

# YOG-YTHM Wave of Life

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## Editorial - YOGYTHM

One more year we have crossed. So many pleasant and unpleasant experiences we faced. Staying in the course of Yoga, practicing being a witness and staying indifferent is our aim. A yogi considers the real world as the state of deep sleep of virtuality. He or She only stays awake with his concrete knowledge of rejection and non-attachment. The coming year will also put so many challenges in front of us. We should combat them with yogic knowledge and patience. With this oath I conclude and wishing all a very Yogic new year onward.

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*Editor*

*Dr. Partha Krishna Ghosh*

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## Changing life through yoga:

Yoga is a Sanskrit word derived from the Sanskrit root 'Yuj', which means to connect, join, balance and union, union between the 'limited self' and the 'divine self'. Yoga is like the sun itself which brightens everything that comes in its contact.

There are many postures in yoga like Padmasana, Bajrasana, Vrikhasana, Ardachandrasana, Chakrasana, Dhanurasana, Bhujangasana, Halasana, Sorbangasana, Ushtrasana, Ardhakurmasana, Sabasana, Pabanmuktasana etc. If we practice these postures every day we will get desirable results. It helps us develop ourselves and observe self growth.

One of the most beautiful and liberating aspects of yoga is that one does not need any fancy equipment, it is accessible from anywhere. You can proceed with your practice wherever and whenever you desire to.

Always give time to your practice just to be, to breathe and be present with yourself and live in that very moment. There is a saying 'when the Breather wanders, the mind is unsteady, but when the breath is still, so the mind still'. Asanas help us develop our physical abilities and pranayama helps us get into a deeper connection with our inner self. Prana means 'vital energy' and Ayama means 'expansion'. Pranayama helps reduce stress, quieten the mind, gives peace, enhances concentration, memory and focus, and invigorates, heats and purifies the body.

A practice session usually ends with 'Aum' chanting. 'Aum' is used to symbolize the universe and the ultimate reality, representing the three aspects of god: Brahma (Creator), Vishnu (Sustainer) and Shiva (Destroyer). 'Aum' is pronounced to promote body-mind harmony. The breathing practice of yoga helps discipline. It is our life force energy that removes blockages from within our physical and energetic system, cure illness and help regulate the nervous system, so that we may achieve higher states of consciousness and awareness.

Some may say that as we walk into a spiritual path, we get what we need. The universe has so much more in store for us than we can even imagine. Our practice has the ability to unlock greater potentials within us. The sooner we start, it will help build the foundations of change and growth.

*Author - Shreya Shaw*



## History and evaluation of yoga:

Yoga is a practice of the mind and body. Various styles of Yoga combine physical postures (asanas), breathing techniques (pranayama), meditation (Dhyana) and relaxation.

Yoga is an ancient practice that had originated in India. It involves movement, meditation, and breathing techniques to promote mental and physical well-being. It began as a spiritual practice but later evolved and became popular as a way of promoting physical and mental well-being and an adoptable lifestyle.

Traditionally yoga is a method of uniting the individual self with the divine, universal spirit, or cosmic consciousness. Physical and mental exercises are designed to help achieve this goal and lead us to enlightenment.

On the physical level, yoga postures called asanas, are designed to tone, strengthen, and increase flexibility of the body and also help maintain a correct posture and alignment in our daily lives. These poses are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands, and tissues and keeping all the systems healthy. On the mental level, yoga uses breathing techniques (pranayama) and meditation (dhyana) to quieten and discipline the mind.

### PURPOSE

The purpose of Yoga is to help individuals of all age groups improve strength and flexibility, rejuvenate the body and work towards greater integration of soul and body as well as better physical health. Yoga can also be used as an alternative therapy for several lifestyle diseases.

### HISTORY

'Yoga' has its roots from the Sanskrit word 'yuj' which means to join or unite. It aims to connect your mind and body and to help them work together as one unit. Yoga helps us to achieve self-actualization and peace even when faced with the most difficult situations. It imparts basic human values and helps us develop a sustainable lifestyle filled with joy, peace and gratitude.

An age-old folklore indicates Lord Shiva as the first Yogi or Adi Yogi. It talks of a time when Lord Shiva imparted and taught Yoga to seven of his disciples. These seven disciples went in different directions to spread the knowledge of yoga far and wide.

However there is no proper evidence of when this discipline started. It is believed that it originated in Northern India, approximately 5000 years ago.

### PRE-VEDIC PERIOD

Dating back to 2700 BC, in the Indus-Saraswati valley civilization, seals and fossils have been found of people doing yoga sadhana. This hinted at the practice starting at such early times.

### VEDIC PERIOD

The word "Yoga" was first mentioned in the ancient Sanskrit text of Rig Veda which dates back to 1500 BC. This old text mainly spoke of rituals, mantras and songs that the Vedic priests used in their lives. Later in the Atharva Veda (around 900 BC) the importance of controlling breath was stressed upon.



**PRE-CLASSICAL PERIOD**

This 2000 year period in the history of yoga is predominated by the "Upanishads". They explain the meaning of Vedic literature, reading between the lines and explaining how the body and mind works. Moreover it talks of spiritual teaching.

**CLASSICAL PERIOD**

The classical period of yoga lasted from 500 BC to 800 AD (The importance of a peaceful mind as a consequence of Yoga was put into the limelight during this period by Maharshi Patanjali. Maharshi Patanjali, the father of Yoga, was the first Yogi to truly understand and explain the meaning of yoga and the true purpose behind it in his 'Yoga Sutra'. This was called Raja Yoga. The first commentary on the Yoga Sutras by Veda Vyasa was written in the classical period. Nata dances and martial arts used the techniques written in the 'Yoga Sutras'.

**POST CLASSICAL PERIOD**

The post classical Period ran up to 1700 AD. It brought forward names of numerous yoga teachers who worked towards the development of this beautiful cultural form. Some of the yogis include Acharya Shankaracharya, Ramanujacharya, Meera Bai, Purandara Das etc.

**MODERN PERIOD**

Swami Vivekananda was one of the primary Yogis to spread Yoga in the modern period that is from 1700 AD up till now. This period focuses on yoga as a manner of being physically strong adopting yoga as a lifestyle.

*Author - Debodwij Ghosh*



## Laghu Shankha Prakshalan Kriya

A Laghu Shankha Prakshalan session was organized by Yoga & Happiness and guided by our respected sir, Mr. Sisir Biswas on 18th December, 2022 at Yoga & Happiness's Park Street center, Kolkata.

It is a master cleansing process which purifies all the organs and glands from mouth to lower limbs. It strengthens the immune system, reduces excessive mucus and purifies the blood. It increases our energy level.

It was great experience joining the LSP session. As per protocol, I took a light meal the night before undertaking this practice. I took 650 ML warm, salt water mixed with lime. (one litre warm water with two teaspoons of salt and one piece of lime per litre). Then I performed the following six Asanas six times each: (1) Tadasana, (2) Tiryaka Tadasana, (3) Kati Chakrasana, (4) Tiryaka Bhujangasana, (5) Udarakarshanasana & (6) Kakhpadasana. Drank 2 more times 650 ML warm salty water mixed with lime and again repeated the above 6 Asanas 6 times each. After each round, we went to release ourselves till clear water was excreted from the rectum. The Khichari was eaten at the end of the practice after 50 minutes rest period. I lied down in Shavasana for 45 minutes. During the whole process, I tried to keep silent. Finally, the whole process completed at 3 p.m.

The cleansing technique made me feel a lot better and lighter. This is an extremely beneficial detoxifying process and an integral part of yogic Kriya and needs to be done under the guidance of an expert. It helps cure several digestive issues, purifies the blood, and removes toxins from the body.

*Author – Soumendu Manna*



## Get attuned to the Yoga Way of Life

My earliest memory of practicing Yoga was about 25 years ago when I would be woken up on weekends to join my mother in her Yoga class with her Yoga sir. He was a stoic, elderly man, but very fit for someone his age. Even as a child, I remember feeling a sense of calmness in his presence and a very pleasing sense of happiness when the session was over.

Since I was not ready to get into the true meaning of practicing Yoga, I shifted towards other forms of movement like Ballet, Gymnastic and Bharatnatyam. Practicing Yoga with my mother was something that I came home to and it made me feel welcome to practice at my own pace, rather than getting into the competition of gymnastics or dance. Her Yoga sir never implied that anything was being done 'wrong' rather, that there were alternate ways of doing things. The names of the Asanas came easily to me and the flow of Surya Namaskar would flow through my body. As time went by, I didn't even realise, but Yoga became a regular part of my life. I didn't even need to "make time" to practice as it was so intrinsically a part of my weekly routine. Everything about it was exciting for me. From the SukshmaVyama to Omkara, to the dynamic practice in every session, Surya Namaskar, Pranayama, Dhyaan and Shavasana. I was learning things about my body that could never even be taught as they are brought to light through practice, patience and experience. As I became more learned in Yoga, I started noticing amazing transformations, that I like to call 'miracles'. Some things may seem possible, but with focus on the right movements, and a sprinkle of patience, the body is able to achieve the impossible! Hence the term, miracles.

I wanted to share this knowledge. But to be able to teach, I had to learn so much more. Another marvelous facet was the vastness of knowledge about Yoga, from the ancient times all the way up to new-age adaptations for the bustling lives we live today. On completing my level 1 certification, I dove straight into teaching, first my family and peers. This helped me build confidence in myself and my knowledge, when I saw these miracles happen with other people as well. I had the Golden opportunity to be a part of a team that teaches children from the age of 4-14 years. This was so beautiful as we were molding these young minds and opening them up to the miraculous world of Yoga. Something that very few children these days would be interested in. We taught them via stories and music and games but still managed to pass on the basic message of connecting the mind and body and inculcating the habits Ashtanga Yoga.

As of now, I am just beginning the level 2 course with an amazing teacher who inspires me every day and breathes life into our coursework. I am looking forward to not only being a Yoga teacher but to even be the one to introduce the miracles of Yoga into people's lives. The future of Yoga has endless possibilities and I consider myself blessed to be on this path. I hope someday, it becomes known to every person to apply it into their lives and ensure a happier, healthier and more balanced future for everyone!

*Author - Anam Kalsia*



## Yoga retreat ISKCON

Yoga & Happiness organized a yoga workshop from 18th to 20th November, 2022. The retreat was held in ISKCON, Mayapur for the second consecutive time. The retreat received an overwhelming response and was graced by 50 participants from all over India.

Yoga is a "Gurumukhi Vidya". In ancient times, yoga was only taught in ashrams where disciples were encouraged to adopt the ashram lifestyle and learn from Gurus. The environment and beautiful ambience of ISKCON, Mayapur brings back the essence of ashram of ancient period. I felt quite blessed to practice yoga for two days in that environment and it gave us a feeling of ashram setting of ancient times, sitting in front of our respected Guru and learning Yoga Vidya.

It's my earnest request that this kind of workshop be organized by Yoga and Happiness at least twice a year. Promoting Guru Sishya parampara is highly required for perfect learning of Yoga Vidya.

*Author – Soumendu Manna*



**YOGYTHM**  Wave of Life

## What I understood about Yoga

Yoga is everything you have heard and everything that you will only know when you dedicate yourself to it. It is a beautiful symphony, where the soul, body, and mind interlink to reveal the true nature of life. How with each correct breath you are able to perform the asana with ease and how with an incorrect breath the same asana feels weighed upon. The true magic lies, as they say in being able to control prana, the very existence of a life force. Through regular practice, we learn how to slow down, think and react in most testing situations. We learn to let go of everything that doesn't serve us for our higher good. We make peace within and live by the moment, grateful for every blessing.

Starting the session with a prayer, makes us feel grounded and present at the moment, the warm palm over our eyes to help ease away any lethargy. The entire practice is dedicated to creating awareness about our bodies, breath, and mind.

In today's world, it is very easy to get distracted and lose balance. Once we go down that road we tend to fall into the trap of extreme emotions, not having clarity, and lethargy becomes a part of life. Similarly written in Bhagvad Gita:

श्रीभगवानुवाच ।  
 असंशयं महाबाहो मनो दुर्निग्रहं चलम् ।  
 अभ्यासेन तु कौन्तेय वैराग्येण च गृह्यते ॥ 35 ॥

The shloka above translates to - The mind is undoubtedly restless and difficult to curb, but it can be controlled by repeated practice and detachment. Yoga teaches us how our emotions define our orientation and our orientation and our motivation. The solution lies within ourselves and yoga is the medium that bridges the gap.

*Author – Sanjana Pareek*



## My First Yoga Retreat Experience

My Slowing down is key to living a more balanced life. Yoga retreats and workshops offer some time out from our regular routines and habits. They are an opportunity to switch off our mind, rejuvenate, revitalize and open more space for mindfulness.

As a proud student of 'Yoga & Happiness' it was an opportunity for me to experience my very first yoga retreat which was held in Iskcon Mayapur West Bengal, on November 2022, it was a 3 days workshop program organized by the team of Yoga and Happiness.

Where to start, from the moment I signed up for the yogic trip, then reaching out there, experiencing the workshop, food, accommodation, environment everything was excellent !!

It was my first visit to Mayapur Iskcon. Being away from home, seeing everything with fresh eyes for the first time is the perfect opportunity for me to practice Yoga because Mayapur is a perfect location for a peaceful and spiritual yoga retreat. There I felt so refreshed, connected and full of PRANA.

Being outdoor, doing lots of exercises and yoga asanas enhances my practice in an entirely different way than a studio does. Viewing nature increased my wakeful relaxation and internal focus that I was able to feel that the oxygen flowing through me clearing my mind and empowering my practice. After each class I felt a combination of increased flexibility and openness, combined with severe soreness. I am so grateful that I got to learn so many different styles, techniques and new methods of learning yoga under the guidance of our respected SISIR SIR, his motivational speech on Yoga helped me to dive deeper into the healing ways of Yoga.

This Yoga Retreat was a well-rounded holistic experience for me to achieve transformational healing through all the daily yoga activities arranged by Yoga & Happiness. I learned so much, the nice gradual build-up for the asana classes, deeply informative yoga philosophy classes and the excursions were thoughtful and much appreciated. I really enjoyed the enchanting kirtan, beautiful cultural evening programme and the boat ride on the holistic river was the best part of the yogic trip ..

This retreat was an opportunity for me to meet all the instructors and the students of Yoga & Happiness from all around India. Practicing yoga under the same roof, eating vegetarian lip smacking sattvic food as one community who shares your goals, hopes and struggles and perhaps, also, a love for yoga. Sharing insights, exchanging energy and connecting with new friends turned kindred spirits. The bond that was created is a lifelong memory for me

At the end, what really stuck with me, is the feeling of ease and tranquillity that I had never experienced before and knowing the possibility that I can be like this, Maintaining that state of ease in a world that need constantly shifting focus and attention requires for one's mind to be very balanced.

Yet, the retreat gave me this feeling without effort, because the retreat itself was balanced. Between active and restfulness, between being by myself and being amongst others, between spirituality and physical awareness. I felt an effortless guide into a state of ease.

*Author - Trisha Sadhak*



## Yoga And Mental Health

“Sama-dosha sama-agni cha sama-dhatu malakriya

Prasanna Atma Indriya Manah Swasth iti abhidhiyate” – Shusrut Samhita

Roughly around 6th century BC, Shusrut Samhita, one of the ancient texts on surgery and medicine, through the above shloka, defined health as a balanced state of three Humors or Doshas— viz.

Vata (combination of space and air element)

Pitta (a combination of water and fire elements)

Kapha (a combination of water and earth element)

Digestive juices and all seven building blocks of the physical body namely Tissue fluids, Blood, Muscles, Fat, Bones, Bone marrow, Seminal fluid plus a certain well being experienced by the Soul (or the vital life force), Mind and all five Senses.

Thereon in the year 1948, World Health Organization for the first-time defined health as, "A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Therefore, going by the two definitions, it is made clear that mental health is more than just the absence of mental disorders or disabilities which then begs us to delve deeper within.

Swastha is a Sanskrit word which can be broken down into two syllables. “Swa” means “The Self” and “Stha” means “to abide by”; when put together it means “to abide by the Self”. For the uninitiated in us the Self is primarily the body which houses the mind.

An ancient Indian model, depicted in the Taittiriya Upanishad, beautifully explains the Self that lies hidden, encased like Matryoshka dolls in layers of five different sheaths. The first layer, Annamaya kosha (food sheath – nourished by ‘anna’ or the food we eat),

Pranamaya kosha (vital life force sheath – nourished by prana or the key life energy that keep the gross body alive),

Manomaya kosha (mind or the mental sheath – where emotions are born, both positive and negative),

Vijnanamaya kosha (cosmic intelligence sheath – the birthplace of ‘aham’ or ego) and the last layer that covers the real self is

Anandamaya kosha (bliss sheath – where the true essence of love, peace, contentment, purity, divinity and some such positive feelings reside).

As per The Bhagavad Gita, which undoubtedly is one of the greatest books on psychology, mentions how our mental health is affected by our attachment to the material world. Our sense organs provoke the mind to grow attachment with material objects which then gives birth to a plethora of desires which eventually leads to anger. From anger stems delusion, from delusion a certain loss of memory which then destroys the discriminatory powers of the intellect as a result of which, man perishes.

Not all desires can be met and therefore depending upon the degree of attachment, our mind creates sanskaras or mental impressions of pleasure and pain and stores them as memory. The human mind is divided into four layers of consciousness; conscious, subconscious, unconscious and the supraconscious. Mind is defined as an aggregation of thoughts. Different thoughts are therefore arranged in a certain sequential order like the ceaseless waves in the ocean. Intellect, emotions, creativity etc are thus memories playing in through the sensory organs and nerves and flowing out through the motor nerves and organs. The information gathered from the outside world thus flows to the mind through our ‘indriyas’, the doors of perception, analysed by the intellect and thereafter



played along by our emotions, the most potent modification of the mind.

In yogic terminology there's something called the "Antahkarana Chatushtaya" or the 'Chitta which is made of the, 'Mana' or the mind, 'Buddhi' or the intellect and 'Ahamkara' or ego. All our afflictions and mental modifications thus take root in this particular compartment of human existence, which may be termed as the root cause of all sorrows.

Sometime around 600BC Patanjali Muni, in his book the "Yoga Sutra", wrote "Yoga Chitta Vritti Nirodhah" which means "Yoga is that which stills the fluctuations of the mind". By calming the mental chatter, we thus begin to align with the real Self, the seat of eternal bliss and peace.

The topic of mental health however remains incomplete without the mention of mental hygiene. The prerequisite for maintaining sound health is referred to as hygiene. Mental health and hygiene are thus two sides of the same coin. Mental health therefore is the end whereas mental hygiene is the means to leading a healthy stress-free life.

Yoga, which unfortunately is often misunderstood to be a few asana postures, in its truest essence means union; of the body, breath, mind and spirit, of the microcosm that is us with the macrocosm that is within and without. Through the usage of a plethora of tangible and intangible tools and techniques. It teaches us the means and the methodologies to lead a holistic life ultimately opening the doorways to Self-realization.

Hatha yoga has tools like 'Shat kriya' (the six cleansing/ detox techniques that prepare the body and the mind to pursue the higher stages of yoga), the Asana postures when performed in alignment with the breath-work and mindfulness delivers us of all ill health and makes it steady, stronger and lighter, Mudra or the blissful gestures and postures allow us to experience a certain steady and balanced state of being, Bandhas are neuromuscular locks applied at different body parts to channelize Prana or our vital life force in a certain direction to unite the lower self with the higher self, Pratyahar—which means to withdraw the senses, like a tortoise withdraws all of its limbs inside of the shell, from all external stimuli and look within—teaches patience,

Pranayama—which means to enhance the vital life force and channelize it like the sunrays through a magnifying glass—makes the body and mind light.

Dhyana or meditation allows us to witness the true self ultimately leading us to 'unmani' or 'manomani' abastha which means a thoughtless sorrow free state of the mind paving way for Samadhi or the absolute union with the self.

The Ashtanga Yoga--eight limbed yoga—which is known as the Raj Yoga or the king of all Yoga, prescribed and authored by Patanjali Muni is therefore the ultimate goal of Hatha Yoga. It makes us aware of the several 'Kleshas' (afflictions), 'Vrittis'-painful and painless--(streams of awareness), karma-karma phala-karma sanskara construct (action yielding results eventually forming mental impressions images and memories).

Having identified the reasons of our deep seated sorrows Patanjali Muni also gives us diagnostic tools in the form of 'Heya' (form of illness) which is known to be the three 'Dukkhas' or sorrow, 'Hetu' (reason of illness) and the primary reason is Avidya or ignorance, Hana (what needs treatment) which is Aham or a sense of 'I'- that assumes separateness from the rest of creation and finally Hana-upaye (methodology of treatment) which is 'Ashuddhi khsaya Gyan diptir Vivek Khyati' or effulgent knowledge of the Self.



The methodologies to attaining Vivek Khyati are further explained through the 195 sutras in course of the four chapters of the book Patanjali Yoga Sutras.

The first limb, Yamas' (the 'Sarvabhauma Mahavratam' are Universal practices) or the dongs' teach us the moral and social codes of conduct—Ahimsa (non-violence), Satya (truthfulness), Asteya (non-stealing), Bramhacharya (detachment and exercising moderation), Aparigraha (Non-possessiveness and abstinence). Niyamas' or the dos' are the observances that teach us self-control techniques—Saucha (purity & cleanliness), Santosh (contentment), Tapa (austere measure that discipline the inner fire), Swadhyay (studying the Self), Ishwar-pranidhana (or surrendering to higher self). Yamas and Niyamas are practised at all three levels of karmana (action), vacha (word) and manasa (thoughts).

Asana postures are those that make one still, happy and establishes the self in the infinite possibility that ultimately delivers one from the tribulations of the myriad worldly dualities like heat and cold, pleasure and pain etc. There are four types of Pranayama that still the mental modifications or fluctuations of the mind.

Pratyahar is withdrawal of senses from the outside world to turn the light inside. Dharana is the process of restricting the mind to one particular place or object eventually leading one to one pointedness of Dhyana popularly known as meditation. Samadhi which is the ultimate goal and objective of being born into this certain human possibility eventually delivering the Self of all that which it is not to be established in its real true infinite essence free of all mortal finite bondages. The other tools to attain a sense of equilibrium of the body, mind and spirit are as follows. "Pranava japa" or Aum chanting, "Chitta Prasadnam" which are techniques to bring happiness to the mind. By cultivating friendliness, compassion & empathy, joyfulness and avoidance wherever applicable one develops a wholesome personality. Patanjali Muni also talks about the several obstacles and disturbances those that digress the mind from pursuing the pathways of yoga and therefore by following "Ek tattva abhyasa"—practicing one technique at a time—and "Manas Sthiti Nibandhani" or the higher perception that stabilises and makes the mind one pointed once again. Pratipaksha bhava or to cultivate opposing thoughts to transcend the all-consuming negative emotions such as greed, anger, hatred, pride, sadness, worry, tension, lust, over indulgence in sense objects etc. All of these tools and techniques though must be used on a regular basis with a certain note of detachment to experience full benefit which he refers to as "Abhyas vairagyabhyam tan nirodhah". Yoga tells us about "Purusharth Chatushtaya" (ie. Dharma, Artha, Kama, Moksha) or the goals of being born into this human life form beginning with "Dharma" or performing one's duties according to one's stage of life; Artha to find meaning and also to sustain oneself at different levels of existence viz physical, mental, spiritual; Kama or pursuit of ultimate creative pleasures and finally the pursuit of the paramount and superlative goal ie Moksha or attaining salvation or Nirvana or to be free from the bondage of material life and establishing oneself in the absolute truth. The principles of yoga thus go on to emphasize the importance of moderation in diet, recreation & relaxation, about keeping check on one's quality of thoughts and behavioural patterns that eventually go a long way to tell upon one's quality of life which then impacts the larger macrocosm that encloses one's neighbourhood, society, humanity and therefore the planet at large.

The epigenesis of disease first takes root in the Manomaya kosha or the mental sheath due to attachment to sense objects thus vitiates the Pranamaya kosha or the vital energy sheath which finally causes havoc in the Annamaya kosha or the Food sheath of our existence. Medical science today has finally come to realize that the psycho-somatic disorders—psycho is, of the mind and soma means the body, put together it means the mental disharmony leads to physical dis-eases--being the primary cause of NCD—non communicable diseases—namely Diabetes Mellitus,



Hypertension, Cardio-vascular ailments, Cancer, Auto-immune diseases etc. Therefore, it has now become imperative for humanity to embrace the all-inclusive beautifully holistic sustainable pathways of Yoga to not only just rise above mortal sorrows but for experiencing the timeless interconnectedness and holistic wellbeing of the entire planet, our Mother Earth. Can you think of a world where everyone speaks the language of love, truly nurtures and cares for one another, where everything and everyone is in perfect state of equilibrium and harmony both within and without and is in perfect alignment with their own true divine nature?

I can. If you want to believe me, join me.

Yoga is not only just the means but also the end towards the means; for only Yoga can unite the meditator, the object of meditation and the process of meditation to make it turn into one. Oneness of the entire existence and beyond is by far the only truth that ever was, is and shall ever be. If you too believe that there is no separation and that each one of us are in essence inter-connected spiritual beings experiencing a human life, give a shout out to Yoga.

Kyun ki “Yoga se hi hoga”; & behold as “Yoga and Happiness” is already making it happen across geographies in so many ways!

Finally, I would like to conclude with a few liners from Rabindranath Tagore where he writes:

“Where the mind is without fear and the head is held high

Where knowledge is free

Where the world has not been broken up into fragments

By narrow domestic walls

Where words come out from the depth of truth

Where tireless striving stretches its arms towards perfection

Where the clear stream of reason has not lost its way

Into the dreary desert sand of dead habit

Where the mind is led forward by thee

Into ever-widening thought and action

Into that heaven of freedom, my Father, let my country awake.”

PS: only with all due humility in the present context and time may we all read “Humanity” in place of “my country”

Wish Godspeed to Yoga and humanity!

Om Shanti Shanti Shanti !!!!

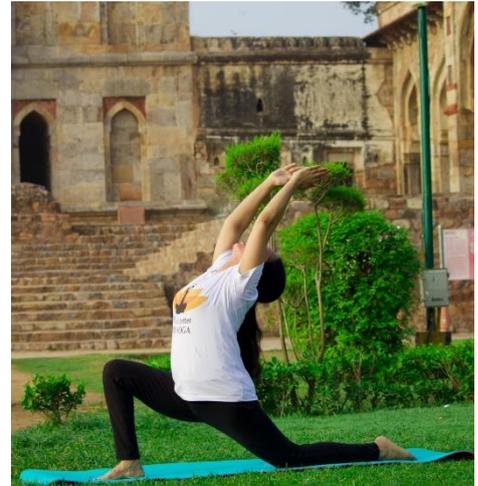
*Author – Paramita Bhadury*



## My experience with yoga

My experience with yoga cannot be explained but it can be experienced. There are certain changes I have observed in myself after consistent practice of yoga.

1. Peace of mind.
2. Self-control has increased.
3. Showing gratitude to others more than before.
4. My health has improved.
5. I have started accepting things the way they are.
6. I observe more and talk less.
7. I do not fail my commitments.
8. Have more compassion and love for others.
9. I am more patient.
10. I am able to manage my anger better.
11. I live in the moment.



So, that's my experience with yoga and what my journey has gifted me. Everyone's journey will be different and we must explore and see what's in store for us.

All I can say is keep practicing yoga, it is amazing. Do it without any expectation and you will get a lot



in return. Let us aim to promote yoga and spread good health, love and peace not only in our own lives but in the entire universe!



**Author - Renu Bharadwaj**

## Yoga Practice by Neha Singh



## Upcoming yoga retreat

Retreats by Yoga & Happiness have been conceptualized to serve as modern yoga lifestyle retreats, the perfect combination of vacation and yoga. We offer weekend getaways, a week of yoga or for longer durations depending on the season and availability of locations. We provide a fantastic line up of Govt. of India certified teachers as well as International certified teachers, comfortable accommodation at Ashrams, adventure camps, modern resorts, tasty and healthy vegetarian meals and plenty of other activities, relaxation techniques and therapy. All levels of practitioners and even beginners are welcome. The moment you connect with our retreat facilitators you will feel our attention to detail and a sense of bliss and harmony. The sessions are a perfect mix of practicing of asanas and breath work, cleansing techniques and yoga philosophy made easy. The rest of the day, you get to unwind, feel the beautiful landscape around you, connect with nature, connect with likeminded people and forget all your stress. If you love yoga and looking for a break, we are what you are looking for!

### **OBJECTIVE OF OUR RETREAT:**

We at Yoga & Happiness are extremely delighted to announce our second consecutive wellness retreat for the year 2023 in Rishikesh from May 21, 2023 through May 27, 2023.

As our name suggests our retreat aims at spreading happiness through yoga. Through practice of an array of cleansing techniques (shatkarmas), yoga poses (asanas), breathing techniques (pranayamas) and meditation we will help you create mental and physical equilibrium and harmony and take you on a journey to your inner self. Our retreat is designed to give you a home away from home close to nature, where you will feel rested, be in a healthier state, learn to adopt a better lifestyle, develop more awareness, stillness, balance, and create a rejuvenated and relaxed self.

### **HOW TO REACH, ACCOMMODATION AND MEAL DETAILS:**

Airport pickup and drop facility if any – No, but number for contact person will be provided.

Ashram room details – Twin sharing or triple sharing AC rooms. Single occupancy AC rooms can be provided on request with extra charge. Each room has one attached toilet (Western type), geyser available. The rooms are furnished with wardrobe, dressing table and corner table.

Gadgets available in the rooms – Lights, fans,.

WIFI availability – No.

Access to nearest hospital in case of emergencies- Ashram has its own hospital.

Meal details – Vegetarian.

Mats or any other yoga accessories won't be provided.

### **WHY CHOOSE US?**

From the moment you book the retreat we take care of everything.

Our facilitators answer your questions, guide you, and make sure your needs are taken care of.

You get a taste of authentic local food and ashram life.

We provide comfortable accommodation.

You get darshan of the beautiful Ganga aarti and a bath in Ganges if you wish.

Experience Rishikesh like never before.

Our retreat is more than just the physical practice of yoga, it's an immersive experience. As stated above we take you on a journey to your inner self.

Our physical practice sessions are customized. It is for all bodies, all ages, and for all levels of fitness.



Our aim is not to make you exercise and tire you out but to energize and rejuvenate you. We are on our way towards building a community of people who will believe in yoga, will include yoga in their lifestyle, and spread it further. A participation certification will be provided by Yoga & Happiness. All participants will get a Yoga Volunteer Certificate from YCB (Yoga Certification Board), Ministry of Ayush, Govt of India.

**For More Details –**

**Call - +91 98830 61986**

**Email – [info@yogaandhappiness.in](mailto:info@yogaandhappiness.in)**



The poster features a warm, golden-yellow background with a soft, hazy sky. At the top, the word "International" is written in a cursive font, flanked by horizontal lines. Below it, "YOGA RETREAT" is written in a large, bold, black serif font. Underneath the title, the dates "21-27 MAY 2023" are displayed in a black rounded rectangle with yellow text. Below the dates, the location "PARAMARTH NIKETAN, RISHIKESH" is written in a black rounded rectangle with yellow text. The central image shows a large group of people in blue t-shirts posing in front of a white statue of a person in a meditative pose. The website "WWW.YOGAANDHAPPINESS.COM" is printed at the bottom. A logo for "Yoga & Happiness" is in the bottom right corner, featuring a green circle with a white silhouette of a person in a yoga pose and a rising sun.

*International*  
**YOGA RETREAT**  
**21-27 MAY 2023**  
**PARAMARTH NIKETAN, RISHIKESH**  
WWW.YOGAANDHAPPINESS.COM

**YOGYTHM**  Wave of Life

## Weekend Yoga Workshop – Mayapur 2022



## Weekend Yoga Workshop – Mayapur 2022



## Weekend Yoga Workshop – Mayapur 2022



*Organized by – Yoga & Happiness*

**YOGYTHM**  Wave of Life —

## Free Yoga Camp by Yoga & Happiness:



## Free Yoga Camp by Yoga & Happiness:



## Free Yoga Camp by Yoga & Happiness:



*Conduct by - Ritanjali Mohapatra (Yoga Wellness Instructor)*

**YOGYTHM**  Wave of Life

## Yoga Teachers Training Practice Session at Park Street:



## Shatkarma Practice Session at Park Street:



## Yoga Seminar conducted by Yoga & Happiness:



**“The Philosophy of Yoga  
and how to use it in our daily life.”**

An enlightening session by International Yoga Guru  
**Dr. Radheshyam Mishra (Guruji)**

**Organized by Yoga & Happiness**



## Courses we offer

### Yoga Certification Board (YCB)

#### Yoga Education & Training

1. Yoga Volunteer
2. Level 1 – Yoga Protocol Instructor
3. Level 2 – Yoga Wellness Instructor
4. Level 3 – Yoga Teacher & Evaluator
5. Level 4 – Yoga Master

#### Yoga Therapy

1. Assistant Yoga Therapist
2. Yoga Therapist
3. Therapeutic Yoga Consultant

### Indian Yoga Association (IYA)

1. Foundation Course in Yoga
2. Certificate Course in Yoga
3. Advance Certificate in Yoga

### Combined Yoga Teachers Training Courses

4. Beginner Course
5. Certificate Course in Yoga
6. Advance Certificate in Yoga

## Our Services:

- I. Yoga Teacher's Training Course
- II. Yoga at Home
- III. Physical Yoga Session in Kolkata, Guwahati, Delhi
- IV. Corporate Yoga Sessions
- V. Yoga Retreats
- VI. Yoga Studio
- VII. Personalized Online Yoga Session



**YOGYTHM**  Wave of Life