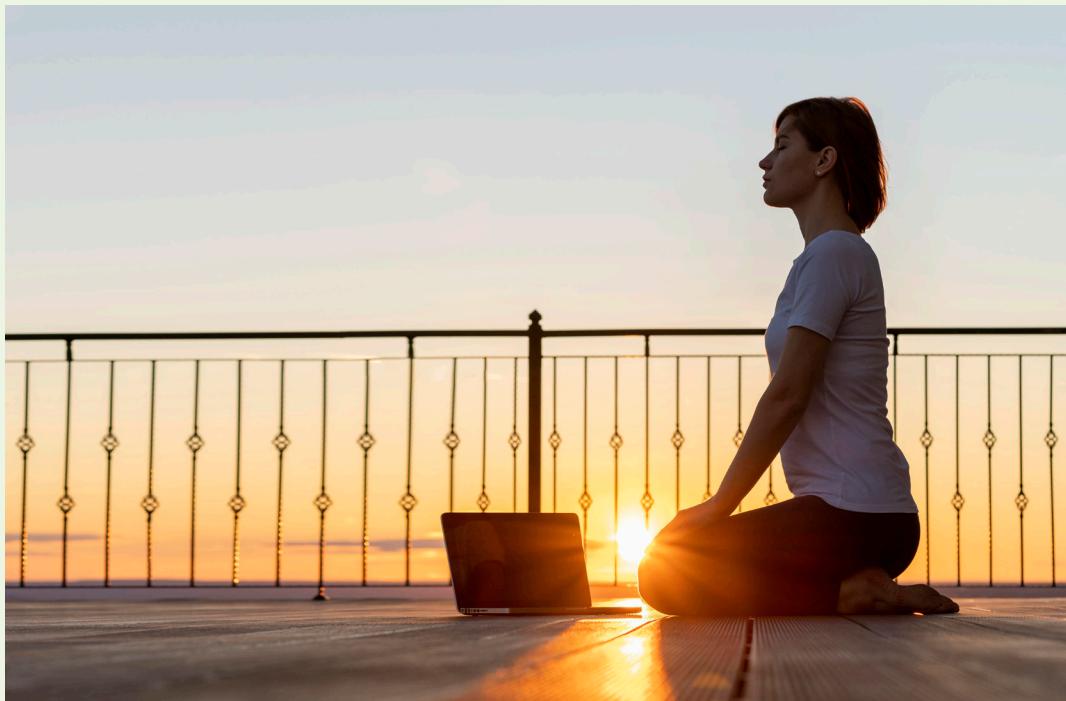
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Indian Yoga Association

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

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Letters to the Editor

The extensive and beautifully presented coverage of the 5th National Conclave of State Chapter Committees held at Lekhak Gaon was truly commendable. The narratives and visuals together captured the spirit, deliberations, and collective strength of IYA. It felt as though one was reliving the conclave through the pages of Yogavani.

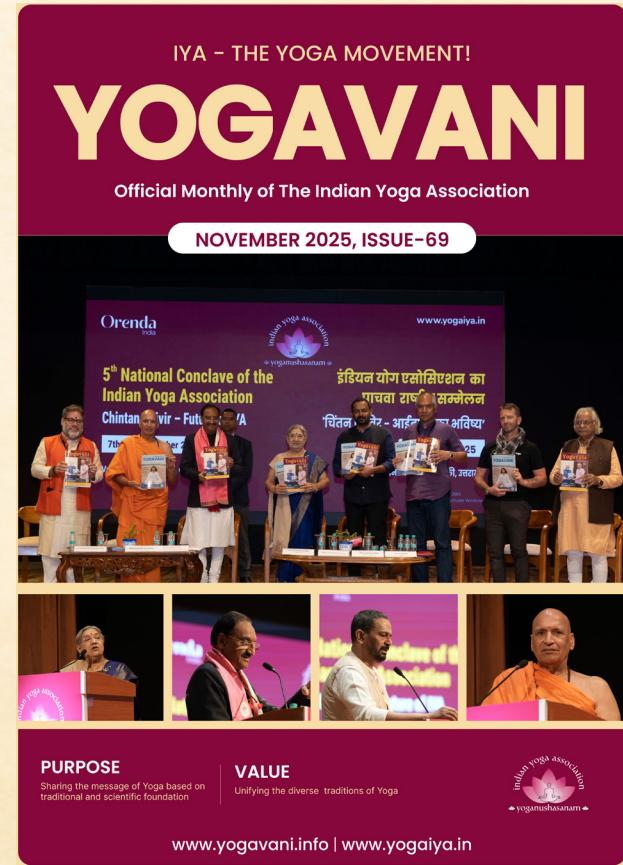
- **Shri Aravindan A**

The November issue of Yogavani offered deep reflective reading through articles such as The Science of Prāṇāyāma and Returning to Stillness through Yoga. The seamless integration of yogic wisdom with scientific understanding made the content both enlightening and accessible. Such writing nurtures both intellect and inner awareness.

- **Smt Pooja Rani**

I particularly enjoyed the practical sections of the November issue, including Practice of the Month: Agnisar Kriya and the Sattvik Recipe – Healthy Millet Bhel. These features encourage readers to bring yoga and mindful living into daily routine in a simple and effective manner. A truly useful and engaging segment.

- **Shri Sathya Patharathil**



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The November issue of Yogavani beautifully captured several proud milestones of the Indian Yoga Association. Features such as A Proud Moment for IYA and the report on the 51st Executive Council Meeting reflected the organisation's steady growth, unity, and forward vision. Such updates strengthen trust and inspire collective participation.

- **Smt Tripati Padamwar**

EDITORIAL

– By **Shri K.C Jain**

Treasurer, IYA & Director, Adhyatm Sadhna Kendra



Understanding The True Self: A Journey Beyond the Physical Body

In the clamour for reality, have you ever found yourself wondering who you really are? Or what is your true self? Many of us have sought to discover our true selves and yet, only few succeed. It is often said that through meditation we know our true self. The question then arises, when we talk of knowing our true self, do we mean to say that we start knowing our habits, our behavior, our intellectual level, our physical strength, or is it something else?

In meditation, when we talk about the true self, we are talking about our existence. In an earlier post, I have mentioned that our existence is made of two aspects – the physical body and the consciousness. Now, the physical body is matter. And matter has four properties – colour, touch, taste and smell. Anything that is matter in the universe has to have these four properties.



At the same time, our physical body also includes the sensory organs which enable us to know these four properties of matter in its multiple forms. The sensory organs may be understood to be the functional extension of the physical body and do not possess individually the properties of matter. They allow us to know matter or the properties of matter. But that is where their role comes to an end. They do not carry out any analysis or take any judgement with regard to what they have sensed. They simply pass on the information they have received to the human mind, which is also the physical extension of the body. The mind is what analyses the information received by the sensory organs, stores it in our memory, and if the need be, visualizes on the basis of the memory.

It is important to remember that the physical body consists of the body or matter; the sensory organs, the extension of the body to perceive; and the mind which, keeps the memory of that which has been perceived by the sensory organs. So they are all part and parcel of the physical body. Now let us try to understand the consciousness in this light. By its very definition, the consciousness is devoid of the four properties of matter, implying that it cannot be known by

the sensory organs. And if it cannot be known through the sensory organs, there cannot be any memory related to it or any analysis related to it by the mind. Consequently, knowing the true self would mean travelling beyond the physical body, travelling beyond the sensory organs, travelling beyond the mind, and to the consciousness.

However, the journey to knowing the true self must be mediated through the physical body itself. Here, the body, the sensory organs and the mind lead us to a situation where we connect to the consciousness. The first step in this process is to stabilize the body – it has to be in a state of total relaxation. The moment the body is relaxed, the sensory organs will also relax, as will the mind, slowing down the thought process. This leads to a state where we start travelling beyond the body, beyond the sensory organs, beyond the thoughts, towards consciousness, to the true self.

The process I have described here is not instantaneous; it takes time. But the journey has begun. The objective will be achieved when one is able to see clearly the distinction between the physical body and consciousness.

COVER STORY



Executive Council Meeting: IYA sets a strong vision for 2026

The 52nd Meeting of the Executive Council (ECM) of the Indian Yoga Association (IYA) was held online on 2 December 2025 from 5:00 PM to 5:45 PM under the chairpersonship of Maa Dr. Hansaji Yogendra, President, IYA. The meeting commenced with the chanting of the Shanti Mantra, creating a calm and reflective atmosphere for the deliberations. Welcoming all members, the President recalled the collective journey of the Association and appreciated the continued dedication of the Council members, while specially acknowledging the balanced and committed contribution of Dr. Ananda Balayogi Bhavanani.

The minutes of the 51st Executive Council Meeting held on 18 September 2025 were placed before the Council

and unanimously confirmed, as no amendments or suggestions were received. The Secretary General, Shri Subodh Tiwari, then presented the Action Taken Report, highlighting substantial progress across programmes and administrative initiatives. The Council noted the successful conduct of Yog Setu programmes in Delhi, Kerala, and Uttar Pradesh, each drawing strong participation and appreciation. Ongoing initiatives such as the Cycle Programme, Manthan Monthly Lecture Series, and the Instagram Live Series were reported to be receiving consistent engagement.

The successful organisation of the Fifth National Conclave at Lekhak Gaon, Dehradun, was also noted, with the White Paper draft prepared for circulation. Further updates included the completion of key administrative actions such as

reforms in the J&K and Madhya Pradesh State Chapter Committees, finalisation of the SOP for State Chapter fund release, appointment of the auditor, progress on a new payment gateway, and implementation of the Common Yoga Protocol Appreciation Course (CYPAC).

The Council took note of these developments and expressed satisfaction with the steady strengthening of organisational systems.

The Executive Council approved the proposal to hold the Annual General Meeting (AGM) online on 12 December 2025 at 6:00 PM IST, primarily to meet statutory requirements and share important updates with members. The proposed Governing Council (GC) Meeting scheduled for 28 January 2026 was also approved in principle, subject to final confirmation after internal coordination.

Deliberations on future programmes focused on enhancing IYA's outreach and public engagement in 2026. The Yog Setu series in Maharashtra was confirmed for 13–14 January 2026, with additional state-level editions to be finalised. The Council also discussed a major national-level event proposed for March 2026 in New Delhi, with Vigyan Bhawan among the venue options. The event aims to position IYA as a unifying platform for diverse yogic traditions, encourage participation from the general public, and involve dignitaries from the Ministry of AYUSH, diplomatic missions, and allied institutions. Proposals included creating a History Gallery showcasing IYA Member Institutions and ensuring

significant participation from non-IYA members.

The application of Patanjali Yog Research Centre, Kerala Chapter, recommended by the Kerala State Chapter Committee, was approved as a new Member Institute, recognising the importance of strengthening institutional presence in key states. In addition, concerns were raised regarding the limited promotion of IYA Certification programmes by Member Institutions and Associate Centres.

The Council resolved that a formal communication from the President's Desk would be issued to encourage wider adoption and promotion of IYA certifications.

In her concluding remarks, the President expressed satisfaction with the overall progress of IYA's programmes and initiatives and urged members to continue their collective efforts with dedication and harmony. The meeting concluded on a positive note with the recitation of the Shanti Mantra, reaffirming IYA's shared commitment to the promotion and propagation of yoga.

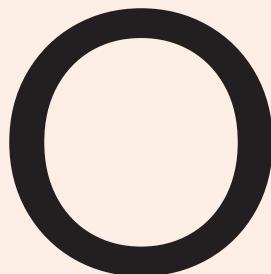




CYCLE PROGRAM

When Yoga Listens to Music: A Harmonious Path to Healing by Dr. Karuna Nagarajan

A brief Report by Yogasadhaka Nilachal



In the first Sunday of every month, yoga therapists, teachers, and serious students gather online for the **Continuous**

Yoga Chikitsa Learning and Education (CYCLE) Program of the Indian Yoga Association. Designed as a structured, community-based initiative, CYCLE offers sustained learning in Yoga Chikitsa through live interaction with senior Yoga Chikitsa Ratnas and Acharyas.

The session featuring **Dr. Karuna Nagarajan** marked the **22nd consecutive CYCLE Program**, a milestone that reflects both the continuity of the initiative and the growing commitment of the yoga therapy community it serves.

In this CYCLE session, what unfolded was not merely a lecture but a lived experience, where theory, personal stories, sound demonstrations, and reflective silence combined to reveal how yoga and music move together in healing.



Introduction

Dr. Karuna Nagarajan is a leading yoga educator, researcher, and pioneer in Indian music therapy. She serves as **Professor at Vivekananda Yoga University (VaYU), USA**, and is the **Co-Founder and Managing Trustee of Svaraveda Foundation**. Trained in both **Carnatic and Hindustani classical music**, she brings a pan-Indian musical vocabulary into therapeutic yoga with precision and depth. In this session, what emerged was not a performance or a lecture, but a lived experience of healing where breath, mind, and sound moved together.

Yoga and Music as Mind-Body Medicine

At the heart of Dr. Karuna's work lies a simple yet profound insight: both yoga and music are mind-body medicine. They do not merely treat symptoms. They work at the level where disease begins.

Drawing from the Yoga Sutras of Maharshi

Patanjali, Dr. Karuna grounded her reflections in classical yogic psychology. Maharshi Patanjali presents the mind not as a single entity, but as a coordinated set of functions:

- Manas (perception)
- Buddhi (discrimination)
- Chitta (memory and impressions)
- Ahamkara (ego-identification)

Manas, which processes sensory input; chitta, which retains memories and impressions; ahamkara, which creates identification with the self; and buddhi, the faculty of discernment. Maharshi Patanjali explains Psychological disturbance emerges when these components remain caught in repetitive loops of impressions, reactions, and identification.

She explained that Yoga is not just asana or pranayama. It is the expansion of a narrow, ego-driven personality into

a wider field of awareness. When the ego tightens, emotions such as anger, greed, fear, jealousy, and attachment arise. Yoga softens this grip. Yoga works to still these fluctuations through disciplined awareness, while music, through melody, rhythm, and emotional resonance (rasa), offers a complementary pathway, softening mental agitation by directly harmonizing the emotional field. In both, healing begins with the mind. When the mind calms, prana flows rhythmically. When prana flows correctly, digestion improves, emotions stabilize, and the body regains balance. This is not metaphor. It is lived physiology, described in yogic texts and observed daily in therapeutic practice.

Most suffering arises from repetitive loops between perception and memory. A simple desire, when identified with the ego, can spiral into craving, frustration, anger, jealousy, and grief. Yoga interrupts this cycle. Music gently dissolves it. This is why Patanjali defined yoga as:

“Yogaḥ chitta-vṛtti-nirodhah”
 (Yoga is the cessation of the fluctuations of the mind.)
 - Yoga Sutra 1.2

chitta vritti nirodhah is the quieting of mental fluctuations. Music, when used consciously, achieves the same stillness by bypassing analysis and touching the emotional core directly.



The Five Koshas and Integrated Healing

True yoga therapy addresses the whole human system. Dr. Karuna emphasizes the classical pancha kosha model:

- **Annamaya Kosha** (physical body): diet, cleansing practices, asana
- **Pranamaya Kosha** (Vital energy sheath): pranayama and rhythmic breath
- **Manomaya Kosha** (Mind sheath): mantra, bhajan, music, meditation
- **Vijnanamaya Kosha** (Wisdom sheath): self-study, ethical clarity, counseling
- **Anandamaya Kosha** (bliss sheath): devotion, karma yoga, art, nature

She gave special emphasis to Anandamaya Kosha, explaining that joy and inner ease are not luxuries but essential markers of healing. Music



therapy finds its strongest resonance at the level of the manomaya kosha, where emotions shape health. A raga, correctly chosen and properly received, can shift fear into calm, grief into compassion, restlessness into peace.

From Stress to Disease: Where Music Intervenes

Modern stress disorders unfold in stages:

- Psychic phase: disturbed sleep, irritability, anxiety
- Psychosomatic phase: blood pressure changes, tremors
- Somatic phase: organ dysfunction
- Organic phase: established disease

She explained how yoga, counseling, and music therapy play different roles at each stage, with music being especially effective in emotional regulation and psychological support. In palliative and end-of-life care, she shared, music has the power to soften fear and help individuals leave the body with dignity and serenity.

She also highlighted the cultural dimension of music, referring to indigenous traditions such as the Saka practice of singing to connect with nature and ancestors, and demonstrated a traditional vocal technique known as Kalihaq, illustrating music's grounding and therapeutic potential.

Rasa: The Emotional Language of Healing

Indian music is not organized merely around scales. It is structured around rasa, aesthetic emotion. Love (shringara), compassion (karuna), courage (vira), and peace (shanta) are not entertainment. They are medicine.

Dr. Karuna explained that specific combinations of notes evoke specific emotional states. When a listener enters a raga with openness and attention, the nervous system responds. Stress hormones reduce. Healing neurochemicals such as serotonin and

oxytocin increase. Breath deepens. The body listens.

This is where yoga and music meet in practice. During asana or pranayama sessions, instrumental ragas without lyrics support internal focus. During meditation or therapy, devotional music allows emotion to surface and release safely.

Devotion, Not Performance

One of the most striking aspects of Dr. Karuna's approach is her insistence on intention. Music heals not because it is technically perfect, but because it is sincere. When music is offered as devotion, it aligns the performer, the listener, and the space itself. This alignment, she explains, activates what neuroscience now calls mirror neurons. The inner state of the musician transmits itself. Healing flows not from sound alone, but from consciousness carried by sound.

Yoga and Music Therapy Convergence in Practice

At the point where yoga therapy and music therapy converge, Dr. Karuna explained the principle of pratipaksha bhavana, replacing negative emotional patterns with positive attitudes such as maitri, karuna, mudita and upreksha, as prescribed by Patanjali.

She outlined the seven technical components of Indian music therapy: nada, shruti, swara, raga, tala, rasa, and thata, emphasizing resonance as the key mechanism of healing. Practical examples included the therapeutic use of music



for asthma, where evoking safety and openness supports relaxed breathing.

She also shared an eight-week case study on rheumatoid arthritis, where yoga combined with specific ragas improved emotional well-being, self-assurance, and coping ability, demonstrating how music and yoga together address both physical pain and emotional burden.

Conclusion

What Dr. Karuna Nagarajan ji offered is not a new trend, but a restoration. Yoga was never silent. Music was never separate from healing. Both were always meant to guide human beings back to balance, clarity, and compassion.

In a world overwhelmed by noise, distraction, and stress, this harmony feels radical in its simplicity. Sit. Breathe. Listen. Let the mind soften. Let sound do its quiet work.

Yoga, when it listens to music, remembers its original voice.

HEADLINES



Gramin Upkar Sansthan promotes Surya Namaskar among youth in Ranchi

G

ramin Upkar Sansthan, Ranchi, an Associate Centre of the Indian Yoga Association (IYA), successfully organised Surya

Namaskar yoga sessions on Sunday, 14 December 2025, at Vaishnave Prabhat Shakha, Gayatri Nagar, Pirra, Kathitand, Ranchi, Jharkhand.

The session was conducted under the guidance of Shri Ajay Dubey, Assistant Teacher-cum-District Coordinator, and witnessed the enthusiastic participation of 17 children and youth. The initiative aimed at nurturing discipline, physical fitness, and yogic awareness among young participants.

The yoga sessions will now be conducted

every Sunday from 6:30 am to 8:30 am, and on other days from 4:00 pm to 5:30 pm, ensuring regular engagement and continuity of practice.





Students experience the spirit of Karma Yoga through seva at Chiranjiv Foundation

Students of Chiranjiv Foundation, an Associate Centre of IYA, enthusiastically participated in a Karma Yoga Practical Activity on 7 December 2025, gaining firsthand experience of Nishkama Karma—selfless action performed with devotion and responsibility.

The students engaged in meaningful activities such as:

- Gardening and soil preparation
- Plantation and nurturing of plants
- Cleaning and maintenance of the premises
- Team-based seva carried out with joy and cooperation

Through these actions, the Yog Sadhakas beautifully embodied the essence of

Karma Yoga as described in the Bhagavad Gita:

कर्मण्येवाधकारस्ते मा फलेषु कदाचन ।
मा कर्मफलहेतुरभूरमा ते सङ्गोऽस्तवकर्मणि ॥

The activity aimed to cultivate responsibility, humility, teamwork, mental discipline, and a spirit of service, while encouraging students to apply yogic principles beyond the mat. The Foundation reaffirmed its commitment to nurturing physically fit, mentally strong, and socially responsible yoga professionals.



Yogis Trust hosts three-day Yoga and Meditation camp in Courtallam

Yogis Trust, an Associate Centre of IYA, organised a three-day Yoga and Meditation Camp from 12–14 December 2025 at the serene premises of Ramakrishna Ashram, Aintharuvi, Courtallam, Tenkasi District, Tamil Nadu.

Participants from various regions across Tamil Nadu attended the camp with keen interest. Each day featured six hours of

intensive Yogasana practices and Divine Symbol techniques, fostering physical vitality and inner awareness.

Upon successful completion, certificates bearing the official logos of the Indian Yoga Association and Yogis Trust were awarded to all participants, marking the culmination of a deeply enriching experience.

YogAI 2025 explores the Interface of Yogic Science and Artificial Intelligence at WCSC

Vethathiri Maharishi College of Yoga Research Centre, a unit of the World Community Service Centre (WCSC) which is a Member Institute of IYA, organised its first International Conference – “Yogic Science through Artificial Intelligence (YogAI 2025)” on 13–14 December 2025.

The conference was preceded by a six-day Pre-Conference Web Mela, creating a global academic platform, followed by a two-day in-person event conducted with scholarly rigour and discipline. The programme brought together over six international speakers, 220 delegates, and 40 distinguished resource persons. A souvenir comprising 60 peer-reviewed research papers was released,





highlighting interdisciplinary research linking Yogic Science, Cognitive Science, and Artificial Intelligence.

The inaugural session was presided over by Padma Shri Dr. SKM. Maeilanandhan ji, President, WCSC and President, IYA Tamil Nadu State Chapter. Dr. R. Elangovan, Secretary, IYA Tamil Nadu State Chapter,

delivered the Keynote Address, emphasising ethical and human-centric AI development.

The conference theme, "I, AI through Yog-AI", symbolised the harmonious integration of human consciousness and artificial intelligence through yogic wisdom.

CYE conducts skill training programme on Yoga and Health Management

The Centre for Yoga Education (CYE), an Associate Centre of IYA, organised a Two-Day Skill Training Programme on Yoga Skills and Health Management under RUSA 2.0 at Alagappa University, Karaikudi, on 23–24 October 2025.

The programme commenced with a welcome address by Prof. S. Saroja, followed by the Presidential Address

by Prof. A. Senthil Rajan, Registrar. Prof. R. Elangovan, Member—Executive Council, IYA, delivered the Special Address and led practical sessions on Yoga and Yoga Nidra.

Sessions included Mantra Chanting, Surya Namaskar, Sound Healing, Pawanmuktasana Series, and alignment-

based asanas with props. The valedictory ceremony featured an address by Col. Prof. G. Ravi, Vice-Chancellor, Alagappa University, who highlighted the importance of balancing technology with yogic discipline and mindful living. Certificates were distributed to all

participants and resource persons, concluding a programme that enriched participants with practical skills and holistic understanding.

Easy Yoga Studioz touches lives through community wellness initiatives

Easy Yoga Studioz, an Associate Centre of IYA, collaborated with the Lions Club to conduct wellness programmes for senior citizens, hospital staff, and children from boys' and girls' orphanages.

Over two days, tailored sessions were conducted for different age groups, with over 200 participants benefiting from the initiative—reflecting a spirit of care, inclusivity, and collective well-being.

In a parallel initiative, Easy Yoga Studioz introduced Brahmamuhurta Meditation



sessions, inviting women from various age groups to experience the sacred stillness of early dawn.

Participants reported profound shifts in energy levels, mental clarity, and emotional well-being, sharing heartfelt experiences of inner transformation. The initiative beautifully reflected the essence of yogic living and mindful awareness.



“ŚāntiDhyāna” – A Morning of Mindfulness, Movement & Wellbeing with NES-Yoga

The Department of Economics, Assam Don Bosco University, in collaboration with North East Social Yoga (NES-Yoga)—an Associate Centre of the Indian Yoga Association (IYA)—successfully organised a Mental Wellness Programme titled “ŚāntiDhyāna: Calm Your Mind” on 11 October 2025, from 9:00 a.m. to 12:00 noon.

Over 30 students and faculty members participated with great enthusiasm, arriving early in comfortable attire, equipped with yoga mats and water





bottles, ready to begin the day with mindfulness and self-care. The programme was thoughtfully designed to support mental well-being, especially within demanding academic environments.

The session began with an energising Surya Namaskar practice, setting a positive and vibrant tone for the morning. This was followed by gentle yogāsanas, guided mindfulness practices, breathwork, and meditation, aimed at stress management, emotional balance, and inner calm. The practices were conducted by experienced NES-Yoga instructors, who created a warm, inclusive, and supportive atmosphere.

Participants found the workshop deeply refreshing and grounding. The collective practice fostered a



strong sense of community, clarity, and renewed focus, leaving everyone inspired to integrate mindfulness into daily life.

NES-Yoga expressed heartfelt gratitude to the Department of Economics, Assam Don Bosco University, for the meaningful collaboration, gracious hospitality, and wholehearted participation that made the programme enriching and memorable. Special appreciation was also extended to the Indian Yoga Association for its constant guidance and encouragement in promoting authentic yoga traditions and holistic well-being across India.

The ŚāntiDhyāna programme stood as a gentle yet powerful reminder of the importance of pausing, breathing, and reconnecting with inner peace amid the pace of modern academic life.



Shiv Darshan Yoga Vidyalaya conducts Maruthi Maha Yajna for World Peace

Shiv Darshan Yoga Vidyalaya, an Associate Centre of the Indian Yoga Association (IYA), organised a sacred Maruthi Maha Yajna for World Peace, conducted with deep reverence by Swami Gambhirananda. The event witnessed heartfelt participation from devotees who gathered in large numbers to invoke peace, harmony, and universal well-being.

The Yajna was marked by a serene and spiritually charged atmosphere.

Devotees, adorned in vibrant traditional attire, participated in sacred rituals with devotion and discipline. The Kalash procession, collective Vedic chanting, and ritual offerings created a powerful collective vibration, filling the space with positivity and gratitude.

A beautifully adorned Shiva Lingam stood as the spiritual focal point of the Yajna, symbolising divine consciousness and universal balance. The rhythmic chanting and unified prayers reflected the community's shared intent for global peace and inner transformation.



In the true spirit of seva, the event also included the distribution of essential items, embodying compassion, service, and social responsibility—core values of yogic living.

Through this meaningful spiritual gathering, Shiv Darshan Yoga Vidyalaya reaffirmed its commitment to promoting yoga, spirituality, and selfless service. The Maruthi Maha Yajna not only sanctified the sacred space where it was performed but also carried its blessings far beyond—spreading peace, positivity, and goodwill into the wider world.

Garbasanskar workshop guides expecting mothers on the path of conscious motherhood

The Garbasanskar Workshop, organised by iPregatips in collaboration with AYG Academy, an Associate Centre of the Indian Yoga Association (IYA), was held on 10 December 2025 at 6:00 pm. The session welcomed expecting mothers into a warm, nurturing, and insightful learning environment focused on conscious and holistic motherhood.

The workshop was led by

Dr. Nutan Pakhare, who beautifully integrated the wisdom of Garbasanskar with trimester-wise pregnancy care. She explained how a mother's thoughts, emotions, lifestyle, and surrounding environment play a vital role in shaping the baby's physical, emotional, and intellectual development even before birth.

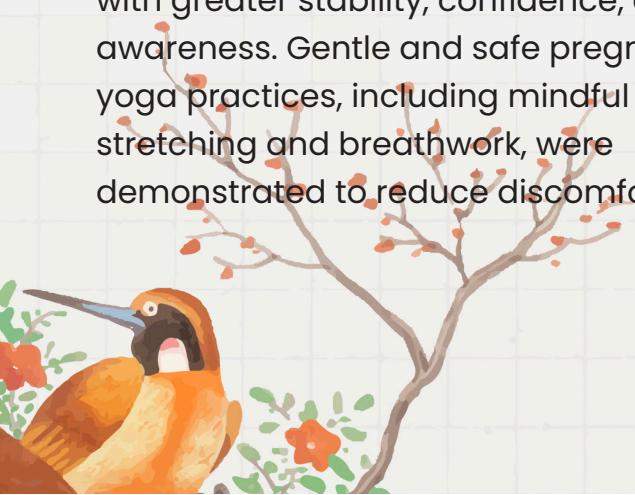
Participants received clear and practical guidance tailored to each trimester, helping them understand bodily changes with greater stability, confidence, and awareness. Gentle and safe pregnancy yoga practices, including mindful stretching and breathwork, were demonstrated to reduce discomfort, build



strength, and support overall well-being during pregnancy.

An important highlight of the session was the creation of a safe and compassionate space where mothers could openly share their health concerns, fears, emotional challenges, and pregnancy-related experiences. This sharing fostered a strong sense of connection, reassurance, and community among participants.

The workshop concluded with an interactive question-and-answer session, leaving participants feeling informed, supported, and inspired in their journey toward empowered and mindful motherhood.





Acknowledgement

It is a moment of great honour and pride that two Member Institutes of the Indian Yoga Association were recognised with the Prime Minister's Award for Outstanding Contribution to the Promotion and Development of Yoga at the closing ceremony of the WHO Global Summit on Traditional Medicine.

Heartiest congratulations also to Shri Des Raj ji, President, Bharatiya Yog Sansthan, Member Institute of the Indian Yoga Association, on being honoured for his lifelong dedication to the promotion and development of yoga and holistic well-being.

From The Divine Life Society, the award was conferred in recognition of the timeless yogic legacy and global contribution of Swami Sivananda, whose



teachings have inspired generations to walk the path of yoga, service, and spiritual living.

The prestigious awards were presented by the Honourable Prime Minister Narendra Modi at the 2nd WHO Global Summit on Traditional Medicine, held from 17–19 December 2025 at Bharat Mandapam, New Delhi.



We also extend our warm congratulations to the distinguished international awardees from Egypt, South Korea, Croatia, USA, Brazil, Australia, and the UK, whose inspiring efforts reflect yoga's universal relevance and its transformative power across cultures and continents.

These honours celebrate yoga as a living bridge between ancient wisdom and modern healthcare—fostering harmony, resilience, and well-being in today's fast-paced world. The adoption of the Delhi Declaration at the summit further reaffirms a shared global commitment to integrating traditional medicine into sustainable healthcare systems.

May this recognition inspire many more institutions and individuals to walk the yogic path and serve humanity with dedication and compassion.



Sattvik Recipe

Food Is Medicine

A Healthy Body, Mind & Soul Begins with Conscious Nutrition

By Dr Nutan Pakhare, AYG Academy

Food Safety, Trust, and Conscious Nutrition

The Eggo eggs controversy serves as a clear reminder of the vital role food safety plays in our lives and highlights the growing disconnect between consumers and the food industry. This issue is particularly alarming for parents-to-be, as even minimal exposure to contaminants can negatively impact hormonal balance and fetal development. The incident emphasises the urgent need to rebuild trust, reassuring individuals as they make decisions about what foods to include in their diets.

Furthermore, the controversy highlights the importance of transparency in the food supply chain. This need for openness aligns directly with the principles of Ayurveda, which advocate consuming fresh, natural foods to support holistic health—especially during the crucial preconception phase.

According to Ayurveda, "Food is Medicine," and the choices we make regarding our diet not only influence our

physical strength and immunity, but also affect our emotional well-being and the qualities we transmit to future generations. By prioritising safe, wholesome foods, individuals can foster both physical and emotional health, laying the foundation for a strong, healthy family.

Conscious Food Choices for Preconception and Pregnancy

Consciously selecting healthy foods lays a strong foundation for overall well-being, especially during the preconception and pregnancy phases. Embracing this mindful approach to nutrition not only benefits the physical health of parents-to-be but also reinforces respect for time-honoured traditions associated with pregnancy. By making thoughtful dietary choices, individuals empower themselves to confidently support their own health and the healthy development of future generations. Focusing on food safety, transparency, and the intrinsic healing qualities of wholesome foods deepens

our connection to ourselves and our cultural roots as we prepare for and experience the transformative journey of preconception and pregnancy.

Seasonal Nutrition During Indian Winters

In India, the arrival of winter brings with it a robust digestive fire, making this season particularly suitable for consuming nourishing, seasonal foods. By aligning our diets with the colder climate, we

can transform our meals into medicine, effectively countering the dryness and chill that winter brings. Focusing on warming and hydrating foods helps maintain balance and supports overall well-being throughout the season. The following yogic recipes reflect our culture and are traditionally enjoyed during Makar Sankranti. Incorporating nutrient-dense foods like Til-Gud Ladoo and Bajra Bhakri helps support our health while addressing modern safety concerns.

Til-Gud Ladoo (Sesame-Jaggery Balls)

Ingredients:

- Sesame seeds
- Jaggery
- Ghee

Method:

Roast sesame seeds until aromatic. Melt jaggery with a bit of ghee. Mix and roll into warm ladoos.

Benefits:

- Rich in calcium & iron
- Supports bone strength and reproductive vitality
- Balances Vata and boosts warmth in winter
- Ideal for preconception, pregnancy & postnatal nourishment



Bajra Bhakri (Pearl Millet Flatbread)

Ingredients:

- Bajra flour
- Warm water
- Ghee

Method:

Knead flour with warm water. Shape into flatbreads and cook on a hot tawa. Brush with ghee..

Benefits:

- High in fibre and minerals
- Supports blood sugar stability
- Enhances stamina and gut strength
- Nourishes reproductive tissues (Shukra Dhatu)



ARTICLE

-by Yogoda Satsanga
Society of India



World Meditation Day: A Global Call to Stillness and Inner Growth

World Meditation Day was celebrated on December 21, 2025, marking a powerful moment in humanity's collective journey toward inner peace and holistic well-being. In an age defined by speed, stress, and constant stimulation, the world is finally awakening to the momentous significance of scientific meditation.

By declaring December 21 as World Meditation Day, the United Nations has encouraged individuals, communities, and even nations to recognise meditation as a core pillar of human development—not a luxury, but a necessity.





Meditation has long been described as concentration on God. Even a small, consistent daily practice can measurably enhance calmness, emotional balance, and physical health. As more people experience these benefits firsthand, meditation is no longer seen as abstract philosophy—it is becoming a practical, science-backed life skill.

The great yogi Paramahansa Yogananda, revered worldwide as the father of Yoga in the West and author of the timeless classic *Autobiography of a Yogi*, repeatedly emphasised meditation as being of paramount importance for all human beings. His life and teachings underscored one clear truth: inner transformation begins with stillness.

Following a scientific meditative path such as Kriya Yoga—a comprehensive and time-tested methodology for connecting with the higher Self—

individuals can progress steadily toward true inner peace. Beyond spiritual upliftment, Kriya Yoga and its allied techniques bring profound rejuvenation of body, mind, and soul.

The very word *yoga* signifies union with God, and meditation stands at the heart of the yogic path. Founded in 1917 by Paramahansa Yogananda, the Yogoda Satsanga Society of India (YSS) continues to disseminate the sacred teachings of Kriya Yoga, placing unwavering emphasis on regular, deep meditation as the primary means to attain Self-Realisation.

In *Autobiography of a Yogi*, Paramahansa Yogananda notes that the science of Kriya Yoga meditation surpasses other spiritual practices, and when practiced with devotion, it cannot fail in leading the seeker to the ultimate goal.



For busy professionals who feel meditation can be postponed, the truth is quite the opposite. A demanding life requires even more meditation—to manage pressure, sharpen clarity, and maintain emotional resilience. A study from Harvard University highlights that CEOs who meditate regularly tend to perform better and lead more balanced professional lives. Modern experts in mindfulness and wellness echo this finding, advocating meditation as a foundation for a healthy, fulfilled life.

For those already committed to spiritual practice, the guidance is simple: the more deeply and regularly one meditates, the greater the inner transformation. Years of sincere meditation naturally cultivate cheerfulness, balance, efficiency, and

even robust physical health.

As Paramahansa Yogananda memorably declared, "This can wait and that can wait, but your search for God cannot wait!" The surest way to accelerate that sacred search is through meditation. His revered guru, Swami Sri Yukteswar Giri, reinforced this truth with timeless clarity: "Everything in future will improve, if you are making a spiritual effort now!"

World Meditation Day must serve as a collective reminder—meditation is not optional. It is essential for anyone seeking lasting peace, joy, and meaning in life.

So, dear reader, what are you waiting for? Begin today. Sit still. Breathe deeply.

Meditate—and let the journey within unfold.

-by Dr. Balwant Singh
Yog Master, Thane, (Maharashtra)

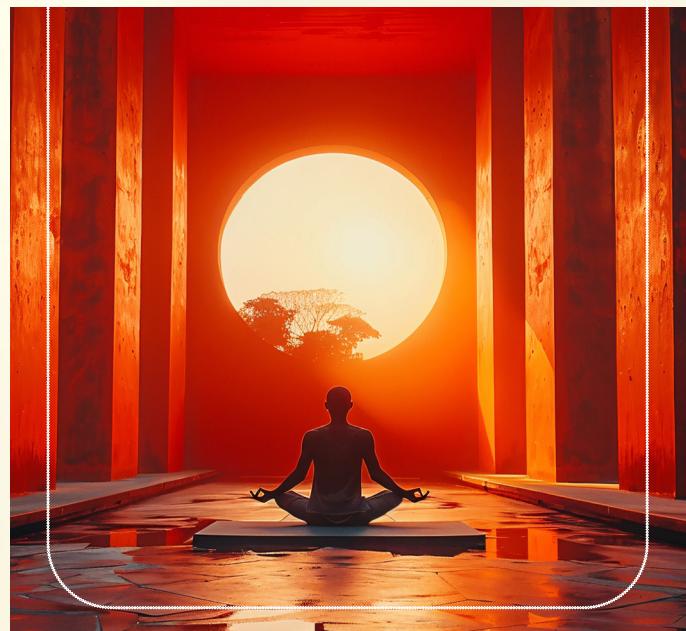


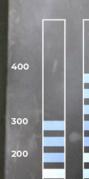
The Role of AI and Big Data in Enhancing Yoga Practices

Introduction

Yoga, an ancient discipline with roots tracing back over 5,000 years, integrates physical postures (Asanas), breath control (Pranayama), meditation, and ethical principles to promote holistic well-being. Traditionally passed down through direct teacher-student relationships, yoga has experienced exponential global growth, evolving into both a lifestyle and a therapeutic practice. As it reaches new demographics and adapts to modern lifestyles, the demand for personalized, effective, and accessible yoga experiences has surged.

The digital era has ushered in new tools that can complement and enhance yoga's traditional methodologies. Among the most impactful are Artificial Intelligence (AI) and Big Data.





to engage in hands-free sessions. Through natural language processing, these systems can interpret voice commands and offer verbal feedback, making sessions more immersive and accessible, particularly for those with limited mobility or visual impairments.

- **AI for Special Populations:** Specialized AI models are being developed to cater to different populations—such as seniors, people with disabilities, or individuals recovering from injury—by analyzing movement limitations and suggesting modifications for each pose, thus democratizing yoga access.

Big Data and Personalized Yoga Programs

While AI offers interaction and adaptation, Big Data powers personalization at scale by analyzing vast amounts of user-generated information. This includes data from wearables, mobile apps, biometric sensors, and user-reported feedback.

- **Data-Driven Customization:** With data points such as heart rate variability (HRV), sleep quality, activity levels, and stress biomarkers, yoga apps can intelligently adjust session content. For example, if a user's wearable device detects elevated stress levels or poor sleep, the app may prioritize calming techniques such as yoga Nidra, restorative poses, or breathe work.
- **Behavioral Pattern Analysis:** Big Data can uncover patterns in a user's practice consistency, preferred session times, and pose difficulty. These insights help apps design routines that are not only effective but

also more engaging and sustainable in the long term.

- **Dynamic Goal Tracking:** Fitness trackers integrated with yoga platforms allow for real-time progress tracking. Users receive personalized reports highlighting improvements in flexibility, endurance, or stress reduction, encouraging continued engagement and allowing instructors (if connected) to make informed decisions.
- **Community-Level Insights:** On a macro scale, aggregated user data enables platforms and educators to spot broader trends. For instance, if a large group of users is gravitating toward yoga for anxiety management, platforms might introduce targeted programs, while instructors can adjust teaching styles or topics.

AI and Big Data in Yoga Education and Research

In educational and academic contexts, AI and Big Data provide valuable tools for both teachers and researchers:

- **Instructor Support and Classroom Analytics:** Yoga instructors can use data dashboards that track student attendance, feedback, and performance trends. This helps them fine-tune class pacing, intensity, and structure to better serve their students' evolving needs.
- **Remote Learning and Virtual Studios:** AI-enabled platforms can host live or on-demand classes where students receive automated posture feedback,

making distance learning more interactive. This has been especially crucial during the COVID-19 pandemic and remains essential for those in remote or underserved areas.

- **Scientific Research and Evidence-Based Yoga:** Researchers are using Big Data analytics to explore yoga's long-term effects on physical and mental health. By analyzing large datasets from yoga practitioners, scientists can examine correlations between regular practice and improvements in conditions such as anxiety, depression, cardiovascular health, and chronic pain.

Challenges and Ethical Considerations

While the integration of AI and Big Data into yoga offers exciting possibilities, it also introduces several ethical and practical challenges:

- **Data Privacy and Security:** Collecting biometric and personal wellness data raises concerns around consent, data storage, and potential misuse. Platforms must comply with data protection regulations (like GDPR or HIPAA) and implement transparent data handling practices.
- **Algorithmic Bias and Inclusivity:** AI models trained predominantly on data from specific body types, ethnicities, or fitness levels may not perform well for diverse users. It's vital that developers include inclusive datasets and continuous learning systems to minimize bias.
- **Loss of Human Connection:** Yoga is not solely a physical practice—it's also deeply emotional, spiritual, and community-driven. Over-reliance on technology risks diluting these core

aspects. AI should be seen as an enhancer, not a replacement for the human teacher's empathy, intuition, and ability to create connection.

- **Over standardization:** There's a risk that algorithmically generated sequences might prioritize efficiency over individuality or ignore philosophical and cultural nuances. Developers must engage with experienced yoga practitioners and scholars to ensure authenticity and respect for tradition.

Conclusion

The fusion of AI and Big Data with the timeless practice of yoga represents a powerful synergy between ancient wisdom and modern innovation. These technologies enhance yoga's accessibility, precision, and personalization, making it more adaptable to today's fast-paced, data-driven lifestyles.

Providing real-time feedback, adaptive programs, and large-scale insights, AI and Big Data are empowering both individual practitioners and educators. However, their success depends on ethical implementation, inclusivity, and a commitment to preserving the holistic essence of yoga.

As we move forward, the key lies in balance—integrating digital intelligence with mindful presence, and allowing innovation to serve, rather than overshadow, the deep-rooted values of yoga. In this delicate equilibrium lies the true potential to expand and enrich yoga for future generations.

Practice of the Month

Vajrasana (Thunderbolt Pose)

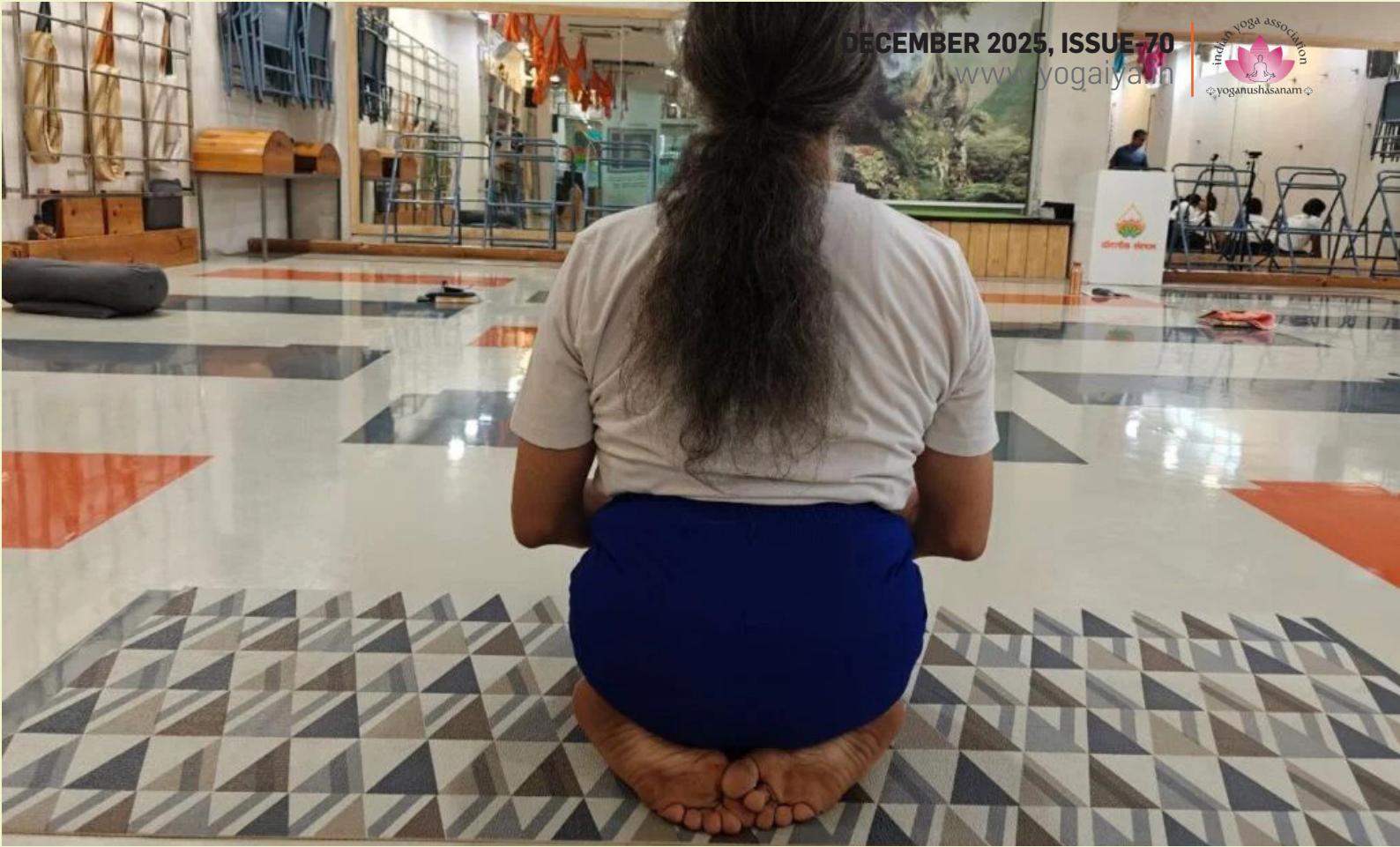
By Yogacharya Dhakararam, Founder, Yogapeace Sansthan

According to ancient yogic texts, Vajrasana holds a unique place among yogāsanās—it is the only posture traditionally recommended to be practiced after meals. Renowned for its calming and grounding effects, Vajrasana strengthens the digestive system, helps relieve indigestion and gas, and supports overall stomach health. While modern approaches may allow certain gentle postures post-meal, classical scriptures specifically emphasise Vajrasana as the most beneficial asana for digestion. Regular practice cultivates stability in the body and calmness in the mind, making it ideal for daily life.

How to Practice Vajrasana

- Sit with both legs stretched straight in front of you in Dandasana.
- Fold your right leg and place it under the right buttock.
- Fold your left leg and place it under the left buttock.
- Keep the spine erect and the neck aligned with the back.
- Bring both heels together.





If this feels uncomfortable, allow the heels to move slightly outward and gently join the toes instead.

- While seated, softly adjust the skin of the calves outward to ease pressure.
- Place both palms comfortably on the thighs.
- Close your eyes and relax in a meditative state, maintaining gentle awareness of the breath.

Vajrasana may be practiced during light activities such as reading or watching television. However, its best and most effective time is after meals, practiced mindfully with steady breathing and inner calm.

Benefits

- Strengthens and supports the digestive system
- Helps prevent indigestion, acidity, and

gas-related discomfort

- Activates abdominal organs and improves their functioning
- Aids healthy secretion of digestive enzymes and hormones
- Keeps bones and joints flexible and strong

Precautions

- Individuals with knee pain or knee injuries should avoid practicing Vajrasana directly or consult a qualified yoga teacher.
- Always maintain an upright spine to prevent strain on the back.

Vajrasana is a simple yet powerful posture—when practiced regularly, it transforms everyday sitting into a practice of healing, awareness, and balance.

Academics and Accreditation

Membership Data (Till 2022 and After)

| Type of Members | Till 2022 | 2023 | 2024 | 2025 | Total |
|----------------------------|--------------|-------------|-------------|-------------|--------------|
| Yoga Volunteer Members | 4,964 | 847 | 1449 | 1937 | 9197 |
| Yoga Professionals Members | 4,752 | 2027 | 2269 | 2099 | 11147 |
| Life Members | 495 | 115 | 196 | 150 | 956 |
| Eminent Yoga Professionals | 10 | 06 | 01 | 01 | 20 |
| Associate Centers | 164 | 40 | 46 | 48 | 298 |
| International Associates | 11 | 01 | 02 | 03 | 17 |
| Member Institutes | 43 | -- | 02 | 01 | 46 |



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] | January 10, 2026 |
| | January 24, 2026 |

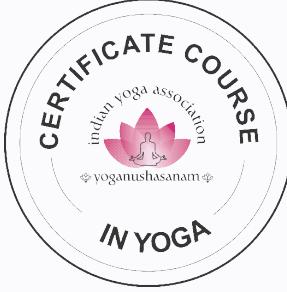
*The Examination Fees has been reduced for all the Levels

Contact us: sendinfo@iyaprcb.com



Upcoming Batches

Certificate Course in Yoga

| Insignia | Course Date | Venue | Institution | Fees |
|---|---|---------------------------------|---|---|
|  | (English) Jan 1- Jan 30, 2026 | On Campus | The Yoga Institute | INR 60,000 |
| | (English) Jan 1-Jan 30, 2026 | Non-Residential | The Yoga Institute | INR 33,000 |
| | (English) Jan 1 - Jan 30, 2026 | Online | The Yoga Institute | INR 27,500 |
| | 15th Jan 2025 - 1st Feb 2026 | Physical / Online Zoom Platform | Yoga Vidya Niketan Mumbai | INR 30,000 / 35,000/- |
| | (English Medium) Jan 15 – Feb 15, 2026 | Lonavla, Maharashtra | Kaivalyadhama | INR 61,200 US\$ 1150 |
| | (English Medium) You may apply any-time | Online | Kaivalyadhama | INR 15,000 US\$ 200 *INR 25,000 for Practical |
| (English Medium) Jan 1 – Jan 30, 2026 | On Campus | SVYASA | INR 30,000 (Dormitory) INR 40,000 (3 sharing) INR 50,000 (2 sharing) INR 60,000 (single occupancy) For Foreigners US\$ 2000 (Double Occupancy) US\$ 2500 (Single Occupancy) | |

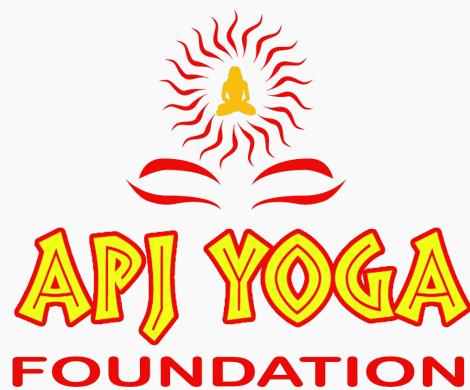
| Insignia | Course Date | Venue | Institution | Fees |
|--|------------------------|-----------------------|------------------------------|---|
|  | Jan 17 to Feb 13, 2026 | Gudur, Andhra Pradesh | Sivananda Ashram | INR 30,000 (Dormitory) INR 40,000 (3 sharing) INR 50,000 (2 sharing) INR 60,000 (single occupancy) For Foreigners US\$ 2000 (Double Occupancy) US\$ 2500 (Single Occupancy) |
| | Jan 14 to Feb 11, 2026 | UttarKashi, Himalayas | Sivananda Ashram | INR 30,000/ US\$ 2000 |
| | Jan 5 to Feb 2, 2026 | Chiang Rai, Thailand | Sivananda Ashram | INR 30,000/ US\$ 2000 |
| | 5 Jan-25 Feb 2026 | Mysore Ashram | Sri Sri School of Yoga (AOL) | 46000 INR / 2270 USD |
| | 5 Jan-25 Feb 2026 | Pune Ashram | Sri Sri School of Yoga (AOL) | 55000 INR / 2270 USD |
| | 13 Jan - 5 Feb 2026 | Bangalore | Sri Sri School of Yoga (AOL) | 45000 INR |

Advanced Certificate Course in Yoga

| Insignia | Course Date | Venue | Institution | Fees |
|---|-----------------------------------|---------------|------------------|------|
|  | Sept 29th, 2025 to Feb 27th, 2026 | Online Course | Traditional Yoga | FREE |

New Member

ASSOCIATE CENTRES



Arul Siddha Yoga Gurukulam

Arul Siddha Yoga Gurukulam is a spiritual and holistic learning centre based in Chengalpattu, Tamil Nadu, functioning under the APJ Yoga Foundation Trust.

Rooted in the Siddha tradition, the Gurukulam focuses on the yogic and healing wisdom associated with Lord Murugar and the 18 Siddhas. It offers regular instruction in Siddha Yoga, meditation, Varma practices, and traditional herbal healing, emphasising health, inner balance, and spiritual growth. Yoga is taught as a holistic discipline integrating body, breath, mind, and consciousness. Alongside education, the Gurukulam actively engages in seva initiatives such as Annadhanam, Vriksha Seva, and Medical Seva, promoting compassionate and nature-aligned living.



Yog Aayush

Yog Aayush is a therapeutic yoga and holistic wellness institution founded by Avani Shah, dedicated to integrating classical Yoga and Ayurveda with modern scientific understanding. The institute specialises in therapeutic yoga programmes for chronic pain, musculoskeletal conditions, postural imbalances, and lifestyle disorders through customised asana, pranayama, relaxation, meditation, and Shat Karma practices. Yog Aayush also incorporates Ayurvedic consultations for holistic healing and balance. In addition to therapy sessions, the institute conducts YCB-aligned Therapeutic Yoga Teacher Training programmes, workshops, detox programmes, and integrated yoga-ayurveda-meditation retreats. Grounded in scriptural wisdom and evidence-based practice, Yog Aayush serves as a centre for healing, education, and inner harmony.

LIFE MEMBERS



Smt Divya A

Smt Divya A is a certified Yoga Instructor with a strong foundation in Hatha, Ashtanga, and Yin Yoga, experienced in conducting both group and one-on-one sessions. She is a YCB Level-3 Teacher and Evaluator (Ministry of AYUSH) and a 500-hour RYT trained in Ashtanga and Hatha Yoga, with additional certification in Yin Yoga from Mysore. Her teaching emphasizes alignment-based practice, pranayama, and guided meditation, with ongoing training in Kids Yoga and Yoga Nidra.



Shri Alok Srivastava

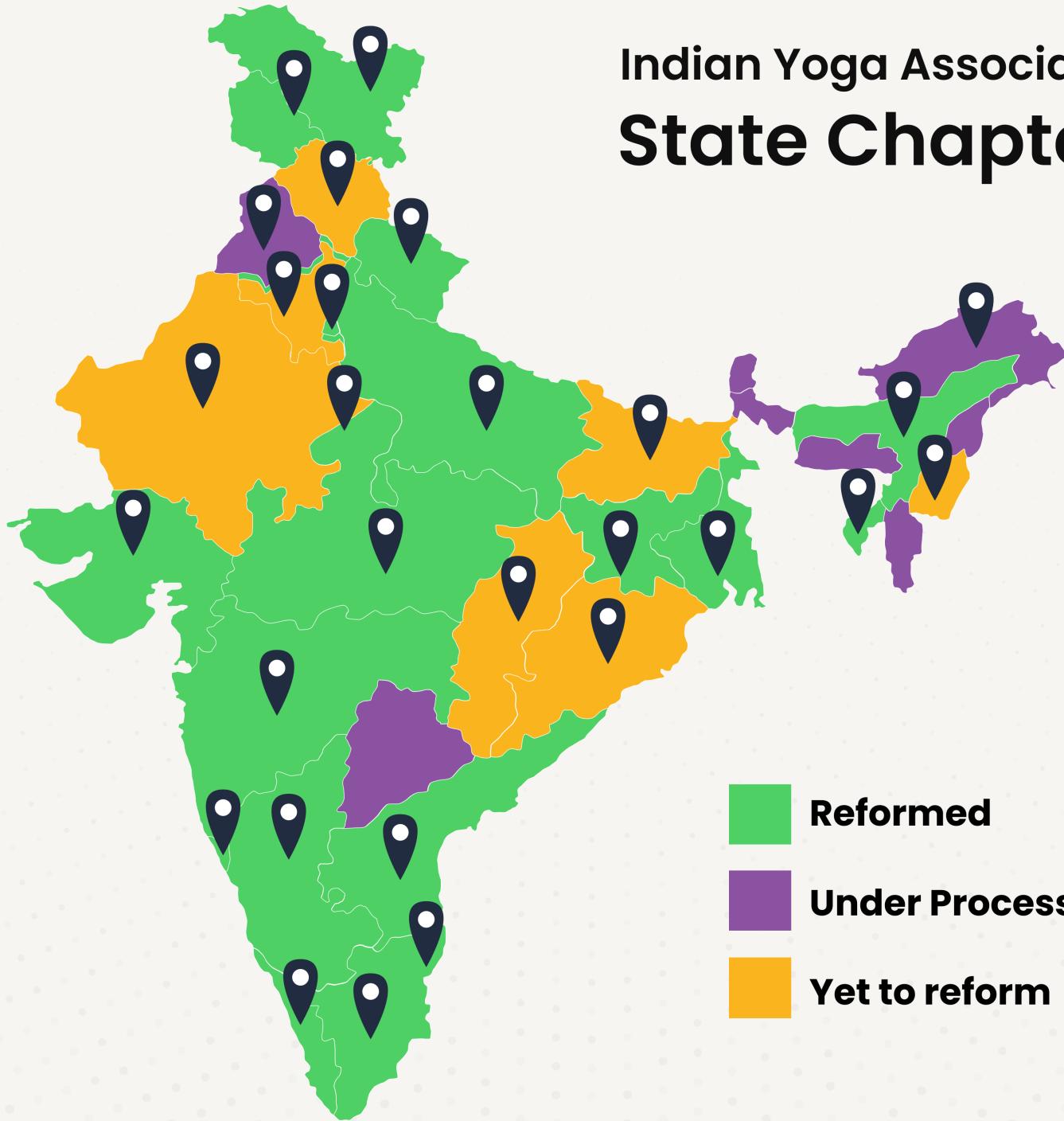
Shri Alok Srivastava is a certified Yogiacharya, trained at Mokshayatan Yog Sansthan, Saharanpur, dedicated to promoting yoga as a path to holistic wellness and personal growth. He is skilled in classical yoga practices, philosophy, pranayama, and meditation, with experience teaching diverse age groups. His approach focuses on balancing physical health with mental well-being through disciplined yogic practice.



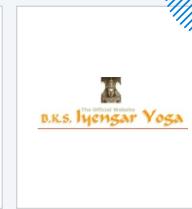
Smt Maanasi Ravindra Krishna

Smt Maanasi Ravindra Krishna is an experienced Yoga Teacher with over 8 years of practice in classical, power, and restorative yoga. Trained at Krishnamacharya Yoga Mandiram, Akshar Yoga, and a1000Yoga Academy, she integrates traditional Krishnamacharya principles with modern teaching methodologies. Her classes emphasize breath awareness, functional movement, safe alignment, and intelligent modifications. Passionate about yogic philosophy, she works closely with students to build strength, stability, and mindful self-awareness across all levels.

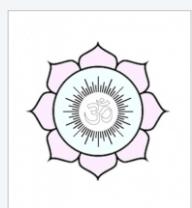
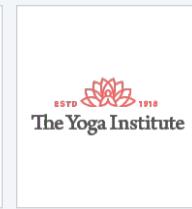
Indian Yoga Association State Chapters



- ✓ Andhra Pradesh SCC
- ✓ Assam SCC
- ✓ Uttar Pradesh SCC
- ✓ Chandigarh UTC
- ✓ Delhi UTC
- ✓ GOA SCC
- ✓ Kerala SCC
- ✓ Maharashtra SCC
- ✓ Uttrakhand SCC
- ✓ Puducherry UTC
- ✓ West Bengal SCC
- ✓ Jharkand SCC
- ✓ Chattisgarh SCC
- ✓ Tripura SCC
- ✓ J&K UTC
- ✓ Madhya Pradesh SCC
- ✓ Gujrat SCC
- ✓ Rajasthan
- ✓ Tamilnadu SCC
- ✓ Karnataka SCC
- ✓ Haryana SCC
- ✓ Bihar SCC
- ✓ Himachal Pradesh
- ✓ Manipur
- ✓ Odisha
- ✓ Telangana



MEMBER INSTITUTIONS



Upcoming YTTC @Sri Sri School of Yoga

| Course | Location / Mode | Dates |
|------------------------|-----------------|---------------------------|
| 100H Prenatal Yoga TTC | Offline | 20th Feb - 1st March 2026 |
| 300H Yoga TTC | Online | 2nd March - 24th May 2026 |
| 95H Children TTC | Offline | 25th Jan - 3rd Feb 2026 |



Sri Sri
SCHOOL OF YOGA



EXCLUSIVE LIVE SESSION WITH **GURUDEV**

Join Pan India Sri Sri Yoga Deep Dive



A transformative detoxification experience



Leading Yoga Institute
By Yoga Certification Board, Ministry of AYUSH

Certificate Course In Yoga

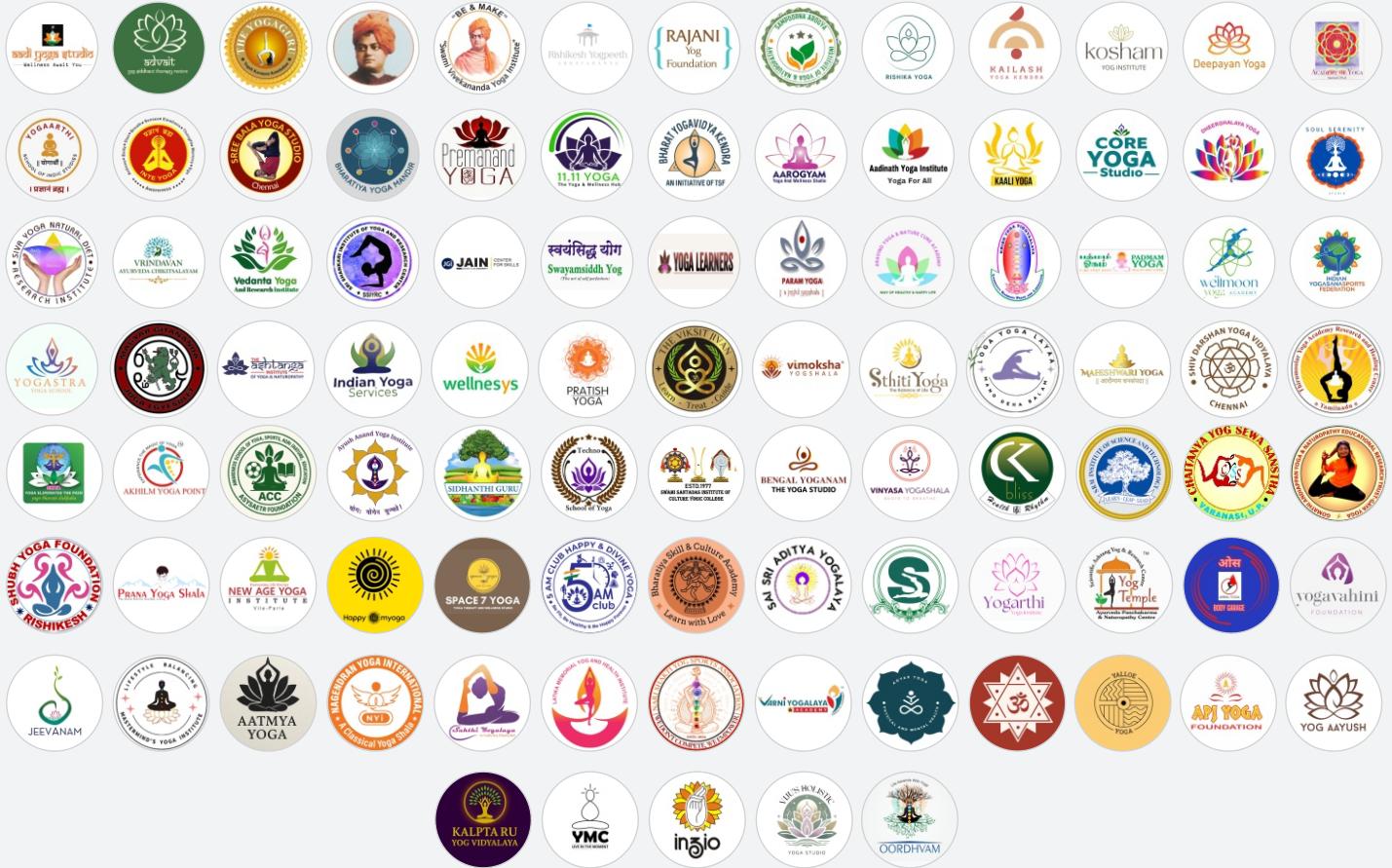
15 Jan - 15 Feb 2026

Accredited as certificate course from Indian Yoga Association (IYA)

The Syllabus is equivalent to Level 2 - (Yoga Wellness Instructor) of Yoga Certification Board (YCB)

**We are also
RYS200 certified**





ASSOCIATE CENTRES & INTERNATIONAL ASSOCIATE

