



ATMA DARSHAN YOGASHRAM

Quarterly news letter (January to March 2009)

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ASHRAM ACTIVITIES FROM JAN TO MARCH 09

Regular classes were held in the ashram

IYC: Jan 5 - 30, Feb 2 - 27 and Mar 2 - 27

Intermediate Yoga Calss: Ongoing

IYC Ladies: Jan 5 - 30, Feb 2 - 27 and Mar 2 - 27

IYC in Kannada: On going

Senior Citizen Class: on going

Fun Yoga for Kids: on all Sundays from 7 – 8.30 am

Shatkarmas: On all Sundays

Special classes: These were held for Chakra Sadhana and Therapy requirements

Regular classes were held outside the ashram

Outside classes are being conducted at several venues across the city as follows. If you would like to have a class in your area, please contact the ashram, and we will try and send a teacher to your area.

Embassy Apts, Cunningham Rd: Mon, Wed & Fri | 8.45 am to 10 am

Embassy Apts, Cunningham Rd: Tues, Thurs & Sat | 6.45 am to 8 am

Palm Meadows, Whitefield: Mon, Wed & Fri | 7.30 am to 8.45 am & 8.45 am to 10 am

Pooja Apts, Vitthal Mallya Rd: Mon, Wed & Fri | 6 pm to 7.15 pm

Asian Woman Spa, Koramangala: Mon, Wed & Fri | 7 am to 8 am

GMR, Dairy Circle, Koramangala: Mon, Wed & Fri | 6.30 pm to 7.30 pm

M. G. Road: Mon, Wed, Fri | 6.45 am to 8.00 am

Rustam Bagh: Tues, Thurs & Sat | 7 am to 8.15 am

Sophia School: Tue & Thurs | 8 am to 11 am

Stella Mary School, Kumaraswamy Lyt: Mon, Wed & Fri | 8 am to 9 am

Scion Harmony, Off Old Madras Rd: Tues, Thurs and Sat | 7am to 8 am

If you would like to join any of these classes, please contact the ashram.

In the past 3 months, the ashram successfully hosted the following programs

- ❖ A weekend **Teacher's Refresher** was conducted from Jan 7 to 8, 2009.
- ❖ A two days Sadhana on **Devi Mahatmyam** from Feb 17 to 18, 2009.
- ❖ Inauguration of **Satyam Bala Yoga Sangha** on Feb 14, 2009.
- ❖ **Maha Shivaratri** was celebrated on Mar 23, 2009 from 6.00 pm to 7.30 pm.
- ❖ A 5 day introductory course for **Jet King Hard Quest** conducted for 22 students from Feb 2 to 6, 2009.

Details of these programs given below

FORTHCOMING CLASSES AT THE ASHRAM (Apr - Jun, 2009)

The following regular classes will be held at the ashram during Apr - Jul, 2009:

The basic integrated 4 weeks yoga course

- ❖ Morning session: 6 am to 7.30 am | Mon to Fri
1st Mon of the month: Apr 6, May 4, Jun 1, Jul 6
- ❖ Mid-morning ladies session: 11 am to 12.30 pm | Mon to Fri
1st Mon of the month: Apr 6, May 4, Jun 1, Jul 6
- ❖ Evening session: 6.30 pm to 8 pm | Mon to Fri
3rd Mon of the month: Apr 20, May 18, Jun 15, Jul 20

Intermediate Yoga Class: On going | 6 am to 7.15 am | Mon to Fri

Kannada classes: ongoing | Mon, Wed and Fri | 10.30 am to 12 noon

Fun Yoga for kids: Every Sunday morning | 7 am to 8.30 am

Senior Citizen's class: On going

Other events that are held at the ashram have now become regular features, and are very well attended. These include the **Mahamrityunjaya Havan** for universal health and peace every Saturday at 6.30 pm, the chanting of **Saundarya Lahari** every Friday at 5 pm, and the chanting of the **Bhagavad Gita** every **Ekadashi** at 5 pm.

Other Activities during the next Quarter (Apr – Jun, 2009)

Chaitra Navratri will be celebrated at ADY from 27 Mar to Apr 3. Program will be as follows:

Morning Sadhana (6 am to 7.30 am)

Chanting of Mantras, Asana, Pranayama, Yoga Nidra & Meditation

Evening Sadhana (6 pm to 7 pm)

Chanting of Rama Charitra Manas (*Bala Kanda Mantra*)

Chanting of Mantras and Kirtan

Ramanavami Celebration (Apr 3, 6 pm to 8 pm)

Chanting of Mantras & Kirtans

Satsang with Swami Dharmakeerti Saraswati

DETAILS OF ASHRAM ACTIVITIES

Yoga Teacher Refresher Weekend (Jan 17 and 18, 2009)

A two day refresher week-end for the teachers of Bihar school of Yoga in Bangalore was organized at ADY, Bangalore on Jan 17 and 18. The week-end was attended by 23 yoga teachers, including 5 resident teachers of ADY.

For those who chose to stay at the Ashram (ADY) as resident sadhakas, the day started at 5 am with jalaneti and kunjaj, followed by chanting of mantras and yoga class for an hour and half. The first session of the refresher course began at 9.30 am after breakfast and karma yoga. Swami Anand Mangal explained that the Yoga Courses that we have been conducting hitherto are not holistic. They do not take care of all the facets of our personality leaving our body/mind complex in a state of imbalance, and hence we are not functioning at 100% of our capacity. To overcome this short coming, a new Integrated Yoga Course (IYC) has been designed. The object of this week-end retreat is to familiarize all the teachers with the newly designed IYC.

On Day I of the retreat, Swami Anand Mangal revised the PM I, PM II and PM III series as applicable to the IYC from 9.30 am - 11.30 am.

After lunch, Sw. Anand Mangal revised the Yoga Nidra Course as applicable to the IYC from 1.00 pm - 2.30 pm. He made slight changes in the sequence of Yoga Nidra to align it with Swami Niranjananandaji's two tapes - Beginners and Intermediate Yoga Nidra.

Sn. Devanand then revised the breathing techniques leading up to full Yogic breathing. He then discussed Nadi Shodhana, Sheetali and Sheetkari Pranayamas.

We then had some Karma Yoga followed by dinner. Mahamrityunjaya Havan was performed. The havan was attended by a large number of people from nearby localities and the atmosphere was wonderfully charged with the mantra vibrations.

On second day, Sn. Devanand revised the remaining asana practices as applicable to IYC during the 9.30 am - 11.30 am session. In the afternoon session (1.45 pm - 3.15 pm), he revised the remaining Pranayamas. The highlight of the day was the satsang by Sw. Dharmkeertiji. She spoke about Guru-disciple relationship.

All the teachers present were given a detailed day-by-day schedule for a 4-week integrated yoga course for beginners. This will streamline our teaching and bring uniformity to the yoga training being provided by BSY teachers at different places in Bangalore.

The retreat ended at 5 pm on Jan 8.

Devi Mahatmya Sadhana (Feb 7 and 8, 2009)

Swami Dharmakeerti Saraswati conducted a 2-day intensive Sadhana on the esoteric meaning and significance of the Devi Mahatmya on Feb 7 and 8. This Sadhana was attended by 40 participants.

The Devi-Mahatmya portrays the evolution of the human soul to its destination. This epic contains thirteen chapters about worship of the Divine Mother – Shakti in her three forms representing the three gunas of Tamas, Rajas and Sattva that take the form of Mahakali,

Mahalaxmi and Mahasaraswati.

Swami Dharmakeerti took the group through the intricacies of this powerful pooja. On the first day each member installed their personal Devi upon a copper or silver plate along with the book and a mala. To begin this practice the main initiating mantras were chanted. She explained the meaning of each section with chanting of the significant parts. Devi was offered red flowers and incense on this day.

On day two, the second and third sections were chanted with offering of Kumkum and red flowers. Japa of the beej mantra energized each of the participant's mala.

The entire ceremony was brought to a close with aarti of the Devi accompanied by the offering of fruits, sweet and prasad.

Inauguration of Satyam Bala Yoga Sangha (Feb 14, 2009)

With the blessings of our Guru Swami Niranjanananda Saraswati, Atma Darshan Yogashram started the children yoga wing, called SATYAM BALA YOGA SANGHA on Feb 14, which is known as **BALA YOGADIVAS** (Children Yoga Day).

The purpose of this Sangha is to impart yogic values and practices to the children which will add to their physical, mental, emotional and spiritual development and implant good samskaras.

The inaugural function started at 5 pm with Sadguru

Vandana followed by kirtans sung by children of the Sangha. Swami Dharmakeerti ji narrated a few stories inspiring them to imbibe Sattvic qualities. Then Prasad (uniform) was distributed to all the children. At 6.30 pm Mahamrityunjaya Havan was performed. It was attended by 200 children staying in the vicinity of the ashram and 150 devotees/parents.



Maha Shivaratri (Feb 23, 2009)

We celebrated Mahashivaratri at ADY on Monday Feb 23 from 6:00 pm to 7:30 pm. We started with the shanti path followed by the chanting of the Shivashadakshara Stotra.

Then the Rudram, Chamakam was chanted by a group of devotees. The kanyas of Satyam Bala Yoga Sangha then sang few melodious kirtans. Everyone participated in the kirtans. There were nice vibrations in and around the ashram premises. Then we had the havan of Rudra Gayatri 108 times, which was performed by children of Satyam Bala Yoga Sangha. After the havan we had the Prasad. The celebration was attended by 150 devotees and 170 children of the Satyam Bala Yoga Sangha.

**OUR WEBSITE NOMENCLATURE HAS BEEN CHANGED FROM
www.atmadarshan.org to www.atmadarshan.net**

**FOR INFORMATION ON ACTIVITIES AT RIKHIA AND MUNGER ASHRAM
log on to: www.biharyoga.net, www.rikhiapeeth.net, www.yogamag.net
or refer to Sivananda Math Calendar**