



VOLUME I - ISSUE I  
 JANUARY 2015  
 Not for sale. For personal circulation only.



# yogalife

MONTHLY NEWS LETTER  
 OF UJJAIN YOG LIFE SOCIETY,  
 INTERNATIONAL

Surya  
 Namaskar  
 A Sun  
 Salutation

be your  
 best in 2015

The  
 Great  
 Yoga  
 Master

*Dr. Jayadeva Yogendra*

Glimpses  
 2014

Change  
 is in the air

# Yogalife Sciences





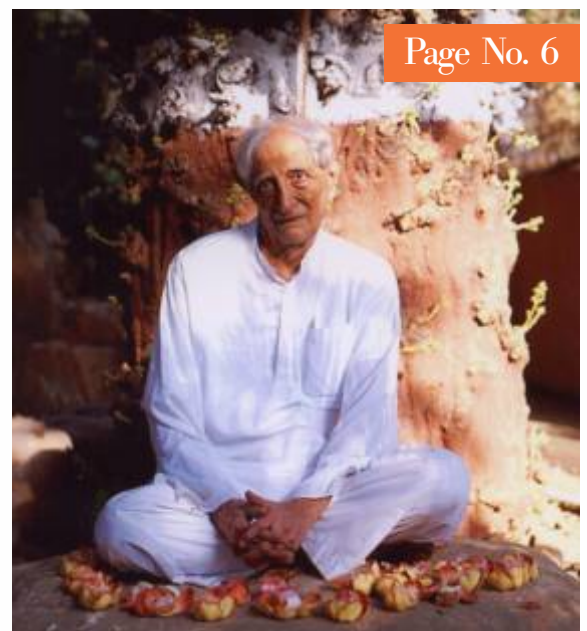
# yogantant

MONTHLY NEWS LETTER  
 OF UJJAIN YOG LIFE SOCIETY,  
 INTERNATIONAL

Without consideration of caste, class, creed,  
 religion or region...  
 It is said that the only royal path is Yoga.

## CONTENTS

DIVE INTO THE DIVINE, WITH YOGA	: 3
BEYOND YOUR BEST IN 2015	: 4
OUR STORY	: 5
THE GREAT YOGA MASTER	: 6
YOGALIFE SCIENCE	: 7
UJJAIN YOGA LIFE SOCIETY NEWS	: 8
GLIMPSES 2014	: 9-15
POSE OF THE MONTH	: 16
TESTIMONIAL	: 17
NEW YEAR NEW BEGINNING	: 18
CHANGE IS IN THE AIR	: 19
CALENDAR	: 20
GENERAL ANNOUNCEMENTS'	: 21
RECIPE - SATVIK CHAI	: 22
UYLS BRANCHES & AFFILIATED CENTERS	: 23



Page No. 6



Page No. 7



Page No. 18

**Editorial Team :**

Girijesh Vyas  
 Dr. Deependra Singh  
 Vikrant Shah

**Published by :**

Pundit Radheshyam Mishra,  
 President for Ujjain Yoga Life Society International  
 Email- info@yogalife.co.in, Website-www.yogalife.co.in

**Design by :**

The Communion, Indore  
 thecommunion@gmail.com



Dr. Deependra Singh

# Dive Into The Divine, With Yoga



According to Pundit Ji (Pundit Radheshyam Mishra-Our Guru and Founder Director of UYLS) in one of his discourses' on Conscious Living, Samadhi is a "state of clarified awareness." It is a clear awareness of our oneness with the infinite. Having reached Samadhi, a person's false sense of self, or separateness, falls away and he or she experiences a joyful union with all that is. According to "Patanjali", "Samadhi bliss" is "enjoyable beyond imagination..." Eckhart Tolle (author of *The Power of Now*) describes Samadhi this way: "Suddenly, a great stillness arises within you, an unfathomable sense of peace. And within that peace there is great joy. And within that joy there is love. And at the innermost core there is the sacred, the immeasurable, That which cannot be named."

How does a person attain Samadhi? You won't be surprised when I tell you that Samadhi can be attained through Yoga and meditation. I have heard Yoga likened to the "diving board" and meditation to the "dive into the divine." Students climb onto the diving board when they begin their asana (Physical Yoga) practice, springing forward into meditation and landing into the "cosmic sea".

According to Pundit Ji, we all have the capability to do so in this lifetime with what he calls "right yogic practice."

Each one of us has an opportunity to work on "right yogic practice" every time we enter the Yoga studio by quieting the mind and sharpening our focus to include only the present moment. We can practice staying unified with the class and letting go of our critical ego which only serves to sharpen our false sense of self. "Powers of perception can be vastly improved by learning to concentrate without being distracted, and by purification of the mind, intellect, and sense of self-identity."

"Right Yogic practice," of course, includes meditation. The physical practice of Yoga is certainly a form of active meditation, but the deliberate practice of sitting daily to meditate will enhance that practice and facilitate a more rapid spiritual growth. As "Patanjali" stated, "When the mind is calm, how quickly, how smoothly, how beautifully you will perceive everything!" and "When you meditate, you will find doors to [the divine] everywhere."



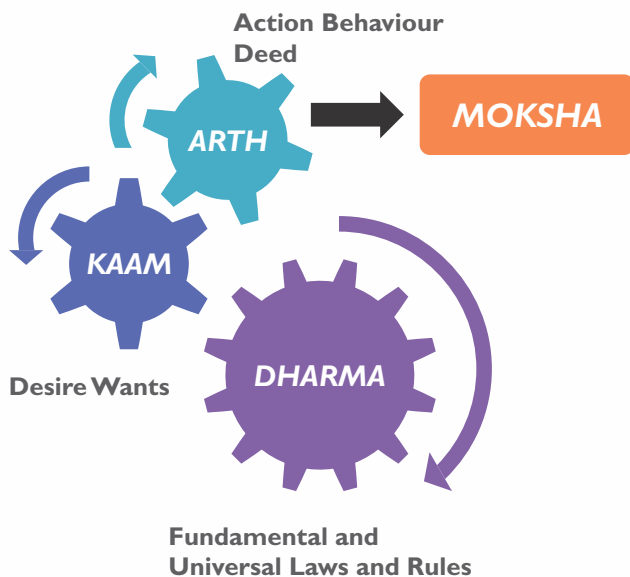
# Be Your Best in 2015



Pundit Radheshyam Mishra

When pondering our Institute's Theme of the Month, perhaps you might wonder, "What does it mean to 'be your best' in Yoga?" Does it mean trying your best by forcing yourself to stretch more deeply in your postures? Does it mean pushing your hardest to hold each posture in its ideal "picture-perfect" form? Does it mean having the highest foot in Standing Bow or the deepest backbend in Camel? The answer to those questions, of course, is "No."

**"Being your best" in Yoga is to maintain the equilibrium of the four basic quotients that lead us to a happy life. These four quotients, which are sometimes referred as the four pillars of life, the Four Purusharthas, are :**



**Dharma** - Righteousness, duty and moral order

**Arth** - Managing wealth and prosperity

**Kaam** - Worldly desires

**Moksha** - Self-introspection/self-realization...  
Liberation

And this all what Yoga talks about, what Yoga teaches, what the disciples are asked to practice. These four goals or endeavors of human life constitute the roadmap for a happy life on earth and beyond. So, let us try to understand each of these goals briefly:

**Dharma**, is the foundation and first of the four human goals. *Dharma* refers to the moral duties, the obligations and conduct of life, namely, *Vidhis* (do's) and *Nishedhas* (don'ts) of life. *Dharma* is always given the top most priority in all our scriptures.

**Arth**, is the second goal of life for the householder for the attainment of wealth and material prosperity. But the efforts or means to realize this goal must have a righteous and moral basis. It must be based on *dharma* or lawful means.

**Kaam**, is the fulfillment of biological, physical and material desires. The householder is instructed by the *Shastras* to legitimately fulfill his or her worldly desires in accordance with the canons of *dharma*. Both *Arth* and *Kaam* are important goal for the growth and progress of society.

**Moksha**, means liberation from the *Maya*, freedom from the vicious cycles of birth and death, and the experiences of divine happiness. This is the ultimate goal of human life. It is achieved through taking a refuge of God or a God-realized guru. Through a guru's grace one becomes liberated from *Maya*, and is thus blessed with self-realization.

Being your best, is to connect with "Self," by consciously working on these four simple yet most challenging areas of life...

Most are ordinary household people modifying their everyday behaviour, trying to be conscious about what they eat, drive, and buy, just to make sure life falls in its place at the end of the day, as perfectly as possible.

Though do we really take out time to ponder upon how to make it simpler yet captivating, fulfilled with bliss and most importantly healthy? For myself I look for an answer to this question in every eye I interact with daily...hoping I suffice my quest of hearing "Yoga daily" there...

Yoga is nothing, but just a way of life, a lifestyle, making our way towards it helps us live a simpler, healthier and happier life.

Try it out for once and feel the difference yourselves....!



Girijesh Vyas

# OUR STORY



## The Little Yoga Centre That Could

“A tiny “bija” (a seed) was planted on the holy lands of Ujjain.”

**W**e have enduringly believed that a place like home can exist that is totally dedicated to personal growth and the upliftment of each and every individual through personal efforts. A place which emphasizes and thus helps to educate people about, living healthily and embodies all that is spiritual without being limited by a group or identity. A place, which adheres to its ideals, beliefs and principles without compromising on quality, value and integrity to happily, survive in this modern and commercial world. The best we found was to live the path, do the practice and employ our skills to organize plan and serve, along with offering this home to everyone who has deep insight. This is our story where we believe in a healthy, spiritual way to live and find a way to connect and revive our true inner being (Solace).

Pundit Ji's direct path in Yoga began in 1992 under the guidance of his holiness Bhramachari Krishna Chaitnya of Himalayas, after gaining deep knowledge of Hatha Yoga and its powers for human well-being, he went to The Yoga Institute, Sanatacruz, Mumbai in the year 1993 continuing his quest to master the art of Yoga for betterment of human-kind. By now he could see and feel Yoga and its amazing powers to lead a blissful life and thus it became his sole aim and dream to promote yoga all over the globe. Dr. Jayadev Yogendra & Mrs. Hansa Jaydev Yogendra (His Yoga teachers) became strong pillars all through helping and guiding him to promote this Noble practice of yoga in the world. It is under their teachings and guidance that he is successfully able to spread yoga to numerous people today. In 2010 Ujjain Yogalife Society came into its being and became a reality. In 2012 we opened our branch in USA as Yogalife USA Inc. It has been a long journey over many years keeping a broader vision in mind, dedication to practice, growth and the belief in inwardly empowering all who care without the need for compromise.

Since we started our journey in 2010, we have continued to practice and teach while seeing our family grow. We believe in values, sharing and commitment. Then came our dedicated teachers in light who voluntarily offered their services to UYLS. From 2010 to today UYLS has been through tremendous planning and sacrifice to put its vision into action. The humble beginning of Ujjain Yogalife Society has been able to serve as a platform for the next level (UYLS- USA & UYLS- Ashram). As the years have passed by our connection to practice and inner growth has deepened. We have learnt the basics of a modern center dedicated to healthy and spiritually oriented living. What began as a seed is now blooming to flourish and grow in new facilities.

In meanwhile, UYLS has followed its own course for us. And now it is home, the primary interest from the beginning was to live healthily; with inner peace and most importantly share it with others. That, we are happy to say, has not changed and is why we are still here, motivated, happy and contented.





# The Great Yoga Master

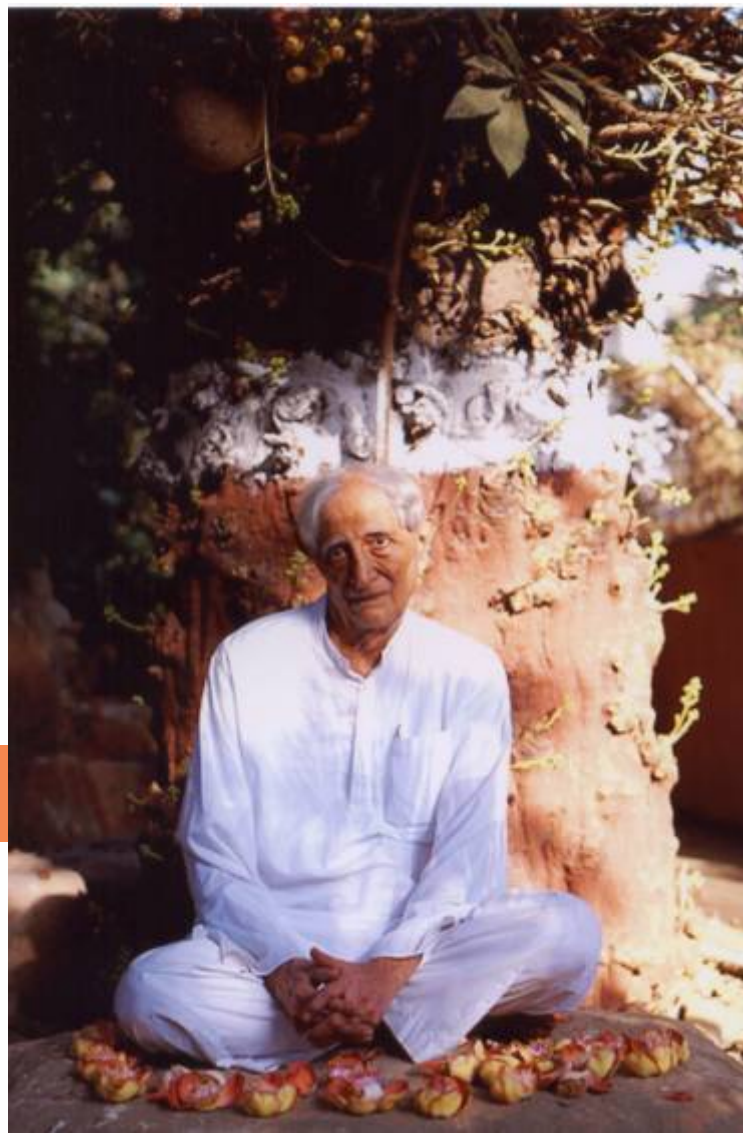
**B**orn on April 27, 1929, spent his early years in the Institute; his environment and influences were steeped in yoga from the very beginning. He was totally surrounded by the yoga lifestyle. As a quiet, reflective boy, he spent considerable time pondering the principles and practices of yoga. He completed his Ph.D. in philosophy Mumbai University. In the early 1950s, he was asked by Shri Yogendra to organize various educational and training programs. He has contributed many innovations to yoga education. For example, he introduced “the methodology of teaching yoga to different groups with specially customized syllabus and programs.” Dr. Jayadeva has authored eight books and participated in numerous research studies and publications, beginning in 1951. He is the editor of the monthly journal of The Yoga Institute – 'Yoga and Total Health' for the past 51 years.

Dr. Jayadeva is a Yoga and Sanskrit scholar as well as the exemplary leader of The Yoga Institute. He is enormously wise and knowledgeable, very focused, and aligned with his life purpose. He is serious and sincere, with a very disciplined mind. He is tall, and his presence is charismatic. He is a true, authentic Guru, a self-realized teacher. He also is an educator and attitude trainer. He has lived his life in the yoga lifestyle. “He represents a mind free of negativity and totally virtuous. Whoever comes in contact with him will only be blessed.” One feels a quiet peace in his presence.

He says that “the face of truth has been covered by a thin golden veil, the golden veil of materialism. We have to tear it aside to see the truth behind. This type of learning came very easily to me in my childhood and consequently my belief in God or a higher process continued to grow.” Further, he says, “Selfishness means thinking of oneself only. This will not work. We are all interrelated.”

Pundit Radheshyam Mishra's life in Yoga is a blessing of Dr. Jayadeva. 'Everything I do, speak, write or teach, which may be found appreciable, credit goes to my Guru - Dr Jayadeva Yogendra'.

Courtesy – [www.theyogainstitute.org](http://www.theyogainstitute.org)



Dr. Jayadeva Yogendra



Dr. Anita Choudhary



# Yogalife

# Sciences

THERAPEUTIC AND PROPHYLACTIC  
ASPECTS OF YOGA IN STRESS

**S**tress is a condition or state of the body produced by diverse noxious agents and manifested by a syndrome of changes leading to General Adaptation Syndrome where stressors produce distressing effects on large portion of body and in response to that body tries to cope or adapt and thus acting as defense mechanisms. However if the stress reaction is attenuated body fails to cope with it, and leading to altered hormonal & chemical secretions causing condition like hyperglycemia, allergic responses and increase in catecholamine leads to increase heart rate & blood pressure thus triggers Stress Syndrome.

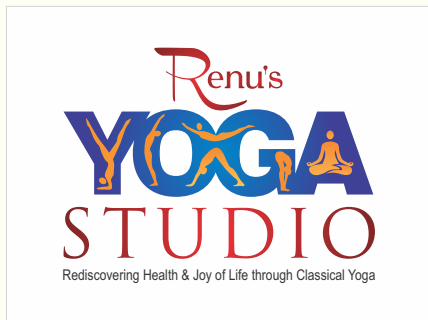
Studies have shown the beneficial role of exercise in decreasing the stress response. Yoga has been recommended and also studied in relation to stress and known to bring the altered chemical and Hormonal changes or reverting back the percussions of stress syndrome, which has a sound scientific basis too. The practice recommended to follow a yogic lifestyle including moderate to intense relaxed asanas sequences, along with pranayama and meditation. Thus yoga act as effective de stressor and promising therapeutic and a prophylactic tool to cope up with stress



# Ujjain Yog Life Society News

## 3 Affiliated Yoga Centres now open - World wide

### INDIA

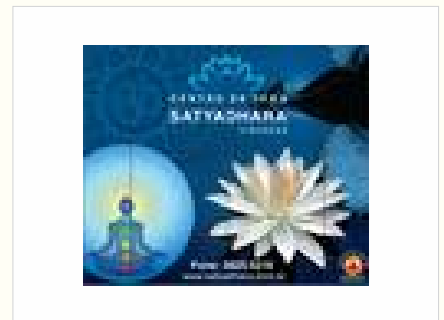


25th May 2014 - Renu's Yoga Studio, Saket, Indore

### INTERNATIONAL

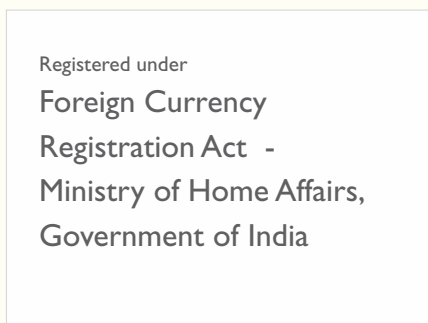


4th October 2014 - Centro De Yoga Satyadhara - Caxias Do Sul, Brasil

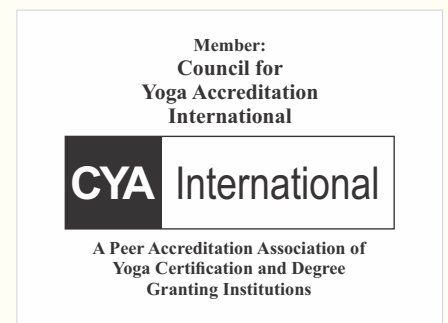


6th November 2014 - Satyadhara Vinhedos, Caxias Do Sul, Brasil

## Accreditation & affiliation received in 2014



Registered Yoga School by Yoga Alliance, USA



Accredited by Council for Yoga Accreditation International





## 4th International Yoga Seminar- 11-12th January 2014:



On the theme Scientific, Social and Spiritual Awakening with Yoga, which witnessed pioneers of Yoga from all over the globe along with Masters of medical science and different genres marking their presence in seminar along with 650 participants from abroad and India.



## 11th International Teachers Training Course (IYTTC) 200 hours – 9th January – 23rd January:



Yoga Teachers Training Programme 200 hours TTC Programme, Venue-Yoga Bhavan, Kothi Road, Ujjain.



# Glimpses 2014

## Workshop at Dhanbad, Bihar 6th February:

A special day long yoga workshop conducted by Pundit Mishra for perfect health at Dhanbad, Bihar.



## Singapore - Vietnam Tour by Pt. Mishra



24th February -5th March 2014, He conducted numerous workshops and seminars at different centers in Vietnam and Singapore.



## One month special Obesity research camp 1 March



31st March conducted at Yoga Bhawan Ujjain, with 80 participants.

## April 1st – 5th Foundation Day of Yoga Bhawan Ujjain



Celebrated at Ujjain Centre with UYLS members, associates and teachers.

## 12th International Teachers Training Course 200 Hrs- 1st -15th April, 2014



Yoga Teachers Training Programme starts for 200 hours TTC Programme, with 20 students. Venue-Dinesh Awasthi Hall, Press Complex, Indore.

## April 15th 2014 Convocation Ceremony of 12th IYTTC, INDORE



## 3 Months Summer Special Camp (April, May, June) :



Organized at Yoga Bhawan Ujjain, with 7 Batches per day for General Public.

## Kids Yoga Camp 1-15th May 2014 -



A specially designed 15 day camp organized at Yoga Bhawan Ujjain for Kids of 5-12 years age. The camp was based on Asanas, Yogic Aahar-Vichar, and different Yogic Activities for Kids. 75 kids participated in the camp.

## Samttvam April 15 -



A special convocation ceremony was organized on successful completion of 15 days kids' yoga camp with certificate distribution by Pundit Mishra and Associates of UYLS.

## 3 Days Special Kids Workshop 8-10th May, Indore:



A special 3 days Kids workshop was conducted by Pundit Mishra and team at ILVA Higher Sc. School Indore for 150 Kids.



## 7 days Indore Yoga Camp IV Part 1- Shri Gujrati Samaj School, Indore 18-25th May-



7 Day camp perfect health camp IV was organized in Indore with 3 batches for general public and 1 special batch for Kids at Gujrati School Indore by Pundit



## Antar-Yatra A differential Meditation Session 25th May:



Organized for people of Indore on last day of completion of first 7 Day Indore Yoga Camp. 350 participants took benefit from it under Pundit Mishra's guidance.

## 7 days Indore Yoga Camp IV Part 2- ILVA Higher Secondary School, Indore 26th May-1st June-



7 Day camp perfect health camp IV was organized in Indore with 3 batches for general public at ILVA School Indore by Pundit Radheshyam Mishra and his team. 150 people took part in this event.

## Trondheim, Norway-



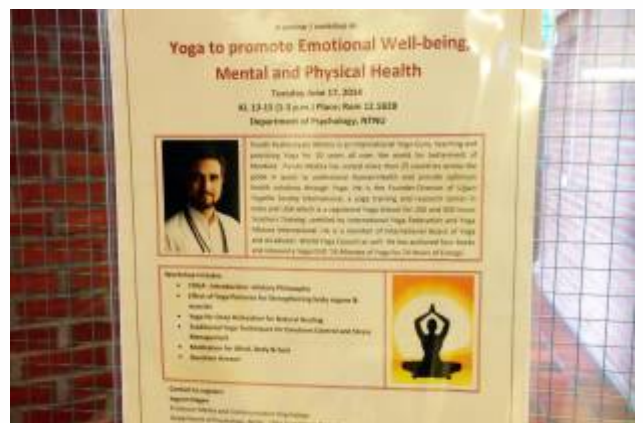
A day long workshop conducted by Pundit Mishra for different age groups at Norwegian School, Trondheim Norway. More than 50 students took part in the workshop.

## Training Programme 200 hours



Training Programme 200 hours TTC Programme, Venue- Yoga Bhavan, Kothi Road, Ujjain.

## June 17th Lecture at NTNU, Department of Psychology, Trondheim, Norway -



A special Lecture session on "Differential Yogic Approach with Kids Psychology of today's generation" conducted by Pundit Mishra for Faculty members, Professors', and associates of the Department of Psychology at Norway.

## June 19th 2014, Bodo Yoga Festival -



Pundit Ji visits Bodo Yoga Festival as Special Invited Guest from India. He conducted a Special Yoga Workshop for “Yoga for Physical, Mental and Emotional Balance at Opening Session of the festival.

## Differential Workshop “Yoga for Physical, Emotional & Spiritual Health” at W Lexington St, Baltimore, MD, USA July 18, 2014.



## World Yoga Day & Darshana World Conference



World Yoga Day & Darshana World Conference – Lisbon, Portugal –21- 23rd June, 2014

## Rejuvenating Yoga Workshop



Rejuvenating Yoga Workshop “Yoga for Physical, Emotional & Spiritual Health” at Castle Pines Drive, Beltsville, MD, USA July 19, 2014.

## Pundit Ji in YJA Convention



Pundit Ji in YJA Convention, Washington DC- 03 July 2014

## 13th IYTTC



13th IYTTC 200 hrs at New York, USA July 20 – 30, 2014.



# Glimpses 2014

## 14th IYTTC



14th IYTTC 200 hrs at Sunnyvale, California, USA, August 1-10, 2014

## 15th IYTTC



15th IYTTC 200 Hrs at Caxias do Sul, RS, Brazil, August 18-30, 2014

## Workshops at Brazil

Workshops at  
Centro de Yoga  
Satyadhara, Brazil  
September 1-5,  
2014



## Classical Yoga



Classical Yoga for Perfect Health Workshop at SAAG, Princeton University, New Jersey, 15th September 2014.

## Yoga for Complete Well



Yoga Workshop at Welkin Yogalife, Hamilton, Canada, September 21, 2014

## 16th IYTTC

16th IYTTC Indore, India, 200 Hours, at Renu's Yoga Studio, November 23rd – December 7th, 2014





## Yoga@Ramghat, Shipra River, Ujjain

December 7th - Yoga@Ramghat - Public awareness activity on the bank of river Shipra. Hundreds of citizens of Ujjain and Indore joined Yoga-Meditation session conducted by Pundit Ji along with 10 assistant teachers of UYLS.



17th-200Hrs, International Yoga Teachers Training Course, Yoga Bhawan, Ujjain, 13-27th December 2014



Antar-Yatra A differential Meditation Session 50 participants took benefit from it under Pundit Mishra's guidance.



## Pose of the Month



# Surya Namaskar - A Sun Salutation

**A**s we are celebrating the 151st Birth Anniversary of Swami Vivekananda (A born Yogi and patriotic Indian saint) this 12th January, we at UYLS dedicate to this month to him and his profound teachings of Yoga.

The Surya Namaskar: A movement that not only warms up my body and breath, but allows us the time to tune into a deeper self awareness. Begin your New Year with this classic salutation to the sun.

Surya Namaskar is an ancient form of yoga. It is the art of solar vitalization. This form of yoga is a complete meditative technique in itself as it includes Asanas, Pranayama, Mantras and Mudras.

Surya Namaskar has got three aspects: form, vital energy and rhythm. It is the easiest way for a person to get used to Yoga. It should be done along chanting mantras in every posture. In simple words, Surya Namaskar is a combination of 12 different postures, followed in a particular sequence with a specific breathing pattern. It helps an individual to vitalize and unblock the whole system.

Promotes balance, promotes digestion, exercises arms and shoulder muscles, tones the spine, promotes flexibility in back and hips





**Deepti Gami**

# Testimonial

I FIRST HEARD ABOUT YOGA while speaking to a common friend. It must have been around 2012 while I was suffering from a deep health problem I had hernia in esophagus (food pipe) and few other health problems. I was not able to eat and live my life comfortably.

I had lost hope to get back to normal life including my normal diet. Somehow God had been kind enough when this person came as healer to my life. He was International Yoga Guru (Pundit Radheshyam Mishra).

We went to him for personal consultations and he asked me to forget about the further investigations and asked a week time to let Yoga do its magic on me.

I followed a strict Yoga regime for next eight days as suggested by Pundit Ji and indeed the results were magical. Yoga not only cured my problem but also rejuvenated my entire persona. I haven't seen a Doctor since that day for any disease or health problems.

I was amazed at its stupendous effects and since then Yoga is my life and my way of living it more beautifully. Yoga comes as a new lifeline to me. To understand Yoga more deeply and to heal others with this magical wand I did my Teachers Training Course in August 2013, I realized importance of yoga in life. For me it was the world's best gift, thanks to my Guru Pundit Radheshyam Mishra. After this course I lost 10 kg weight, now I am completely cured and living an emotionally, physically & mentally healthy life, have developed a positive attitude. More than that now I am able to help the society through Yoga teaching in Indore and feel so good when someone who had been through some physical disease or disorder comes to me and says – 'Madam thank you, because of you and Yoga now I am completely out of that disease/ disorder.





# New Year New Beginning - Assistance Home Care !

**To care for those who once cared for us is one of the highest honors.**

**F**inding the best home care in Ujjain Yoga Life Society's Assistance Home can be a blessing for families caring for an aging parent or loved one. After all, few things are more unsettling in life than knowing that your parent or loved one is home alone and in need of care. Every day families juggle between caring for their parents, working, and maintaining a busy family life of their own. We are here to help you and your family by providing customized hourly and live-in home care solutions. We are there with you to answer your home care questions and help you and your family every step of the way to make informed decisions on the best possible aging in place options for you and your loved one right at home.

We have a brand new Assistance Home situated in the heart of the city Ujjain with all the basic amenities and well furnished home. You will surely feel it as a Home away from Home.

Assistance Home Care specializes in Old Age Care. Our service improves the lives of seniors and those in need by

providing senior care right at home that is personalized, professional, dependable and respectful. Assistance Home Care provides the best independent in-home care solutions with our hourly, overnight and 24 hour live-in home care options. We provide non-medical private duty in-home companion care, personal care and homemaker services for families needing care for homebound seniors.

To help seniors age in peace and remain at home, we provide trained, experienced, compassionate and dependable caretakers. We offer a helping hand with a full spectrum of private duty home care needs. Families can have the peace of mind that their loved ones are safe and well cared for. Helping parents/seniors stay in Assistance Home Care provides elder care assistance for those needing help with services such as personal care, medication management, meal preparation, household chores and Yoga encouragement.

**For inquires: [info@yogalife.co.in](mailto:info@yogalife.co.in)**

# CHANGE IS IN THE AIR

**W**hether you joined us 5 years ago or 5 minutes ago, we are very blessed to have you as a student at Ujjain Yoga Life Society (UYLS). To honor the time and dedication you devote to your wellness of UYLS, we are excited to announce that we will be transforming our class schedules from January 10th to better support your thriving practice.

To rejuvenate your body and/or to free your mind, we envision a state of the art refuge basked in light, allowing you, our beloved practitioners to represent the colors of our community.

With gratitude, it is our honor to serve you and your practice. We could not have made these changes without your loyal support. Looking forward to see you with freshness on January 10th.





## Pundit Radheshyam Mishra's INTERNATIONAL TOUR CALENDER 2015

<b>DATES - 2015 FROM - TILL</b>	<b>CITY, COUNTRY</b>	<b>PURPOSE OF VISIT</b>
Jan 26 - Feb 15	Caxias Do Sul, Brazil	18th IYTTC 200 Hrs & Multiple Yoga Workshops
Feb 16 - 20	Montevideo, Uruguay	Meeting with IYF President
Feb 21 - 25	Buenos Aires, Argentina	Yoga Satsangs
Feb 26 - Mar 1	Port Blair, Lakshadweep	Yoga Workshops
March 25 - April 5	Abu Dhabi, Dubai & Bahrain	Yoga Workshops
June 1 - 18	Trondheim, Norway	19th IYTTC 200 Hrs & Multiple Yoga Workshops
June 19 - 23	Lisbon, Portugal	Guest Speaker, World Yoga Day
June 24 - 29	Tallinn, Estonia	Yoga Workshops
June 30 - July 1	Prague, Czech Republic	Yoga Workshops
July 2 - 5	Berlin, Germany	Berlin Yoga Festival
July 6 - 21	New York, Maryland, Hawaii, USA	Multiple Yoga Workshops & Satsangs
July 22 - 31	Ontario, Canada	Multiple Yoga Workshops
August 1 - 5	Greece	Yoga Workshops
August 6 - 10	Croatia	Yoga Workshops
August 11 - 16	Serbia	Workshop & Meeting
August 17 - 24	Zinal, Switzerland	Conference of European Union of Yoga

# International Yoga Workshops



## International Week of Yoga for a Healthy Life - 28/01/15 to 03/02/15

The International Yoga Week for a Healthy Lifestyle has been prepared by Ujjain India Yoga Life Society and Satyadhara Yoga Center of Caxias do Sul (An affiliated centre of UYLS) with the purpose of teaching people how to achieve balance in everyday life, ensuring a truly healthy life from simple and effective habits to transform the day-to-day.

## 18th International Yoga Teachers Training Course from 5-15th Feb. 2015

An advanced and comprehensive Teacher's Training Course on Yoga 200 Hours, in Caxias Do Sul, Brazil from 5-15th February 2015. The goal is to enable participants to become qualified teachers of Yoga for all age groups, and to learn management, prevention and cure of various diseases through Yoga. This is also an advanced course in Yogic Education for people who are already practicing Yoga and would like to advance to the next level and learn Yoga in depth.



### GENERAL ANNOUNCEMENTS

## MORE Classes to Start in 2015!

### New Yoga hour classes:

Monday -Saturday Morning - 6:30-9:30am & Evening 4:30-7:30pm (One hour each).

With 36 Yogahour classes & 36 total classes per week we aim to have a great time and classes that suit your schedule.

### Yoga Nidra / Meditation - Sundays 7:15am - 8:15am

Relax and unwind with us. By popular demand Meditation / Yoga Nidra is now a weekly class.



# YOGA KITCHEN



## Satvik Chai...

Immersed within the depths of winter a must have every morning, with very little milk in sight, it can be tempting to avoid hot milk filled cups of tea to this marvelous healthy medicinal Yogic Chai. This recipe offers all of the comforts of wholesome wintery essentials, but adds a boost of winter to help keep diseases off your body.

### Ingredients:

- 1-inch ginger
- 4 leaves of Mint
- 1 leaf of Lemon grass
- 4 Leaves of Tulsi
- 2 Pinches of Black pepper
- 1 Inch Jaggery (Gud)
- 2 Tablespoon Milk (Can be avoided)
- 3 Cups water

### Cooking Instructions:

Boil water in a pan and add all the ingredients except milk to it keep on low flame for 10 minutes, strain and add milk and serve hot.



**YOGA BHAVAN, UJJAIN**

Centre Director: Girijesh Vyas  
 Opp. Kalidas Academy, Kothi road, Ujjain  
 Class Timings- 6:30-9:30am &  
 4:30-7:30pm Weekdays.  
 Phone: +91, 734-2525113, 9406624555  
 Email: info@yogalife.co.in  
 Website: www.yogalife.co.in

**YOGA BHAWAN, INDORE**

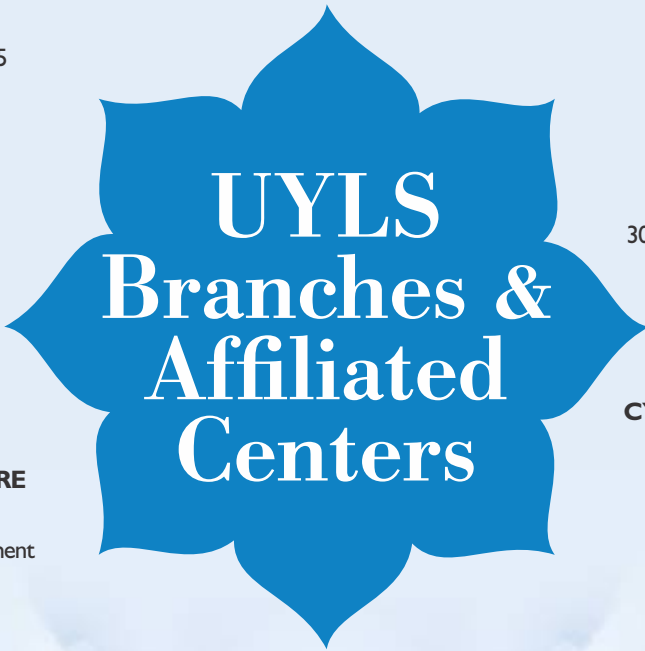
Centre Director: Mrs. Dipti Gami  
 Vasant Vihar, Behind Bombay Hospital,  
 Indore, M.P.  
 Phone: +91 9826099886  
 Email: gamidipti@gmail.com  
 Website: www.yogalife.co.in

**RENU'S YOGA STUDIO, INDORE**

Centre Director: Renu Jhalani  
 E-87, Saket Nagar, Near Devki Apartment  
 Class Timings: 6:30-7:30, 7:30-8:30,  
 10:30-11:30 am & 5:30-6:30 pm  
 Phone: +91, 9300043244,  
 Email: info@renuyogastudio.com  
 Website: www.renuyogastudio.com

**YOGA BHAWAN, CALIFORNIA**

Centre Director: Yuvaraj Venktesan  
 Shri Mahakaleshwar Temple,  
 2344A Walsh Avenue, Santa Clara  
 Class Timings: 7-8 pm  
 Weekdays, 6-7 pm Saturdays' & 7-9am Sundays'  
 Phone: +1 625.325.3323  
 Email: yuvraj@yogalife.co.in  
 Website: www.yogalifeusa.org



**YOGA BHAWAN, NEW JERSEY**

Centre Director: Deepthy Nair  
 2450, Canterbury Lane,  
 North Brunswick, NJ, USA 08902  
 Phone: +1 (732) 910-8272  
 Email: deepthy@gmail.com  
 Website: www.yogalifeusa.org

**YOGA BHAWAN, MARYLAND**

Centre Director: Ms Avneet Baid  
 308, Currier Drive, Rockville MD, 20850  
 Phone: +1 (267) 421-1437  
 Email: yogalifeusa@gmail.com  
 Website: www.yogalifeusa.org

**CYS, STREET CHARLES GIESEN, CAXIAS DO SUL-RS, BRAZIL**

Director Satyadhara – Ranise Silveira  
 Centro de Yoga Satyadhara  
 Rua Carlos Giesen, 1297 – Sala 501  
 Bairro Exposição – Caxias do Sul  
 – RS – Brasil CEP: : 95084-220  
 Contact- +555481 199368  
 Email- ranise@terra.com.br  
 Website:www.satyadhara.com.br

**CYS, VINHEDOS, CAXIAS DO SUL – RS, BRAZIL**

Yoga Center Satyadhara Unit Vineyards  
 Centre Director – Cleusa Batista  
 Fábio Antonio Cavagnoli Street, 329  
 Park neighborhood of Vineyar  
 95032-747 – Caxias do Sul – RS  
 Phone : +554 3025 5218  
 Email: satyadharavinhedos@gmail.com  
 Website: www.satyadhara.com.br





2016  
Mahakumbh  
Ujjain

UYLS welcomes you to join the  
grand 5th International Yoga  
Seminar -

Yoga for Peace  
and Humanity,  
April 26-30th,  
2016, Ujjain  
(INDIA)

followed by the largest  
"Global Yoga Convention -  
Kumbha 2016,  
May 5-15th, 2016"



## International Yoga Teachers Training Course - 200 hours

Learning the true Yoga lifestyle is about more than learning physical postures or breathing techniques. It is far beyond chanting. Yoga is "The Art of Living." When adopted, Yoga is consciously practiced all the time. It is present in our actions... our habits... our attitudes, gestures, thoughts, emotions, feelings... basically everything. Along the way, we sleep, we wake, we eat and we relate to others and our surroundings.

Because it is so all encompassing, how we must learn Yoga is also very special. The teaching of Yoga is imparted from Master to Disciple, because for one to learn true Yoga, the Master must not only know Yoga theoretically and conceptually, they must themselves be a living embodiment of Yoga, as an inspiration to future Masters. The science of Yoga can only be truly acquired by experiencing it through this relationship. In India, this is why Yoga Ashrams (sacred places for Yoga learning) exist where students live and learn the Yoga lifestyle under the able and continuous guidance of a Guru. Those students will one day become Gurus themselves.

In the tradition of the original Yoga Ashram experience, we conduct special intensive Yoga courses where students are fully immersed into the Yoga lifestyle under the guidance of a true Yoga Master. Pundit Ji will teach by example, imparting the teaching he received from his Master in a traditional Yoga environment. All the International Accreditation Organizations like Yoga approve the Course Alliance, IYF, CYAI etc.

For more info please write us at  
[info@yogalife.co.in](mailto:info@yogalife.co.in)



Ujjain Yoga Life Society, International  
International Headquarters-  
B-1 University Campus, Kothi Road, Ujjain,  
Pin - 456010, Madhya Pradesh, India.  
Contact - +91 9406624555, 7342525113  
Email - [info@yogalife.co.in](mailto:info@yogalife.co.in)  
Website- [www.yogalife.co.in](http://www.yogalife.co.in)