JULY 2026, ISSUE-75

indian yoga association
yoganushasanam

12TH INTERNATIONAL DAY OF YOGA

YOGAVANI SPECIAL EDITION

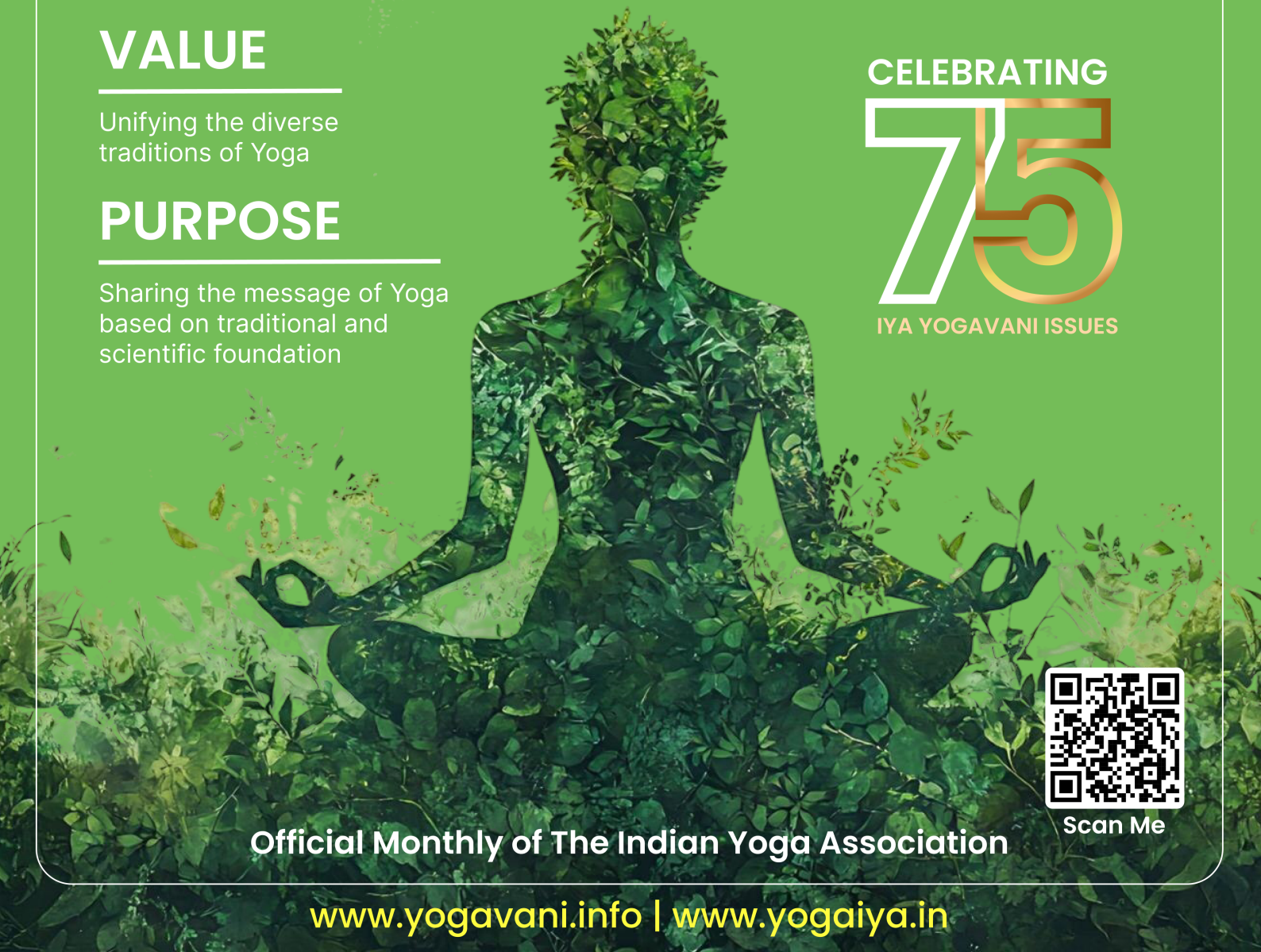
VALUE

Unifying the diverse traditions of Yoga

PURPOSE

Sharing the message of Yoga based on traditional and scientific foundation

CELEBRATING 75 IYA YOGAVANI ISSUES



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Official Monthly of The Indian Yoga Association

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संयमः खलु जीवनम्
संयम ही जीवन

SANGOSHTI 2026

7th National Conclave of the Indian Yoga Association



12–13 September 2026

Where Yoga's Timeless Wisdom
Meets Its Future Path

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Registration Open →

Venue: Adhyatma Sadhna Kendra,
Chattarpur, New Delhi

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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
YOGAVĀṆĪ

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Letters to the Editor

I express my sincere appreciation to the Indian Yoga Association for the meticulous planning and outstanding execution of the 6th National Conclave – YOGOTSAV 2026, held on 29–30 May 2026 at Kaivalyadhama Yoga Institute.

The conclave was a grand celebration of yoga, reflecting excellence in organisation, thoughtful planning, and unwavering dedication. Every aspect of the event showcased the collective spirit of the yoga fraternity and highlighted the remarkable commitment of the organising team. It was truly a historic gathering that inspired participants and strengthened our shared vision of promoting yoga for the welfare of society.

My heartfelt congratulations to the entire IYA team for their phenomenal efforts in making the event a resounding success. Thank you for your gracious hospitality and for creating such an enriching and memorable experience. I wish the Indian Yoga Association continued success in its noble mission of spreading the transformative message of yoga across the world.

- Prof. Dr. R. Elangovan, Secretary, Tamil Nadu SCC, IYA

I would like to express my heartfelt appreciation for the wonderful experience I had during YOGOTSAV 2026 at Kaivalyadhama Yoga Institute. The event was exceptionally well organised and provided an inspiring platform to interact with members of the yoga fraternity from across the country. The positive energy, meaningful conversations, and spirit of togetherness



made the conclave truly memorable. The event motivated me to explore opportunities to engage more closely with the Indian Yoga Association and the wider yoga community. It also inspired me to resume my regular yoga practice with renewed enthusiasm.

I congratulate the entire IYA team for organising such a remarkable event and thank them for their warm hospitality. I look forward to staying connected with the Association and contributing to its mission in the years ahead.

- Ms Natasha Sharma

Welcoming Our New Editor

Dr. N. Ganesh Rao, Editor, Yogavani



Carrying the Light Forward

Yoga is not merely a discipline to be practised; it is a way of seeing, living, and sharing.

With every new beginning comes the promise of fresh perspectives, deeper reflections, and meaningful dialogue. It is with immense joy that Yogavani welcomes Dr. N. Ganesh Rao as its new Editor.

For over four decades, Dr. Rao has walked the path of yoga with quiet dedication—as a teacher, philosopher, therapist, researcher, author, and mentor. His journey has taken him across more than twenty countries, where he has shared the timeless wisdom of yoga with thousands of seekers through over 27,000 sessions encompassing philosophy, practice, therapy, psychology, and counselling.

A lifelong student of knowledge, Dr. Rao has devoted himself to nurturing both scholarship and practice. As a professor, Ph.D. guide, author, and a guiding force in yoga education and accreditation, he has played a significant role in strengthening the foundations of authentic yoga education in India. His contributions to the Indian Yoga Association, Kaivalyadhama, and numerous academic institutions reflect his unwavering commitment to preserving the essence of yoga while making it meaningful for the modern world.

As Dr. Rao takes on the editorial stewardship of Yogavani, we look forward to a publication enriched by thoughtful insights, timeless wisdom, and conversations that inspire reflection and transformation. We are confident that under his guidance, Yogavani will continue to serve as a meaningful platform for the yoga fraternity, nurturing dialogue, disseminating authentic knowledge, and celebrating the rich diversity of the yogic tradition.

We extend our heartfelt welcome to Dr. N. Ganesh Rao and invite our readers to join us in this exciting new chapter of Yogavani.

EDITORIAL



- by Yogacharya Dr Ananda Balayogi

Director ISCM and Professor Yoga Therapy,
Sri Balaji Vidyapeeth, Pondicherry, India.

Hidden in Plain Sight

An Editorial Reflection on Stewardship, Trust and Renewal

As we present the **75th issue of Yogavani,** I find myself filled with deep gratitude and quiet reflection. It has been a profound honour to have served as a member of the editorial team throughout the entire journey of this publication—from its very first issue to this significant milestone.

My heartfelt gratitude goes to all the respected Gurus and members of the Governing Council and Executive Council of the Indian Yoga Association for the trust, encouragement, and support they have extended to me over these years. Their confidence has enabled me to serve the Association as Editor of Yogavani, and I remain deeply thankful for this opportunity for seva.

As the editorial baton now passes to a new team, I do so with complete faith in the continuity of our shared vision. Every institution remains vibrant only when it allows fresh energy to emerge while remaining rooted in timeless values. That is not merely good governance—it is the very spirit of Yoga.

One of the truths I have come to appreciate over a lifetime in Yoga is that spiritual wisdom does not reveal itself according to seniority. It is not about who has spent decades in the tradition and who has arrived only recently. The





teachings reveal themselves only to the sādhaka who is inwardly ready.

Many imagine that sacred knowledge must be guarded and hidden from others. I have never believed that. Truth does not need our protection. It can remain in plain sight, available to everyone, and yet only those whose minds and hearts are prepared will truly recognise it. Others may hear the very same words without ever grasping their deeper meaning.

The same is true of our search for the Divine. We travel to distant temples, sacred rivers, and holy mountains seeking God, forgetting that the Divine has always been present within us. God is hidden in plain sight. The limitation lies not in Reality, but in our readiness to perceive it.

The teachings of Yoga are no different. They do not belong to any individual. We are not their owners; we are merely custodians entrusted with preserving and transmitting eternal wisdom. Responsible transmission certainly requires discernment, context, and an understanding of the preparedness of the student. Yet stewardship must never become possession.

Having spent more than five decades immersed in Yoga Sādhana, I have always endeavoured to honour the responsibility they placed upon me. Yoga is not merely something I practise—it is my Divine Mother. When my judgment regarding the sharing of Yogic wisdom is questioned, I sometimes feel that it reflects not only a lack of trust in me, but also in the wisdom of those Masters who entrusted me with this sacred responsibility.

A simple parable beautifully illustrates this truth.

In an ancient forest stood a grove of majestic old trees whose great branches spread so widely that very little sunlight reached the forest floor. Beneath them, young saplings struggled year after year, stretching towards the light but remaining stunted beneath the dense canopy.

One day a young sapling spoke with humility. “Ancient ones, we honour your strength and all that you have endured. But we cannot grow beneath your shadow. We keep reaching, yet the light does not find us.”

The old trees replied, “We have always stood here. This is our place. Without us, the forest cannot survive.”

Then one year a great storm swept



through the valley. Some of the oldest trees fell—not in defeat, but in surrender to the natural rhythm of life. For the first time in generations, sunlight reached the forest floor. The waiting saplings grew tall and strong, birds returned, and even the fallen giants continued serving the forest by nourishing the soil from which new life emerged.

The remaining old trees understood at last that their purpose had never been to occupy every space forever. Their role had been to nurture, to protect, and, when the time came, to make way. For what refuses to change eventually begins to decay, and what refuses to yield can unintentionally suffocate the very life it seeks to preserve.

The lesson is as true for institutions as it is for individuals. **Yoga has never been about preserving personalities;** it has always been about preserving **Dharma**. Longevity alone does not determine readiness. As Patañjali reminds us, seekers differ in their capacities. Some advance slowly, while others possess tīvra-saṃvega, the intense aspiration that carries them swiftly towards Realisation. We can never know another person's inner journey.
That is why I ask for trust—not merely trust in individuals, but trust in the Guru, the tradition, and the process itself. I have always sought to serve with sincerity, never compromising the sacred culture of Yoga for popularity or commercial gain. As I now step aside from the editorial responsibilities of Yogavani, I do so with gratitude, confident that new hands, new minds, and new hearts will continue this noble work with the same spirit of service.

Truth has never needed to hide. Like the sunlight waiting above the forest canopy, and like the Divine quietly present within every heart, it has always been there.

Hidden in plain sight.





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.

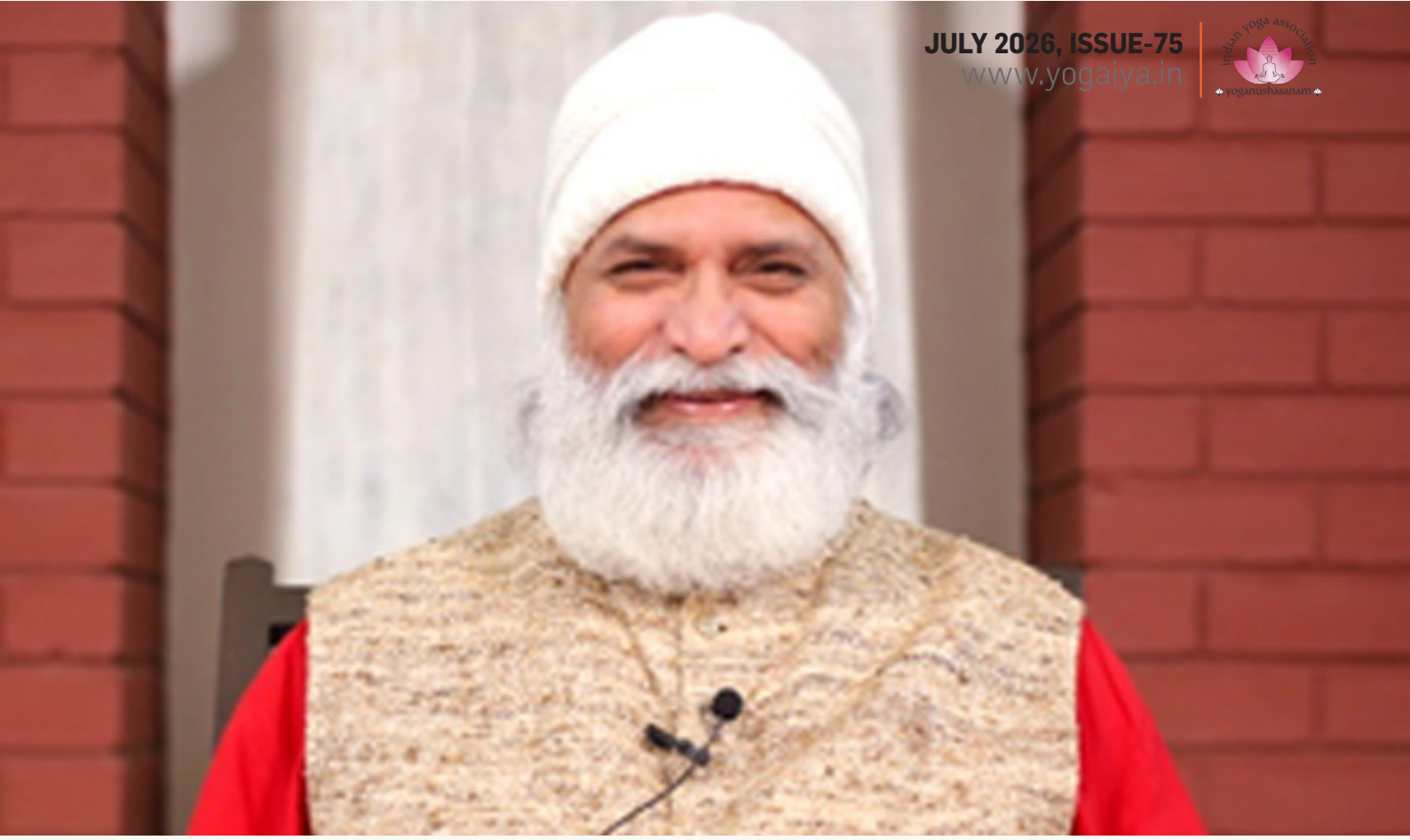
A major highlight of the meeting was the review of preparations for the 6th National Conclave. The Executive Council was informed that the programme schedule, budget, speaker line-up, and session moderators had been finalized. With registrations reaching full capacity and receipts exceeding expenditure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

approved the proposed arrangements. The Council also deliberated on a significant proposal received through the Ministry of Ayush and the Indian Council for Cultural Relations (ICCR) to train ICCR scholars across the country through a 36-hour Yoga Volunteer Programme. After detailed discussions, the proposal received in-principle approval. State Chapters will be invited to collaborate with universities and institutions in their respective regions to facilitate the successful implementation of this nationwide initiative.

Another important agenda item was the review of the Yog Chikitsa Certification (February 2026 Cycle), presented by Dr. Ananda Balayogi Bhavanani. The Executive Council ratified the certification results and approved a significant policy decision that, from 1 January 2027, Sahayaka Certification will be restricted to graduates of IYA-approved institutional programmes. The Council also encouraged wider adoption of the prescribed syllabus among yoga institutions to further strengthen quality standards in therapeutic yoga education.

The meeting concluded with a vote of thanks by Shri Subodh Tiwari, Secretary General, IYA, followed by the recitation of the Shanti Mantra, reaffirming the Association's collective commitment to advancing the mission of yoga with unity, excellence, and service.





Yoga for Holistic Health and Inner Transformation by Dr Samprasad Vinod

A brief Report by Yogacharya Nilachal

Introduction

Led by Shri Dr. Samprasad Vinod, a distinguished pioneer in Yoga and Yoga Chikitsa with over five decades of dedicated service, the session offered profound insights into the essence of yogic living and therapeutic practice. A medical professional, educator, and spiritual guide, Dr. Vinod emphasized that Chikitsa is far more than treatment—it is a compassionate process rooted in deep listening, trust, and authentic empathy arising from the therapist's own self-awareness and inner stability.

Held as a live, interactive educational forum on the first Sunday of every month, CYCLE brings together Yoga Chikitsa Ratnas, Acharyas, researchers, therapists, and practitioners from across the country and has evolved into a vibrant professional learning community promoting evidence-based and holistic approaches to Yoga Chikitsa. The session was ably moderated by Yogacharya Dr. Ananda Balayogi Bhavanani, who highlighted the practical relevance of these teachings for contemporary yoga therapists and practitioners.



Self-Knowledge: The Foundation of Healing

A central theme of the session was the indispensable role of self-understanding in Yoga Chikitsa. Dr. Vinod ji emphasised that one cannot truly understand another without first understanding oneself.

This journey of self-awareness involves observing:

- Bodily sensations
- Mental patterns
- Emotional responses
- Behavioural tendencies
- Personal strengths and limitations

Importantly, this observation must be gentle and compassionate, not critical or judgmental. Rather than scrutinising oneself with a “red pencil,” practitioners are encouraged to cultivate a friendly, curious, and patient attitude.

The Individual at the Centre of Yoga Chikitsa

Dr. Vinod strongly reiterated that Yoga Chikitsa cannot be standardised. Each individual is a unique interplay of physical, emotional, psychological, and spiritual dimensions.

Effective therapy therefore requires:

1. Deep, empathetic listening
2. Understanding the individual’s life context
3. Recognising patterns and tendencies
4. Identifying lifestyle influences
5. Respecting personal capacities and limitations
6. Designing a holistic yogic

lifestyle,not just a set of practices

This personalised approach is especially vital in addressing conditions such as stress, anxiety, depression, and addiction, where symptoms often reflect deeper imbalances.

Beyond Symptom Relief: The True Purpose of Yoga

One of the most powerful messages of the session was a reminder that Yoga is not merely a tool for symptom management.

While labels like “Yoga for diabetes” or “Yoga for anxiety” may serve as entry points, they do not capture the true essence of Yoga. Its deeper purpose



is to reconnect the practitioner with an inherent state of wholeness.

Dr. Vinod beautifully summarised this with a simple yet profound insight:
Yoga should be practised for the joy of practising Yoga. When Yoga is done for its own sake, the other benefits follow naturally.

This shift in perspective transforms practice from effortful striving into a joyful exploration.

Yoga in Daily Life

Yoga does not end on the mat, it begins there.

Dr. Vinod highlighted that the qualities cultivated in asana, comfort, stability, awareness, and ease,must gradually permeate daily life. Whether sitting, walking, working, or interacting, one can remain relaxed, attentive, and balanced. In this way, every moment becomes an opportunity for practice, and life itself becomes a living expression of Yoga.

Exploring the classical principle of sthira-sukham asanam, he emphasised that the true value of an asana lies not in its external perfection, but in the inner experience of stability and ease. Practitioners are encouraged to remain within a "bearable stretch," where effort and relaxation coexist harmoniously. This approach not only prevents injury but also cultivates resilience, teaching us to remain composed even amidst life's challenges.

Life is not static, and neither is balance. Dr. Vinod ji described dynamic equilibrium as the ability to maintain inner steadiness amidst constant change. Just as a village woman gracefully carries pots of water while walking, we too can learn to navigate life's complexities with awareness and composure. Yoga does not eliminate challenges, it equips us to meet them with steadiness and grace.

He further described Yoga as a Darshana,a way of seeing reality as it is. This involves approaching life with humility, openness, and a willingness to explore multiple perspectives. Just as one circumambulates a deity to view it from all angles, we must learn to understand people and situations in their fullness. Such a vision is essential for holistic healing.

Finally, the human body itself stands as a testament to unity in diversity,countless cells and systems working in harmony. Similarly, our physical, mental, emotional, and spiritual dimensions are interconnected aspects of a unified whole. Yoga helps us rediscover this inherent harmony and extend it to our relationships and environment.

From the Limited Self to the True Self
Dr. Vinod ji gently guided participants through the journey from the limited self,shaped by ego, fear, and conditioning,to the deeper, expansive Self. Rather than rejecting the limited self, we are invited to observe and understand it. Through awareness, its grip gradually loosens, allowing a more authentic and universal identity to emerge.

Using the timeless metaphor of the salt doll dissolving in the ocean, he illustrated the essence of self-realisation. As the individual self merges with the infinite, the illusion of separateness fades, and one realises that the wave is not separate from the ocean,it is the ocean.

In the Atma Yoga approach, meditation is not reserved for advanced practitioners but is introduced from the very beginning. By starting with meditation, the mind becomes calm and receptive, allowing asana and other practices to unfold with greater awareness. Over time, meditation extends beyond formal practice into every aspect of life.

Pranayama, he explained, is not merely about breath control. Its deeper purpose is to remove the inner veil that obscures clarity and awareness, with its true effects reflected not only in the lungs but also in the mind through greater calmness, clarity, and self-regulation.

Yoga: A Science, an Art, and a Path to Wellbeing
Yoga is both a science, systematic and experiential and an art, requiring sensitivity and inner refinement. It is not enough to understand Yoga intellectually; it must be lived and experienced, as true knowledge arises not from words but from direct realisation.

Yoga also plays a vital role in prevention and long-term wellbeing. Regular practice supports physical health, emotional balance, and mental clarity. At the same time, it is important to recognise the value of integrative healthcare, Yoga complements, but does not replace, modern medicine, especially in acute conditions.

In supporting mental health, particularly in cases of anxiety and depression, a compassionate approach is essential. Beginning with self-friendship, individuals can observe their thoughts and emotions without judgment, gradually releasing the grip of past regrets and future fears. Practised gently and joyfully, Yoga becomes a powerful ally in restoring inner balance.

Ultimately, true practice evolves from effort to effortlessness. Rather than striving for perfection, practitioners are encouraged to move with awareness and ease. As ego-driven effort diminishes, practice becomes natural, spontaneous, and deeply fulfilling.

The Yoga Therapist as a Living Example and Instrument of Service
A Yoga Chikitsa professional is not merely a teacher of techniques,

but a living embodiment of Yoga. This embodiment is reflected through personal sadhana, self-awareness, compassion, deep listening, humility, and a commitment to continuous learning.

The therapist's presence itself becomes therapeutic, inspiring transformation in others. At the same time, Dr. Vinod ji emphasized that therapists should not see themselves as "healers," but as instruments of a larger intelligence. This perspective reduces ego involvement and nurtures a genuine spirit of humility and service, strengthening the authenticity and effectiveness of the therapeutic relationship.

In this context, understanding becomes central to the therapeutic process. While discussing Pratipaksha Bhavana, Dr. Vinod ji encouraged practitioners to move beyond superficial substitution of thoughts and instead engage in deeper inquiry. By becoming aware of one's own reactions and also considering the perspective of others, emotional intensity gradually dissolves, allowing clarity, balance, and compassion to emerge.

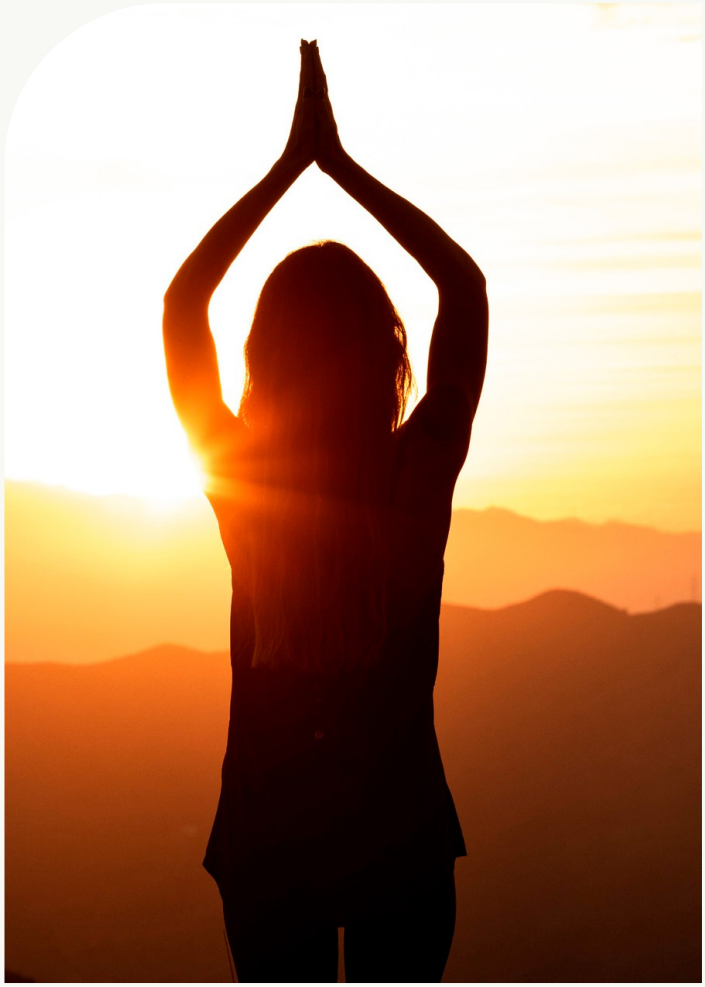
Key Takeaways

- Yoga Chikitsa is a journey of understanding, not just treatment
- Self-awareness is the foundation of healing
- Practice must be joyful, not forced
- Yoga extends into every aspect of life
- Balance is dynamic, not static
- Meditation is integral from the beginning
- The therapist must embody the teachings
- True transformation arises from experience

Conclusion

The 27th session of CYCLE was a deeply enriching experience, offering timeless wisdom for modern living. Dr. Samprasad Vinod ji reminded us that Yoga is not merely something we do; it is something we live. It is a path of awareness, harmony, and inner transformation.

As we integrate these teachings into our lives, Yoga becomes not just a practice, but a way of being guiding us towards holistic health, deeper understanding, and a profound connection with ourselves and the world around us.





International Day of Yoga 2026 – From Every Corner, One Collective Celebration

The International Day of Yoga 2026 was celebrated across India and around the world with extraordinary enthusiasm, reaffirming yoga's timeless relevance in nurturing healthier individuals and stronger communities. Guided by this year's inspiring theme, "Yoga for Healthy Ageing," the Indian Yoga Association's Member Institutes, Associate Centres, and State Chapters came together to organize a diverse range of yoga sessions, awareness programmes, workshops, community outreach initiatives, and mass demonstrations, touching lives across all age groups.

In these pages, Yoga Vani proudly presents a pictorial glimpse of these inspiring celebrations. Each photograph reflects not merely an event, but a shared commitment to spreading the message of yoga as a lifelong companion for health, vitality, dignity, and well-being. Together, these moments showcase the collective spirit of the IYA family and stand as a testament to our unwavering dedication to making yoga accessible to all, while celebrating the transformative power of yoga in promoting healthy ageing and holistic living.

Beyond the celebrations, these snapshots tell a larger story—one of unity, service, and shared purpose. From bustling cities to remote towns, from schools and workplaces to community centres and public spaces, yoga transcended boundaries, bringing people together in the spirit of health, harmony, and inclusivity. As you turn these pages, we invite you to relive the vibrancy of International Day of Yoga 2026 and celebrate the remarkable efforts of our IYA family, whose unwavering commitment continues to inspire a healthier, happier, and more conscious world through the timeless wisdom of yoga.

Member Institutions

Art of Living

















Kaivalyadhama Yoga Institute

















Light on Yoga Research Trust







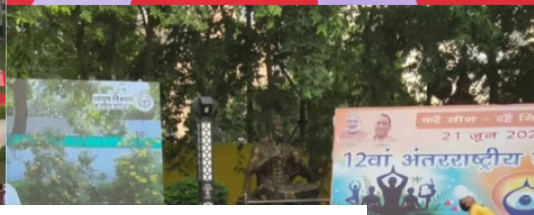












Mokshayatan Yog Sansthan









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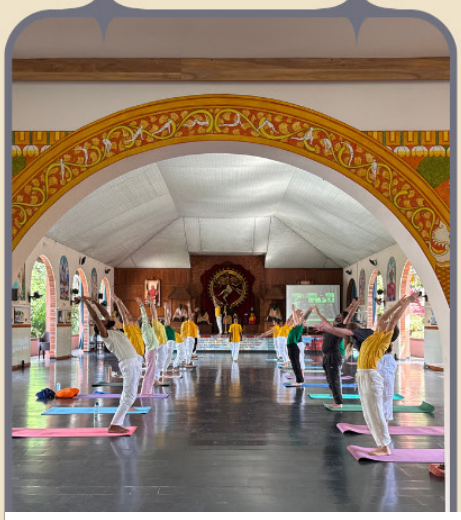



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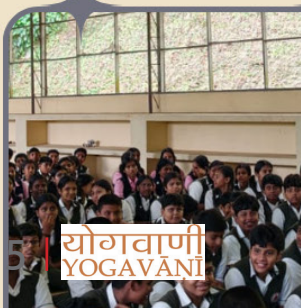










The World Community Service Centre

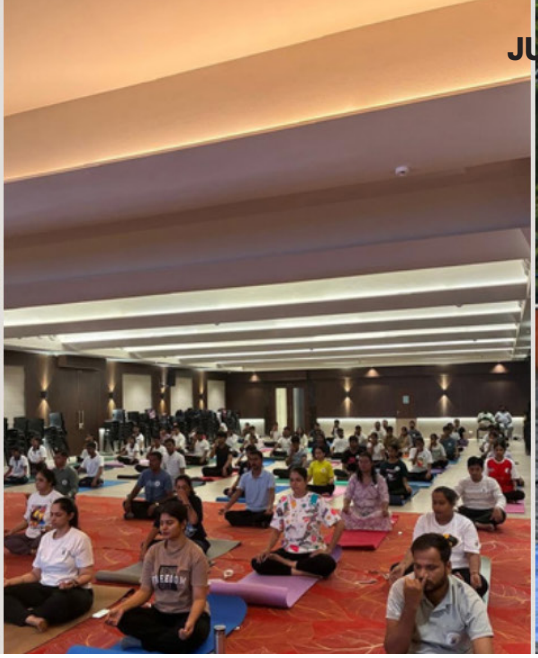











The Yoga Institute






IYA State Chapter

Delhi State Chapter





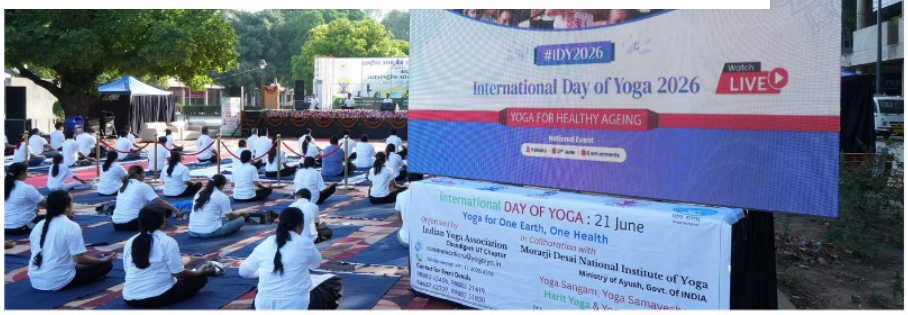






Chandigarh State Chapter

















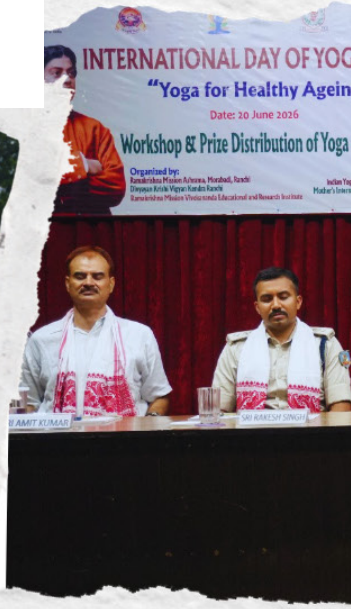
Jharkhand State Chapter















Puducherry State Chapter



















Rajasthan State Chapter













Telangana State Chapter









Uttar Pradesh State Chapter

















West Bengal State Chapter





















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11.11 Yoga Studio







Adyar Yoga Centre





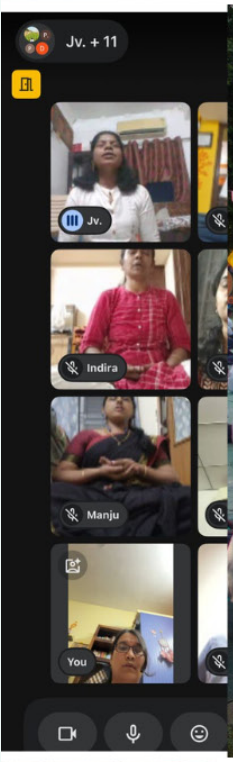
Begampur Art and Culture Society

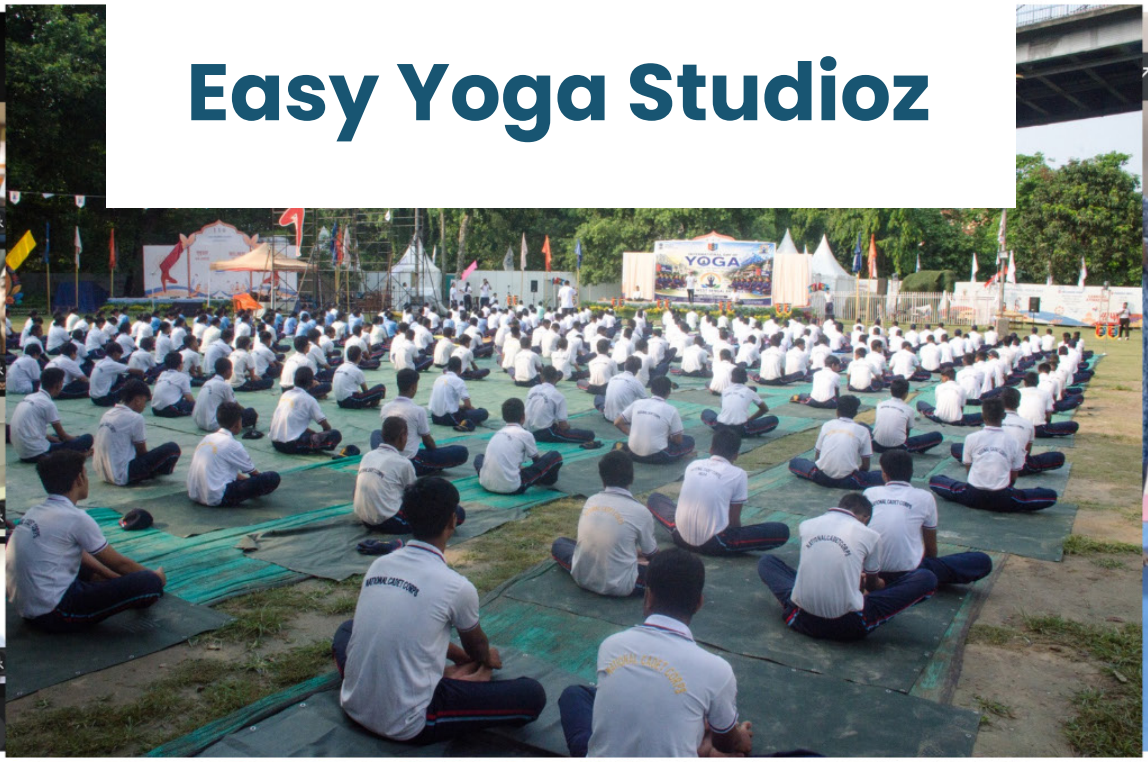






Easy Yoga Studioz











Geetham 03 Yogalayam



Global School of Yoga, Chennai









Kailash Yoga





Narchinthanai Vattam









PADMAM Yoga


International Day of Yoga C
12th YEAR YOGA AWARD
TAMILNADU SPORTS YOGASANA ASSOCIATION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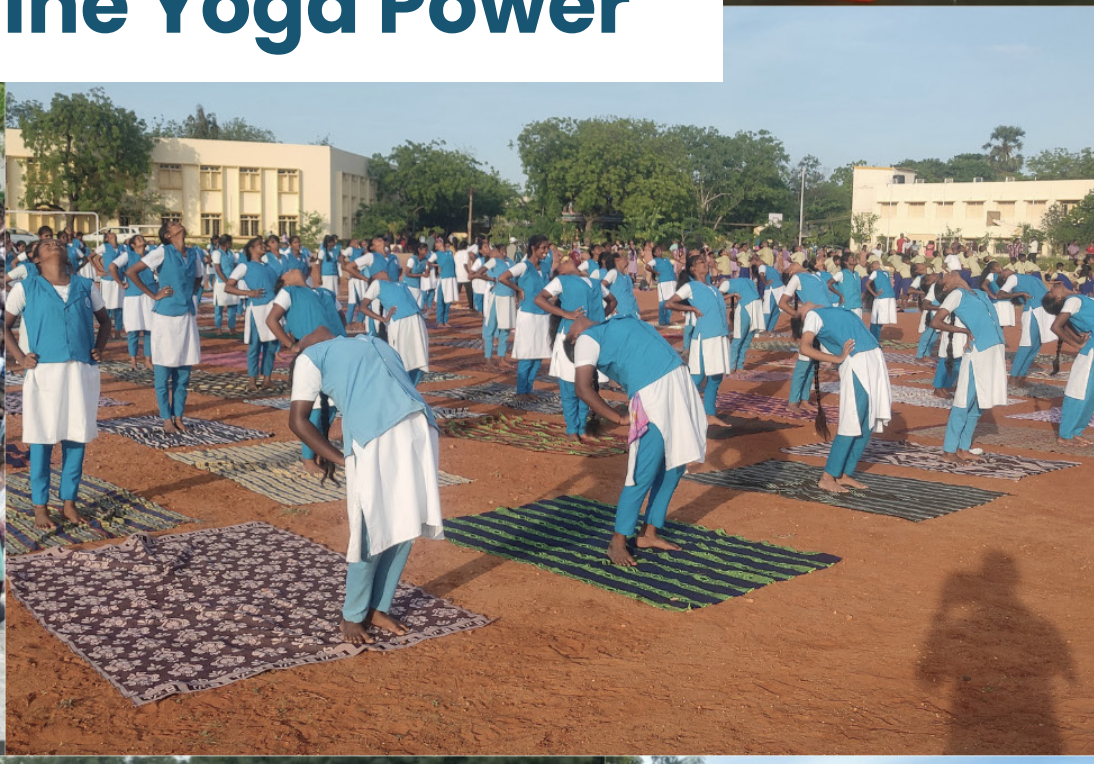






Shiv Darshan Yoga Vidyalaya














SRI RAMAKRISHNA HSS


TIRUPATTUR
12TH INTERNATIONAL
21st JUNE



SKY YOGA






indian yoga assoc
yoganushasana



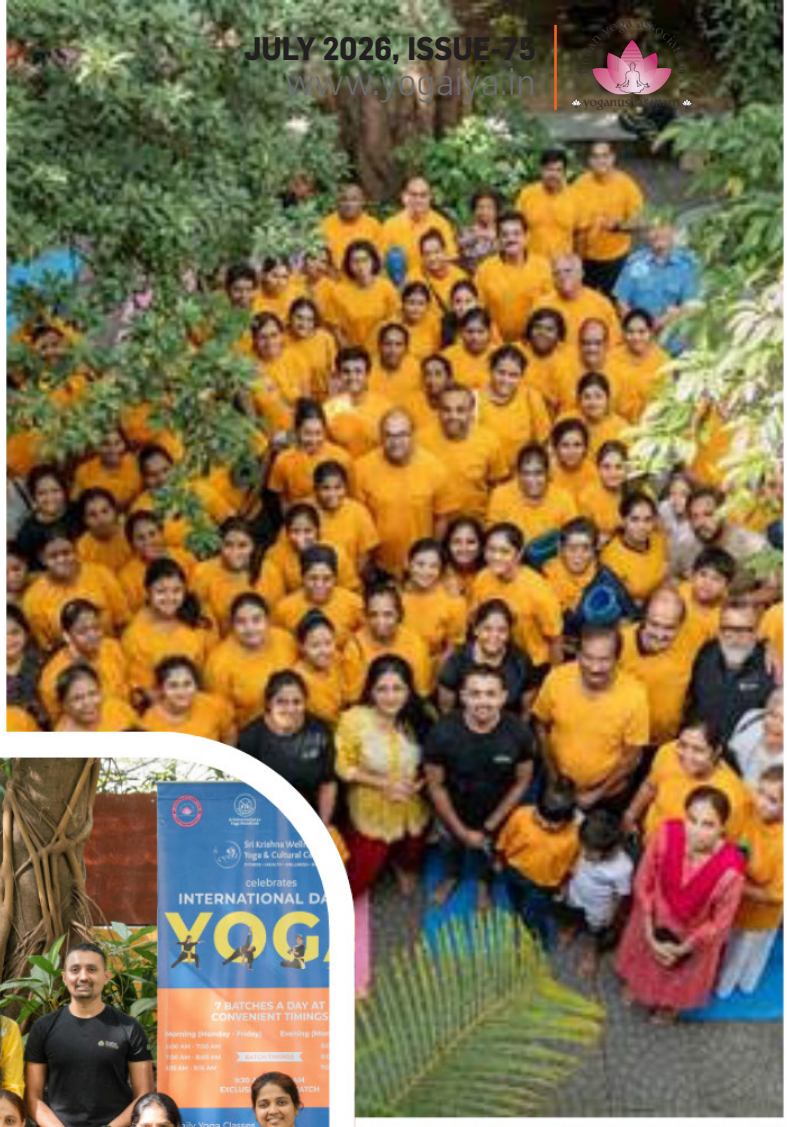

VAILANKANNI
MATRIC. HR.SEC.SCHOOL
TIRUPATTUR
Yoga for Life
Yoga for Health
12TH INTERNATIONAL
21st JUNE
Yoga DAY





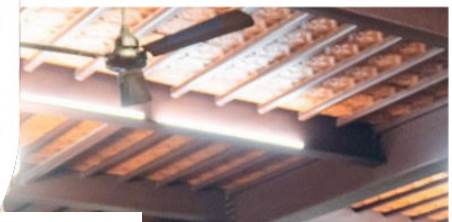












Sri Krishna Wellness, Yoga and Cultural Centre











Sri Madhwa Yoga Academy







Sri Shankari Institute of Yoga and Research Centre







SRM Institute of Science and Technology














12TH INTERNATIONAL DAY OF YOGA CELEBRATION
12TH INTERNATIONAL DAY OF YOGA
12TH INTERNATIONAL DAY OF YOGA

TAPAS Yoga

Universal Peace Foundation



































Varnaalaya Academy

















Vethathiri Maharishi College of Yoga





Yoga Maharishi Vidya Mandir School







YogaPeace Sansthan





















Yogi Divine Society













Yogism India

















Project 'Life'







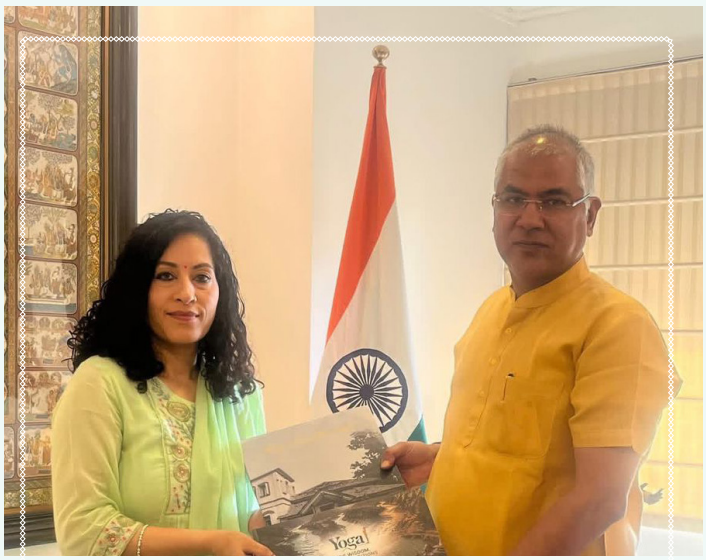






Coffee Table Book Outreach Initiative

As part of its ongoing efforts to promote the rich legacy and collective spirit of Yoga, the Indian Yoga Association has undertaken a nationwide outreach initiative through the presentation of its Coffee Table Book, Yoga: One Wisdom, Many Traditions, to eminent personalities and leading institutions.



Conceived as a tribute to India's vast and diverse yogic heritage, the Coffee Table Book celebrates the many streams of Yoga that have flourished over centuries while highlighting the shared philosophy that unites them. It reflects the Indian Yoga Association's vision of fostering greater awareness, appreciation, and understanding of Yoga as a holistic way





of life and an invaluable cultural legacy. The outreach initiative has provided an opportunity to engage with distinguished leaders from the fields of Yoga, Ayurveda, academia, governance, healthcare, and spiritual traditions.

These interactions have served to strengthen institutional relationships, encourage meaningful dialogue, and build collaborative partnerships for the preservation, promotion, and propagation of authentic Yoga.

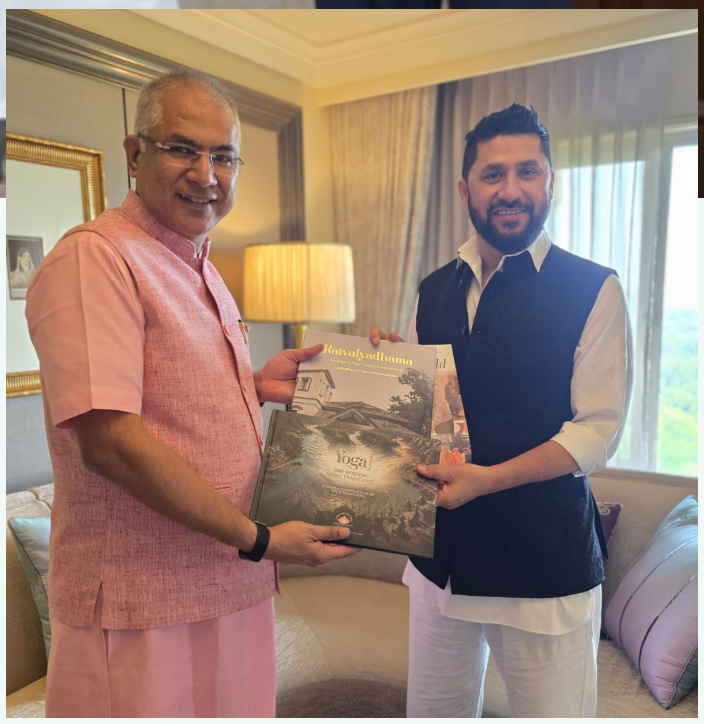
Through this initiative, the Indian Yoga Association continues to extend the message of One Wisdom, Many Traditions, reaffirming its commitment to uniting diverse lineages and institutions on a common platform while carrying forward the timeless values of Yoga for the benefit of society.










Rajvaidhama





Sattvik Recipe

Oats Lavash

By The Yoga Institute

Oats Lavash is light, fiber rich easy-to-make oats snack that even fulfils the cravings. It is rich in fiber, potassium, magnesium, calcium and protein. Oats are rich in antioxidants, can lower cholesterol levels and improves blood sugar control. Black Sesame seeds keeps your bones strong and assist you keep off osteoporosis.

Ingredients

Oats	50 gms
Whole Wheat flour	50 gms
Olive Oil	1 tbsp
Black sesame seeds	½ tsp
Oregano	½ tsp
Salt	A pinch
Oil	1 tsp

Method

- Take oats and mix it with the wheat flour.
- Add salt and warm water little by little and start kneading the dough until crumbly.
- Add olive oil and knead further till it becomes soft and cover it with a damp cloth and let it rest for 15 minutes.
- Preheat oven at 180°C and divide the dough into 7-8 equal size balls.
- Dust one ball with flour and roll it into circle as this as possible.
- Cut the circle into 5-6 triangles and sprinkle the seeds and oregano on top.
- Arrange them on a greased baking tray and bake it for 10-20 minutes or until light brown and crisp.
- Take it out and let them cool and serve it with tasty dips.





- by Yogacharini Anandhi and Yogacharya Dr Ananda Balayogi Bhavanani

Founders Sannidhi (www.sannidhi.yoga)
Pondicherry, India.

SPANDA: THE HEARTBEAT BEFORE THE WORLD

An experiential journey into the first pulsation of Consciousness in Yogic Cosmology

An Invitation, Before We Begin

Before you read another word, pause. Notice your breath moving in, and out. Notice, if you can, the quiet beat beneath your ribs — that small, tireless drum that has never once stopped since before you could remember. This article is about that pulse. Not as a metaphor borrowed to make an old philosophy sound relevant, but as the very thing philosophy is pointing at. Kashmir Śaivism gave this pulse a name: Spanda — the first stirring, the primordial throb, the heartbeat before the world had a heart to beat with.

What follows is not only an idea to be understood. It is an experience to be felt. So read slowly. Let some sentences land in the mind, and others land somewhere lower — in the chest, in the breath, in the quiet space between one thought and the next.

A Question Every Culture Has Asked

Every culture that has ever looked up at the sky, or inward at its own mind, has attempted to understand the mystery of creation: how the manifest universe emerges, how time begins, how space becomes measurable, and how life arises within a vast cosmic order. Modern science speaks of space and time as deeply interwoven realities. In contemporary physics, spacetime is understood as a





four-dimensional continuum in which space and time are not separate containers but mutually related dimensions of physical reality. NASA's descriptions of general relativity, for example, explain gravity through the behaviour of spacetime itself, rather than through space and time as independent, unrelated stages on which events simply occur.

Indian yogic and philosophical traditions approached this same mystery through a different language entirely. Rather than beginning with matter, they began with Consciousness, stillness, sound, rhythm, and order. Creation, in this view, is not merely a physical event to be measured. It is a movement — from the unmanifest to the manifest, from silence to vibration, from undifferentiated fullness to differentiated existence. The concept of Spanda gives this movement its most refined philosophical expression.

Notice that both paths — the equations of physics and the contemplative insight of the sages — arrive at the same quiet reversal: that space and time are not separate boxes the universe sits inside, but something closer to a single, breathing fabric. One reaches this through mathematics. The other, through the felt texture of stillness turning into motion. You are about to be invited to feel your way toward the second.

The Silence That Was Never Empty

Close your eyes for a moment and imagine the time before time — before the first sunrise, before the first word, before even the idea of "before." Most of us picture this as blankness, a kind of cosmic nothing. But the sages who gave us the doctrine of Spanda felt something different. They sensed that the unmanifest was not empty in the way an empty room is empty. It was full — the way a held breath is full, the way a womb is full, the way the silence right before someone you love says "I have something to tell you" is full.

Feel this in your own body: the pause before you speak, the stillness before you rise from a chair, the half-second



of hush before music begins. Nothing has happened yet — and yet everything is already gathering itself to happen.

This is the unmanifest as the sages described it: silent, but not lifeless; still, but trembling with possibility. Before measurable time, there was no sequence — no "first" and "then." Before measurable space, there was no "here" reaching toward "there." And yet none of this absence felt like death. It felt like potential, coiled and luminous, waiting.
The old texts often reach for the image of darkness to describe this condition — not the darkness of fear or ignorance, but the darkness of depth, the kind you find with closed eyes, or at the bottom of the ocean, or in the hush just before dawn. Light cannot be seen as light until it meets a surface to fall upon. In pure fullness, even light has nothing to show itself against. So this darkness is not the opposite of creation. It is creation's womb.

The First Tremor

Now imagine — or better, feel — the instant just before a single tear falls. There is a trembling. A held threshold. And then: release. Something moves. This is the closest human experience I know to what the seers called Spanda: the first subtle stirring within the stillness of Consciousness itself.

It is not a sound in the ordinary sense, not a wave moving through space that already exists. It comes before space. It is the impulse by which Consciousness begins, for the first time, to know itself as something other than pure stillness — the moment awareness turns and, in turning, becomes motion.

Notice how your own awareness moves right now — how a thought rises out of quiet, unbidden, like a ripple appearing on water with no visible cause. That rising is a small echo of the very first rising.

The Spanda Kārikā describes this first movement through the rhythm of expansion and contraction — the world breathing outward into form, and later breathing inward, back into source. This is not violence. It is not an explosion out of nothing. It is closer to a heart deciding, after eternity of stillness, to beat — and

in that one beat, giving birth to before and after, here and there, self and world.
Once there is a pulse, there is rhythm. Once there is rhythm, there is time. And once there is time, distance and relation and direction all become possible. Spanda, then, is not an event that happens inside time. It is the trembling threshold that makes time — and everything that follows from it — possible at all.

Kāla: The Depth Beneath the Clock

We tend to think of time as something thin — a ticking line, a number on a screen. But the Sanskrit word Kāla carries far more weight than our word "time." It carries darkness, depth, measure, and mystery all at once. It is not the clock. It is the current beneath the clock — the current that carries a seed into a sprout, a breath into the next breath, a birth toward its eventual death.

Feel the difference between checking the time and feeling time — the ache of waiting for someone, the quiet stretch of a long afternoon, the way a single held breath can feel like its own small eternity. That felt quality is closer to Kāla than any clock face will ever be.

Space, too, becomes real only once distinction becomes possible — only once there is a "there" for a "here" to reach toward. Modern physics has arrived, by an entirely different road, at a similar intuition: spacetime as a single interwoven fabric rather than two separate stages on which the universe performs. Yogic Kāla is not identical to this scientific model — one is contemplative, the other mathematical — but both quietly dismantle the illusion that space and time are separate boxes. Both point toward one deeper, breathing continuum.

Ritam and Satyam: When Truth Learns to Move

There is a Vedic pair of words worth sitting with slowly: Satyam and ritam. The Rigveda tells us that both arose together from tapas — the primordial heat, the concentrated inner ardour of creation. Satyam is often understood as the truth of pure being — truth simply resting as itself, silent and whole. Ritam is truth in motion — right order, right rhythm, the truth of being once it has begun to move and act in the world. Sri Aurobindo described Satyam as the truth of being, and ritam as that same truth now regulating right activity.

Think of a moment when you felt simply, silently whole — no agenda, no movement, just being. Now think of a moment when that same wholeness moved through you into right action: a kind word offered at exactly the right time, a decision that felt aligned rather than forced. The first is a taste of Satyam. The second is Ritam.

Spanda is the bridge between them. Before the first pulsation, truth simply is — whole, undivided, silent. This is Satyam. With the first pulsation, that same truth begins to move without ever losing its essential nature. This is Ritam — order arising not despite stillness, but out of it.

This changes how we might feel about creation itself. It is not chaos flung outward. It is rhythm. Not fragmentation, but ordered unfolding. Every cycle we live inside — breath, heartbeat, day and night, the seasons, birth and death, the turning of planets, the growth of a body, the maturing of a mind — is this same ordered pulsation, wearing a different mask each time.

The Pulse That Beats as You

Here is where the teaching stops being a cosmology and becomes something closer to a mirror. The same pulsation that unfolds as galaxies is, at this very moment, unfolding as you. Your breath moves in expansion and contraction. Your heart pulses — always two motions, never one: a filling, and a release. Thoughts rise out of silence and dissolve back into it. Feelings surge, crest, and subside, the way a wave gathers and lets go.

Place a hand on your chest, if you can, right now. Feel the beat beneath your palm. That is not a separate, private rhythm happening to belong to you. Tradition would say it is the same first pulsation, still reverberating, still creating, here, in this exact moment, as you.

This is why the yogic traditions never treated rhythm as incidental to practice. Breath regulation, mantra, silent concentration, the tracking of subtle inner movement — these are not techniques for relaxation alone. They are ways of listening more closely to the pulse behind thought, the silence behind sound, the stillness inside every movement. To practice in this way is to place your ear, so to speak, against the chest of the universe and hear your own heartbeat answer back.

Coming Back to the Beginning

We began with a pause — your breath, your pulse, the quiet beneath the noise of an ordinary day. We end there too, because Spanda was never meant to remain an abstraction filed away in a philosophy book. It is a living claim about what you are made of.

Creation, in this vision, is not something that happened once, long ago, and then stopped. It is not a finished event gathering dust in the past. The first pulse has never paused. It continues to reverberate through galaxies and through your own chest in the very same instant. Stillness becomes movement. Satyam becomes Ritam. Pure potential becomes the breathing, aching, luminous fact of a lived life.

So the next time you feel your own heartbeat — waiting for news, after climbing stairs, lying awake at night — you might remember that you are not only feeling a muscle at work. You may be feeling, faintly, the oldest rhythm there is: the first pulsation, still moving, still becoming, still choosing, again and again, to be.

To understand Spanda intellectually is worthwhile. But to feel it — in the hush before a thought, in the ache of a long-held breath, in the small tremor before tears or laughter — is to touch, however briefly, the living rhythm of the Divine, still beating, unmistakably, as you.



-Shri V. Satyanarayan
Yogisha Mission Trust

How to Cultivate a Positive Mind

A Simple Guide to Living with Greater Peace, Resilience, and Joy

In today's fast-paced world, maintaining a positive state of mind has become increasingly challenging. Every day brings new responsibilities, unexpected situations, and emotional ups and downs. While we all wish to remain cheerful and optimistic, negative thoughts often arise without invitation. This is a natural part of being human. The goal, therefore, is not to suppress negative emotions but to understand them and develop the ability to respond with wisdom and balance.

Yoga teaches us that true happiness is an inner state, cultivated through awareness, discipline, and conscious living. Our peace of mind does not depend solely on external circumstances but on how we perceive and respond to them. A simple way to remember the essential qualities of a positive mind is through the acronym CAT-GP—Control, Adversity, Transform, Gratitude, and Present Living. These five principles offer practical guidance for navigating life's challenges with confidence and serenity.

C – Control What You Can

One of the greatest causes of stress is trying to control things that are beyond our reach. We cannot control the weather, traffic, examination results, interview outcomes, or the behaviour of others. Worrying about such things only drains our mental energy. Instead, we should focus on what lies within our control—our preparation, our actions, our attitude, our words, and our reactions.

Whenever faced with a difficult situation, pause and ask yourself, "Is this within my control?" If the answer is yes, take



appropriate action. If not, learn to accept it with calmness. A positive mind grows stronger when we invest our energy in what we can change rather than worrying about what we cannot.

A – Prepare for Adversity
Life is unpredictable, and challenges are inevitable. Instead of fearing them, we can prepare ourselves mentally to face them with courage and composure. Just as firefighters conduct regular fire drills to remain prepared for emergencies, we too can practise a "mental fire drill."

At the beginning of the day, spend a few moments reflecting on possible challenges you might encounter. Consider how you would respond if plans changed unexpectedly, if someone criticised you, or if you faced disappointment. This simple exercise prepares the mind to respond thoughtfully rather than react impulsively. Adversity then becomes an opportunity to develop resilience instead of a source of fear.

T – Transform Your Thinking
Much of our suffering arises not from reality but from our imagination. We often create stories about what might happen, replay unpleasant memories, or magnify small problems until they appear overwhelming. Overthinking can rob us of peace and happiness.

Whenever a setback occurs, shift your perspective. Instead of asking, "Why is this happening to me?" ask, "What can I learn from this experience?" Every challenge carries a lesson and every failure offers an opportunity to grow. A business setback may become the foundation of future success, and a difficult experience may strengthen our character. Transformation begins when we change the way we think.

G – Practise Gratitude
Gratitude is one of the simplest yet

most powerful practices for cultivating a positive mind. Every morning, before beginning your day, pause for a moment and express heartfelt thanks. Be grateful for the gift of another day, for your family, your teachers, your friends, your health, and the countless people whose efforts make your life comfortable—from the farmer who grows your food to the electrician who lights your home.

Our quality of life depends not only on what we possess but on what we choose to notice. The more we appreciate the goodness around us, the more abundant life begins to feel. Developing the habit of reflecting on a few positive experiences at the end of each day gradually trains the mind to focus on blessings rather than shortcomings.

P – Live in the Present

Many people spend their lives trapped between the regrets of yesterday and the worries of tomorrow. The past cannot be changed, and the future has not yet arrived. The only moment we truly possess is the present.

Living in the present means giving your full attention to whatever you are doing. When you eat, savour the colour, aroma, texture, and taste of your food. When you walk, enjoy each step. When you speak to someone, listen with complete attention. By doing one thing at a time with full awareness, we experience greater peace, clarity, and joy. Mindfulness transforms ordinary moments into meaningful experiences.

Equally important is the company we keep. In yoga, this is known as Satsang—the association with positive, uplifting, and wise people. Our thoughts, habits, and attitudes are deeply influenced by those around us. Along with good company, healthy daily routines such as adequate sleep, nourishing food, regular yoga practice, meditation, limiting unnecessary screen time, maintaining discipline, and journalling our thoughts contribute significantly to a balanced and positive mind.

Conclusion

A positive mind is not something we are born with; it is something we cultivate through conscious effort and daily practice. There will always be challenges, disappointments, and moments of uncertainty, but we have the power to choose our response. By remembering the simple principles of **CAT-GP—Control what you can, Prepare for Adversity, Transform your thinking, Practise Gratitude, and Live in the Present**—we gradually develop resilience, emotional balance, and inner peace.

Yoga reminds us that true positivity is not about ignoring life's difficulties but about facing them with awareness, compassion, and confidence. When we nurture a positive mind and surround ourselves with uplifting influences, we not only transform our own lives but also become a source of peace, hope, and inspiration for others.

Practice of the Month

Chakrasana: Steps, Benefits, Precautions & Correct Practice

By Yogacharya Dhakaram, Founder, YogaPeace Sansthan

What is Chakrasana? Chakrasana is an important yoga posture in which the body arches backward to resemble the shape of a wheel. Hence, it is called Chakrasana, while in English it is popularly known as the Wheel Pose.

In the traditional yoga texts, Chakrasana holds a special place. It is also known as Urdhva Dhanurasana, a name widely used in the yoga tradition of Guruji B. K. S. Iyengar. The classical Hatha Yoga text Hatha Ratnavali, believed to have been authored by Srinivasa Yogi, mentions Chakrasana among the 84 principal asanas revealed by Lord Shiva. It is regarded as a significant posture for developing flexibility, strength, and vitality.

Importance of Chakrasana

Chakrasana is much more than a physical posture. It is a powerful backbend that energizes the entire body by improving spinal flexibility, opening the chest, and stimulating the nervous system. Regular practice enhances physical strength while cultivating confidence, vitality, and mental alertness.

How to Practice Chakrasana (Step-by-Step)





Practice this asana on a yoga mat or folded blanket to ensure safety and comfort.

1. Lie on your back in Shavasana.
2. Bend both knees and bring your heels close to your hips.
3. Keep your feet shoulder-width apart.
4. Raise your arms and place your hands beside your shoulders, with the palms resting firmly on the floor and fingers pointing toward the feet.
5. Take a deep inhalation.
6. Press firmly into your palms and feet.
7. Gradually lift your head, shoulders, chest, and lower back off the floor.
8. Raise your body as much as your flexibility comfortably allows.
9. Try to straighten your arms and legs while expanding the chest fully.
10. Maintain normal breathing and hold the posture for 15–20 seconds.
11. With regular practice, the duration may gradually be increased to 1–2 minutes.
12. To release the posture, slowly lower your body in the reverse sequence.
13. First bring your head and shoulders down, followed by your back and hips.
14. Straighten your legs and relax your arms beside your body.
15. Rest in Shavasana for at least one minute, observing your breath and the sensations in your body.

Benefits of Chakrasana

Regular practice of Chakrasana offers numerous physical and mental benefits:

- Improves the flexibility and strength of the spine



- Increases overall energy and vitality
- Strengthens the shoulders, wrists, and arms
- Tones the shoulder blades and back muscles
- Expands the chest and improves lung capacity
- Supports healthy heart and respiratory function
- Improves posture and body alignment
- Promotes confidence, positivity, and emotional well-being

Precautions

Chakrasana should always be practised with awareness and under proper guidance, especially by beginners. Avoid this posture if you have:

- Severe back pain or spinal disorders
- Shoulder, neck, or wrist injuries
- Frozen shoulder
- Recently undergone surgery
- Pregnancy (unless specifically guided by an experienced yoga therapist)
- During the menstrual cycle, if advised by your teacher or healthcare professional

If you experience pain, dizziness, or discomfort while practising, come out of the posture immediately.

Important Practice Tip=

While practising Chakrasana—or any backward-bending posture—the extension should originate from lifting and expanding the chest rather than compressing the lower back. The emphasis should always be on creating space through the front of the body. This helps protect the lumbar spine, ensures correct alignment, and allows the posture to be practised safely and effectively.



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	169	9375
Yoga Professionals Members	6,779	2269	2279	1110	12437
Life Members	610	196	156	63	1025
Eminent Yoga Professionals	16	01	01	--	20
Associate Centers	204	46	53	23	326
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]	August 8, 2026 August 22, 2026 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 Aug - 28 Aug 2026	On Campus	**The Yoga Institute**	INR 60,000
	1st Aug - 28 Aug 2026	Non-Residential	**The Yoga Institute**	INR 33,000
	1st Aug - 28 Aug 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
CERTIFICATE COURSE IN YOGA	Aug 17 to Sep 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)
	Aug 14 to Sep 11, 2026	UttarKashi, Himalayas	**Sivananda Ashram**	INR 30,000/ US$ 2000
	Aug 5 to Sep 2, 2026	Chiang Rai, Thailand	**Sivananda Ashram**	INR 30,000/ US$ 2000
	5 August 25 September 2026	Mysore Ashram	**Sri Sri School of Yoga (AOL)**	46000 INR / 2270 USD
	5 August - 25 September 2026	Pune Ashram	**Sri Sri School of Yoga (AOL)**	55000 INR / 2270 USD
	5 August - 25 September 2026	Bangalore	**Sri Sri School of Yoga (AOL)**	45000 INR



ASSOCIATE CENTRE

Kovai Prana Yoga

Kovai Prana Yoga, based in Coimbatore, is a dedicated yoga institute committed to promoting authentic yoga education and holistic wellness. The institute conducts 200-Hour Yoga Teacher Training Courses aligned with Yoga Certification Board (YCB), Ministry of AYUSH guidelines. It also offers general yoga classes, yoga therapy for lifestyle disorders, corporate wellness programmes, and YCB examination facilitation. With experienced faculty and a well-equipped yoga studio, the institute has trained over 100 yoga professionals.

Lakulish Yoga University

Lakulish Yoga University, Gujarat's first private university dedicated exclusively to Yoga, is a pioneering institution in higher education, research, and professional training. Established in 2013, it seamlessly integrates the timeless wisdom of classical yoga with modern scientific and evidence-based approaches. The University offers undergraduate, postgraduate, doctoral, and skill-based programmes across diverse streams of yoga studies. Through its holistic approach, LYU continues to shape future leaders in yoga, wellness, education, and research.

VEDIC POWER YOGA
Center for Vedic Culture

Vedic Power Yoga

Vedic Power Yoga, Bengaluru, is dedicated to sharing the authentic teachings of Vedic yoga through a nurturing and inclusive learning environment. The centre offers thoughtfully designed yoga programmes for practitioners of all ages and experience levels. Guided by experienced and compassionate teachers, students receive personalised attention to support their physical, mental, and emotional wellbeing. Rooted in traditional yogic wisdom, the centre emphasizes holistic health, inner balance, and self-transformation. Its commitment to quality instruction has earned the trust and appreciation of a growing community of yoga practitioners.

Yog Saamarthya

Yogsaamarthya Private Limited

Established in 2017, Yogsaamarthya Private Limited is a yoga and wellness institution based in Nalasopara, Vasai–Virar, Maharashtra. The organisation is dedicated to promoting the authentic principles of yoga as a way of life for holistic health and wellbeing. It offers regular yoga classes, meditation sessions, therapeutic yoga programmes, workshops, and community outreach initiatives for people of all age groups. By blending traditional yogic values with contemporary wellness practices, Yogsaamarthya encourages healthier, more mindful living. Its vision is to empower individuals to achieve physical vitality, mental peace, and inner harmony through yoga.

LIFE MEMBERS



Shri Chiranjit Bose

Shri Chiranjit Bose is a professional yoga trainer specializing in Hatha Yoga, Ashtanga-Iyengar based Vinyasa, and Aerial Yoga. Through personalized and group sessions, he promotes strength, flexibility, alignment, and holistic well-being while fostering a mindful and inclusive learning environment.



Ms. Sheetal Kalan

Ms. Sheetal Kalan is a certified yoga teacher with expertise in Ashtanga Yoga, Iyengar Yoga, Prenatal & Postnatal Yoga, and Fertility Yoga. She is dedicated to guiding individuals towards improved health and balanced living through the transformative practice of yoga.



Shri Ajay Kumar Shastri

Dr. Ajay Kumar Shastri is an experienced yoga educator and wellness mentor with over 26 years of contribution to Yogic Sciences. Associated with Jawaharlal Nehru University, he has actively promoted yoga through teaching, research, publications, and community outreach at both national and international levels.



Shri Subir Debnath

Shri Subir Debnath is a Yoga Educator, Yoga Therapist, and Ph.D. scholar committed to advancing traditional and evidence-based yoga. Through education, research, teacher training, and therapeutic practice, he continues to contribute meaningfully to the growth of yoga and community wellness.



Shri Satish Kumar Babbar

Shri Satish Kumar Babbar is a former Senior Non-Commissioned Officer of the Indian Air Force and a retired Indian Bank professional. Driven by his passion for yoga, he is pursuing formal training in Yoga Vidya and is committed to integrating yogic values into daily life and community well-being.



Ms. Girija Anantapur

Ms. Girija Anantapur is a dedicated yoga practitioner and instructor with decades of experience in yoga and meditation. She conducts both offline and online classes, inspiring individuals to lead disciplined, balanced, and joyful lives through the timeless wisdom of yoga.

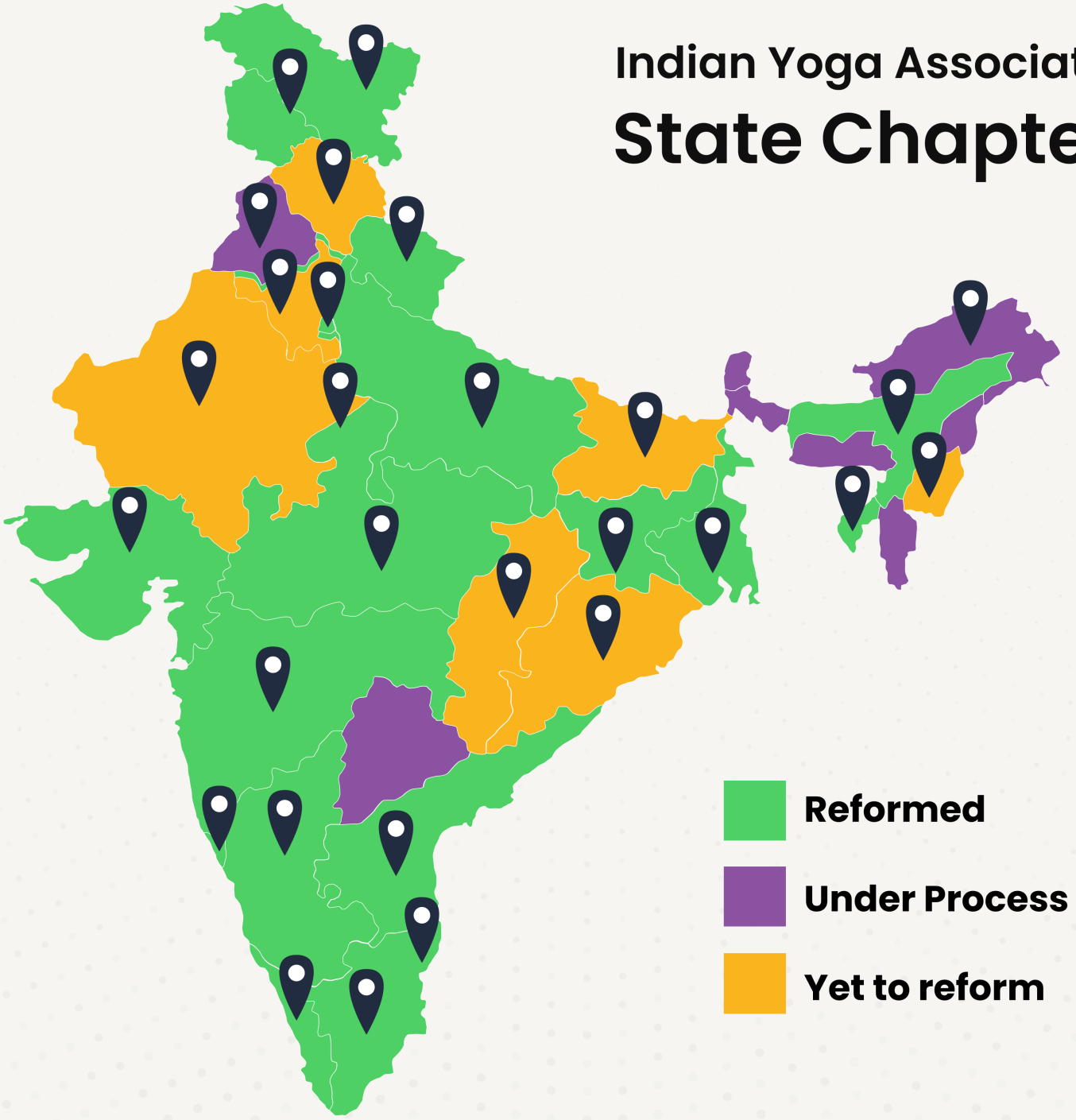


Dr. Mahesh Sakharam Lohar

Dr. Mahesh Sakharam Lohar is a Yoga Master, Consciousness Scientist, and Founder-Chairman of the I Smart Life Foundation (ISLF), Pune. Through his work, he is committed to promoting holistic health, self-awareness, and conscious living by integrating yogic wisdom with modern perspectives.

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
- Punjab
- Tamilnadu SCC
- Karnataka SCC
- Haryana SCC
- Bihar SCC
- Himachal Pradesh
- Manipur
- Odisha
- Telangana
- Nagaland

indian yoga association
yoganushasanam

PHASE III
Jan to Dec 2026

zoom



CYCLE

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

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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

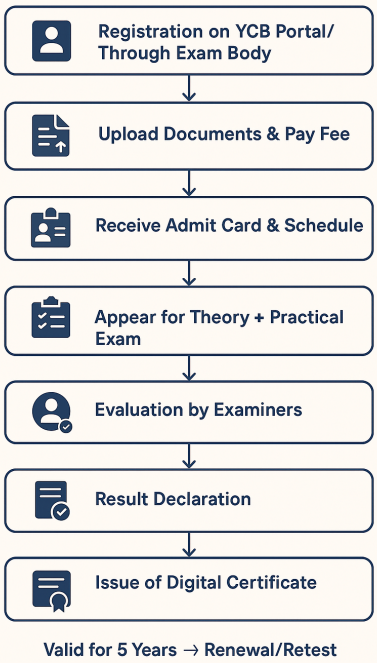
CALL NOW

9625059898

www.iyaprcb.com

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.*

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Fee Structure for National and International Candidates.

Certification Category	Enrollment	Enrollment SAARC Countries US$	Enrollment Developing Countries US$	Enrollment Developed Cuintried 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

THE ART OF LIVING

Sri Sri SCHOOL OF YOGA

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

Scan to know more

Step onto the mat.
Step into something larger.

THE ART OF LIVING

Sri Sri SCHOOL OF YOGA

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:

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

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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.

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

Scan to know more

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