

yogantant

FEBRUARY, 2016

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NEWS LETTER OF
UJJAIN YOG LIFE SOCIETY,
INTERNATIONAL

yogi of
the
month

HIS HOLINESS
SWAMI CHIDANANDA
MUNI JI,
PARMARTH NIKETAN,
RISHIKESH

REVERSE
aging with
yoga

check aging,
stay young
with yoga

Dr. Anurag Titov

Pundit Radheshyam Mishra

EDITOR'S PEN 03
GIRIJESH VYAS

COVER ARTICLE
REVERSE AGING
WITH YOGA -
PUNDIT JI ▼

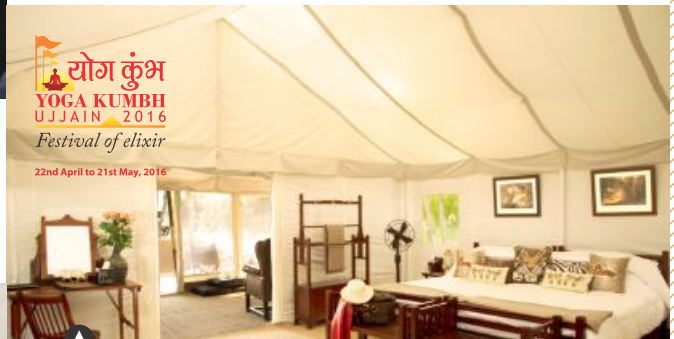


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HIS HOLINESS SWAMI CHIDANAND MUNI JI



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UJJAIN YOGA LIFE SOCIETY NEWS 09

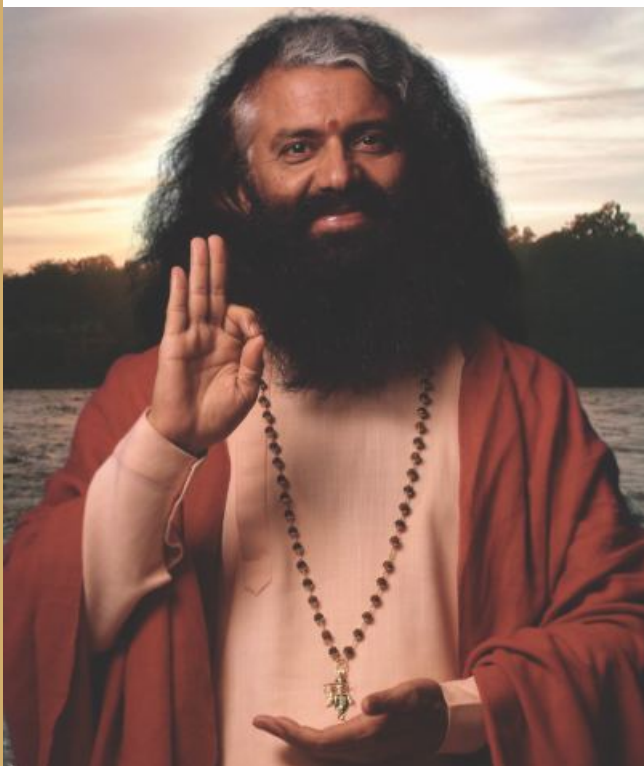
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WHAT WONDERFUL GIFT

YOGA

HAS BEEN TO ME.

*IT IS A PRACTICE YOU CAN
TAKE WITH YOU AND DO ANYTIME,
ANYWHERE IN THE WORLD.*

*YOGA HAS SLOWLY MADE SO
MANY POSITIVE CHANGES
NOT JUST IN MY BODY,
BUT ALSO IN MY LIFE.*



Last year, in a quiet moment I sat on the beach, basking in the golden hues and mellow warmth of the Autumn afternoon. Memories of winter gone, remained: happy, glorious moments. Overlooking the beautiful Arabian Sea in Palolem Beach, Goa, the ocean so incredibly calm I was able to do an entire yoga practice on the beach. In the past I had found it difficult to concentrate with so many sensory distractions caused by every single sound carried by the passing air. When I approached “Pundit Ji” on this issue, he told me to simply “become the sound”, “be the motion.” So I sat blissfully in Swastikasana, rocking gently with the rhythm of the waves hitting me now and then. When I opened my eyes, the sea was a stunningly crisp, blue expanse. The sun brilliant and breeze so very soft; I was on a bolster of happiness. How different it was from my previous experiences. In that same difficult sea, the wind was cold and biting. Waves crashed onto the beach, rocked back and forth, up, down and sideways like a crazy horse. I had to summon up a bit of faith.

I recalled what wonderful gift yoga has been to me. It is a practice you can take with you and do anytime, anywhere in the world. Yoga has slowly made so many positive changes not just in my body, but also in my life. Autumn, for me, is synonymous with the harvest. It is a time to not only give thanks for the fruits of our labor but for all of the beauty and grace in our world.

As we enjoy the kaleidoscope of falling leaves and crisp cool nights this fall, let’s find some quiet moments to give thanks. Breathe in with a feeling of elation; exhale with a sense of love. Breathe in with joy, breathe out with gratitude. Simply breathe and give thanks.

Namaste
Girijesh Vyas

COVER ARTICLE //
PUNDIT RADHESHYAM MISHRA

FOUNDER YOGALIFE INTERNATIONAL,
YOGALIFE USA & YOGALIFE BRAZIL



REVERSE AGING WITH YOGA!!!

Anyone on earth would love to find the secret of anti-aging and eternal youth!

The yogis of ancient India knew and practiced the secrets of anti-aging, but never had they been revealed to the world. Today, science and spirituality are coming together to discover the keys to anti-aging. Aging is a natural phenomenon and there's no escape from it. Luckily enough, you do have the option of aging slowly and gracefully by following a yogic lifestyle.

Are we ageing sooner than we were meant to?

The ancient scriptures would certainly seem to suggest so. The "Vedas", have referred to the earliest generation of humans as "Sat-yug " or the generation where people lived up to a thousand years. Following that came the "Dwapar-yug" or the generation of the 500-year life span. This progressively declined and the present generation is called "Kal-yug" or the 'generation of death' in which we do not hope to live even a 100 years.

So what has gone wrong?

Our body is made up of trillions of cells. Science proves that our cells regenerate every 7 years leading into an entirely new existence.

Einstein said 98% of the intelligence and energy renews every year.

These trillions of cells work in complete union for one single purpose: keeping us alive. Every cell is an independently intelligent organism by itself, producing its own energy. For instance, one molecule of glucose can be converted to 2 ATPs (energy molecule). In the mitochondria, the same glucose will produce 36 ATP's, which is 1800% increase in energy production. This is what keeps us fresh and active. However, the DNA of the mitochondria is highly prone to damage, and does not have an efficient repair mechanism. A damaged mitochondria will produce less energy and more toxic free radicals, which lead to cell damage and aging: unwanted wrinkles, memory loss, change in blood pressure, rheumatism, respiratory deficiency, chronic fatigue... How to slow down, prevent, or even reverse this process is a million-dollar question and a billion dollar industry!

How Yoga helps?

Yoga is the age-old physical and spiritual science of experiencing and sustaining the eternal youth and reversing the aging process. All yoga traditions, like Hatha Yoga, Kriya Yoga, Raja Yoga boil down to one process: awakening the inner potential energy of the human body called Prana or breath. This energy is pure intelligence. It knows where and what to heal in your body and mind, it knows which painful memories to release, and above all how to express itself in the most creative way for your own inner fulfillment. The simultaneous practice of yoga helps the body to sustain and radiate this powerful creative energy in your daily life.

The minute you practice conscious breathing you've

connected with a youthful energy. The breath is yogic energy. When you connect with yogic energy it expands into every cell of the body. You'll know when you've accessed it because it moves your limbs effortlessly. You'll be able to walk miles without breaking a sweat (unless you want to). Yogic energy (Prana) separates and relaxes the cells of the body giving the skin a glow. Facial lines soften and a younger physical appearance begins to form. The more you extend into the universe (Asanas) the breath can penetrate the muscles and perform its magic. You will have a longer and leaner appearance through your conscious efforts.

Eat right and stay Young

Sadly, even our diet perpetrates this aging process. Modern diet is cluttered with preserved foods. Natural but preserved - a big joke. There is NOTHING like preserved natural food.

Ancient Indian scriptures say that the type of food you eat directly affects your mind. Eating a bowl of fresh fruits will have completely different effect on your mind and body than eating a pizza loaded with extra cheese. Similarly, eating junk food cannot give the body what a whole yogic diet can provide. Making wise lifestyle choices will ensure that you stay healthy and live longer. It has been documented in the scriptures, that one must eat living, vegetarian food for a positive nutrition to the body & mind.

Shift To Inner Beauty

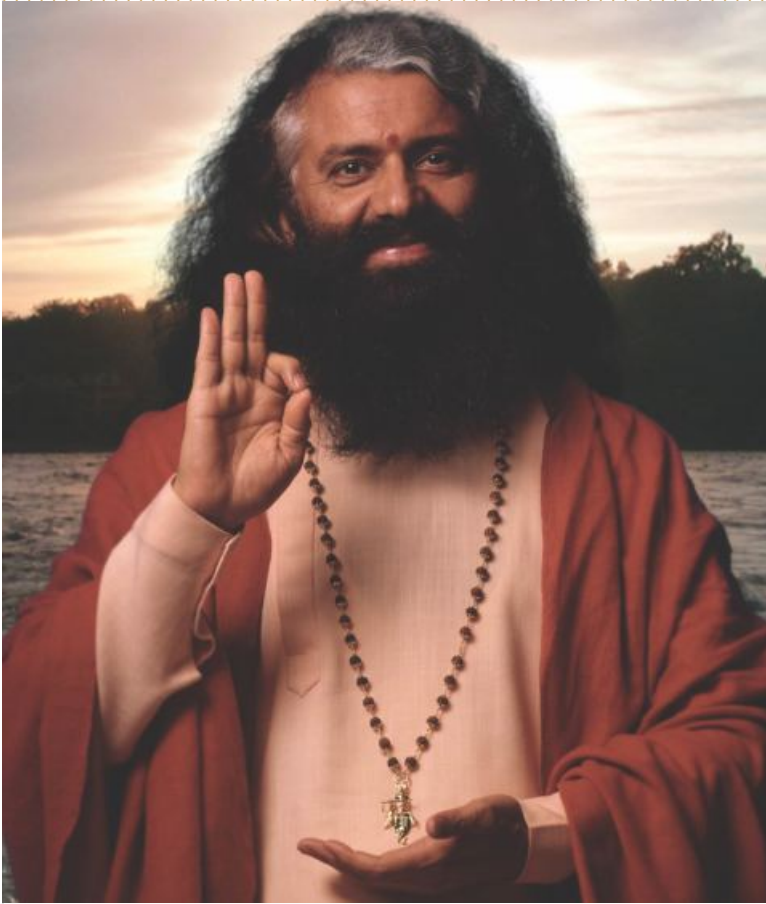
While looking gorgeous has its own charm, beauty is not just skin-deep. A healthy body, a calm mind and an everlasting smile are the real beauty products that will boost your confidence and enhance your personality.

We cannot defy aging forever but certainly, we can slow down its progress by taking precautions and adopting a better lifestyle.

I would here like to Quote Padma Bhushan Dr. Hegde, a renowned veteran physician, he says:

"After spending half a century in medicine, as a doctor & cardiologist, I still say, no medicine can cure you the way a healthy mind can do. If you have universal compassion, compassion for the whole world, love for everyone, health is all yours, no disease can trap you till you have a healthy mind and this is what is called the Yogic wellness concept - Swasthasya Swastha Rakshitam."





■ ■
In the Service of God and humanity,
a pious child of God, owning nothing,
draped in saffron robes,
living a life of true renunciation. ■ ■

YOGI OF THE MONTH //

HIS HOLINESS
SWAMI CHIDANANDA
MUNI JI,
PARMARTH NIKETAN,
RISHIKESH

Touched by the hand of God at the tender age of eight, Pujya Swamiji left His home to live a life devoted to God and humanity, spending His youth in silence, meditation and austerities high in the Himalayas.

Unity, harmony, and the belief in infinite paths to God are the foundation of Pujya Swamiji's "religion." His goal is to bring everyone closer to God, regardless of what name one uses. He says "If you are a Hindu, be a better Hindu. If you are a Christian, be a better Christian. If you are a Muslim, be a better Muslim. If you are a Jew, be a better Jew,"

"Giving is Living" is Pujya Swamiji's motto; He is always in the midst of dozens of projects, each one a noble and tenaciously dedicated effort to make the world a better place for all of humanity.

In this line, He has been a leader in numerous international, inter-faith conferences and parliaments, including the Parliament of World Religions; He is also a leader of frequent pilgrimages for peace across the world.

Pujya Swamiji is the President and Spiritual Head of Parmarth Niketan Ashram in Rishikesh, one of India's largest and most renowned spiritual institutions. Under His divine inspiration and leadership, Parmarth Niketan has become a

sanctuary known across the globe as one filled with grace, beauty, serenity and true divine bliss. Pujya Swamiji has also increased several-fold the humanitarian activities undertaken by Parmarth Niketan. Now, the ashram is not only a spiritual heaven for those who visit, but it also provides education, training, and health care to those in need.

Unaffected by age himself, Pujya Swamiji knows that the youth are our future, and He is forever changing the course of that future through His profound effect on every youngster with whom He comes in contact. Children and adolescents seem to blossom like flowers under the rays of His light. Additionally, He gives pragmatic tools to help them unite in the spirit of peace, harmony and global change.

Pujya Swami Ji is living divine soul who instills deep faith in all of us to grow and prosper in the field of Yoga and humanity. We at Ujjain Yoga Life Society extend our heartfelt gratitude towards Swamiji to make this world a better place to live with your continuous diligent efforts towards mankind.

*In divine service
Pranams!*



YOGALIFE SCIENCES // DR. ANURAG TITOV

PROFESSOR OF BOTANY
MADHAV SCIENCE COLLEGE, UJJAIN, M.P.



CHECK AGING, STAY YOUNG WITH YOGA

We can't reverse the arrow of time but we can help offset age-related physical decline through Yoga. Yoga gives elasticity to muscles, tones tendons and ligaments, reduces fat and slows weight gain, calms heart rate, and eases mind, promotes physical, mental and spiritual peace. Yoga additionally strengthens ones back and shoulders, promotes a strong sense of balance, provides improved posture, all of which are important keys in unlocking the door to the world of anti-aging.

We reach our biological and physical peak between the ages of 20-35. As we age, our cells multiply slowly so the process of rejuvenation is slower than that of degeneration. Yoga increases cell multiplication by increasing blood circulation, oxygenation and detoxification.

Muscle contains the proteins elastin and collagen, which become less abundant with aging leading to less elasticity of muscles and injury becomes more likely. With yoga we can maintain their flexibility thus less prone to muscle strain and injury.



**Age is an issue of mind over matter.
If you don't mind, it doesn't matter** ■■
Mark Twain

The joints in our body that move the most are called synovial joints. As we age the cartilage of these joints degenerates, the joint capsule stiffens and the joint space narrows as it dehydrates, also known as 'wear and tear arthritis'. The neck, knee and hip are the most common joints to suffer by this problem. Cartilage has no blood circulation; it requires movement to gain its nourishment from the fluid within the joint capsule. Adequate movement during yoga imbues the joint. Weight bearing by yoga is important in the maintenance of our bone density and the prevention of osteoporosis.

Yoga practice significantly reduces stress. When a face is calm and stress free, wrinkles around the face, mouth and eyes begin to soothe away. By reducing oxidative stress, which breaks down elasticity in the skin, yoga gives a natural glow to your skin and greatly reduces facial lines.

Yoga also plays a profound role in terms of mental health by balancing the stress hormone cortisol in the brain thus prevents dementia and Alzheimer's disease. As we grow older the amount of melatonin hormone, that tells us when to sleep, begins to decrease. However practicing yoga on a daily basis increases levels of melatonin.

As everything will come to pass so too shall our physical powers and agility. To age gracefully with Yoga means to live life comfortably and generously with gratitude in our heart.



POSE OF THE MONTH // PASHCHIMOTTANASANA



Before the maximum stretching of the spine it is advisable to practise the dynamic variations of Paschimottasana or the posterior-stretching pose.

METHOD

1. Sit with legs stretched, toes turned inwards.
2. Keep both the arms along the sides of the trunk near the armpit.
3. Go slightly back and inhale.
4. With exhalation, bend body forward, arms stretched reach out for toes, bending head down.
5. Withdraw the arms, inhaling, and return to the original starting position.
6. After two weeks of regular practice, try to perform this asana in a static way.

BREATH: EXH INH
 3 3

FREQUENCY: Eight to ten times in a dynamic way, like rowing.



*Static means when the posture is completed, you remain in that position.

II STATIC WAY

1. For the maximum stretching of the spine, however, genuine Paschimottasana may now be tried.
2. Whilst sitting on the floor as in the previous exercise, begin to exhale as soon as you bend the body forward until you reach the toes; then, hold them tightly with the fingers.
3. Keep on bending the head further and still further so as finally to enable you to touch the knees with your forehead.
4. Rest your face there in the space between the knees, and maintain this position during the suspension of breath.
5. Inhale and return to the starting position.

BREATH: INH EXH RET INH
 3 3 6 3

FREQUENCY: Repeat five times.



CAUTION:

- Those who have hernia problem, high blood pressure should avoid it.
- People who have undergone any abdominal operation must do it only on doctor's advice.
- Women to do its dynamic variation and not in a static position of holding the toes and giving a pause of suspension.
- Also avoid during menstruation and pregnancy.

BENEFITS:

- Maximum posterior stretch of the spine; good for stiff spine; tones spinal muscles and nerves and improves flexibility.
- Deep intra-abdominal compression.
- Improves digestive power and relieves constipation.
- Good for those having a low blood pressure.
- Helps to reduce abdominal obesity and fat from hips, buttocks and thighs.



UJJAIN YOGA LIFE SOCIETY NEWS //



🌟 Pundit Ji Inviting Honorable Minister, Shripad Yesso Naik, Dept. of Ayush, Govt. of India for Yoga-Kumbha 2016 along with our Chief Advisor, Dr. D. R. Kaarthikeyan.



🌟 Pundit Ji inviting H H Swami Chidananda Muniji of Parmarth Niketan, Rishikesh. Muniji is now our Patron for Yoga-Kumbha 2016 with his full support and blessings.



🌟 In conversation with Press & Journalists, Pundit Ji addressing the UYLS Yoga-Kumbha Press Conference held in Delhi on 8th Dec 2015.

योग विज्ञान विभाग स्थापित करने के लिए बनी अंतरराष्ट्रीय योग समिति में प्रदेश के पं. राधेश्याम मिश्रा

ACHIEVER



सिटी रिपोर्टर • मानव संसाधन विकास मंत्रालय द्वारा देश के विश्वविद्यालयों में योग कला एवं योग विज्ञान विभाग स्थापित करने के लिए देश के शीर्षस्थ योग विद्वानों की एक 12 सदस्यीय समिति का गठन किया गया है। यह समिति योग के कोर्स, सिलेबस, ऑनलाइन सिलेबस और कॉलेज व विश्वविद्यालयों में योग अध्ययनशाला व शिक्षकों के चयन के मापदंड पर अपने सुझाव केंद्र सरकार को सौंपेगी। उज्जैन योग लाइफ सोसायटी उज्जैन के संस्थापक व अध्यक्ष पंडित राधेश्याम मिश्रा को भी इस समिति के सदस्य के रूप में चुना गया है।

• पं. राधेश्याम मिश्रा

विश्व के 40 देशों में उनके शिष्य हैं और पांच देशों में उन्होंने सैकड़ों योग प्रशिक्षक तैयार किए हैं। पंडित मिश्रा को उनकी उपलब्धियों के लिए प्रदेश सरकार द्वारा राज्य स्तरीय स्वामी विवेकानंद योग पुरस्कार के लिए भी चुना गया है। इन दिनों पंडित मिश्रा योग के विभिन्न कार्यक्रमों व योग कुम्भ के प्रचार के लिए ब्राजील, अमेरिका व कनाडा की यात्रा पर हैं।

🌟 Pundit Ji is nominated as Expert Member - Yoga Education in Universities, Dept. of Higher Education, Ministry of Human Resource Development, Government of India



🌟 Pundit Ji during 8th International Yoga Conference in Kaivalyadham, Lonavla



🌟 Pundit Ji meeting with Rajeev Bhambri, MD of India Abroad News Paper in New York, USA.

GLIMPSES //



Our Lineage, The Yoga Institute Team visits Yoga Bhawan, Ujjain Headquarters.



Our Patron Smt. Hansa J. Yogendra at UYLS affiliated branch in Indore Yoga Amrutam, felicitated by Director Mrs. Dipti Gami



UYLS Teachers participated in SVAYSA - 21st INCOFYRA International conference, Prashanti Kutiram, Bangalore.



Pundit Ji conducted 3 Days multiple Yoga Workshops at Ahmedabad, Organized by Samutkarsh, our supporters in Yoga-Kumbha 2016.

GLIMPSES //

- ✦ Pundit Ji during Yoga Kumbha Sampark Yatra visitng India, Brazil, USA, Canada



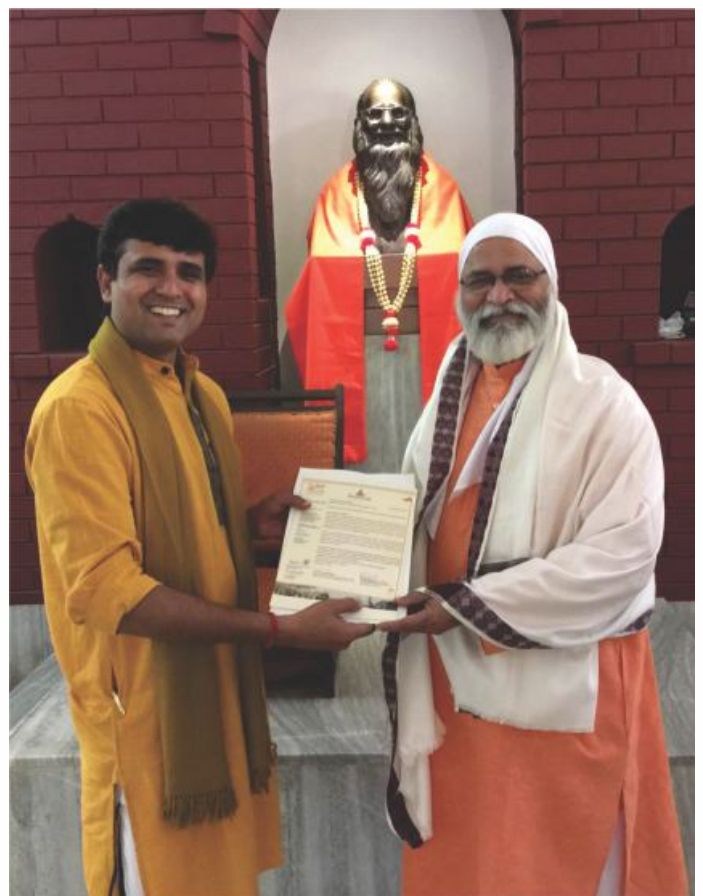
- ✦ Invited Dr. A. Balayogi, Ananda Ashram, Pondicherry



- ✦ Invited Acharya Balkrishna, PYP, Haridwar



- ✦ Invited Dr. B. Harinath, Scientist & coordinator Arogyadham, Yerpedu, Tirupati



- ✦ Invited Acharya Samprasad Vinod, Pune

GLIMPSES // YOGA KUMBHA SAMPARK YATRA



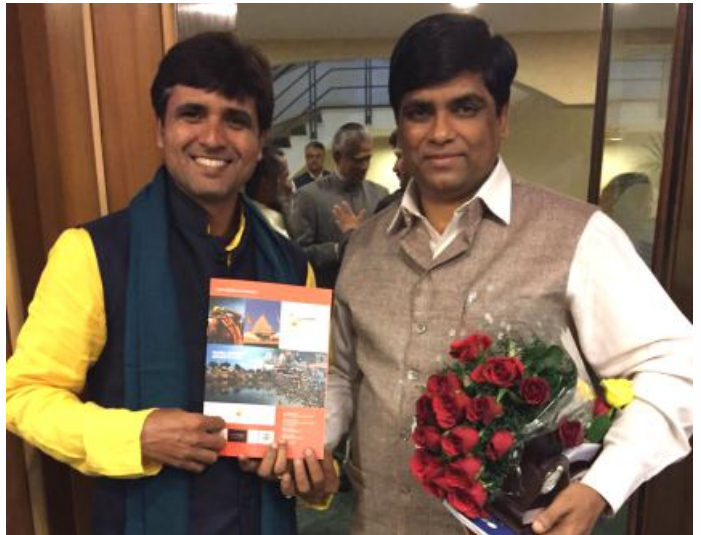
Invited Dr. Chinmay Pandya from Dev Sanskrit Yoga University, Haridwar



Invited Dr. Ramesh Bijlani, Aurobindo Ashram, New Delhi



Invited H. H. Swami Anubhavananda Ji



Invited Dr. I. Bassavreddi, Director MDNIY, Delhi



Invited Dr. Yugandhar, Hyderabad



Invited Her Holiness Anandmutri Guruma, Sonipat, Haryana



Invited His Excellency, Governor of Madhya Pradesh Shri Ram Naresh Yadav



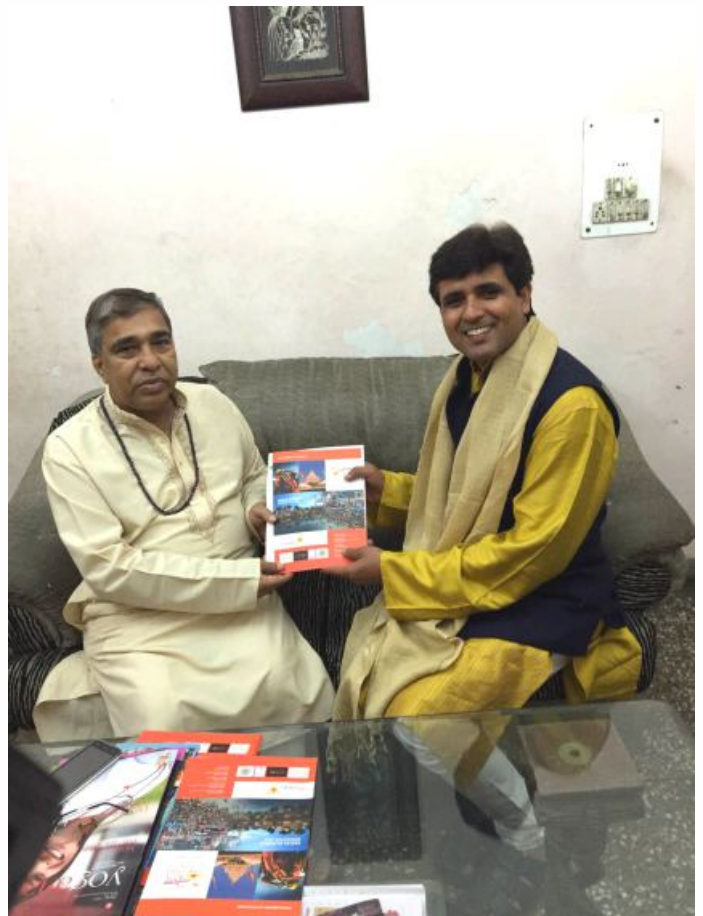
Honorable AYUSH Minister ensured his presence in Yoga Kumbha to Pundit Ji during his recent meeting at AYUSH Bhawan, Delhi



Invited Shri Desraj Gupta from Bhartiya Yog Sansthan, Delhi



Invited Principal Dr. Patil at Bharti Vidyapeeth, Pune

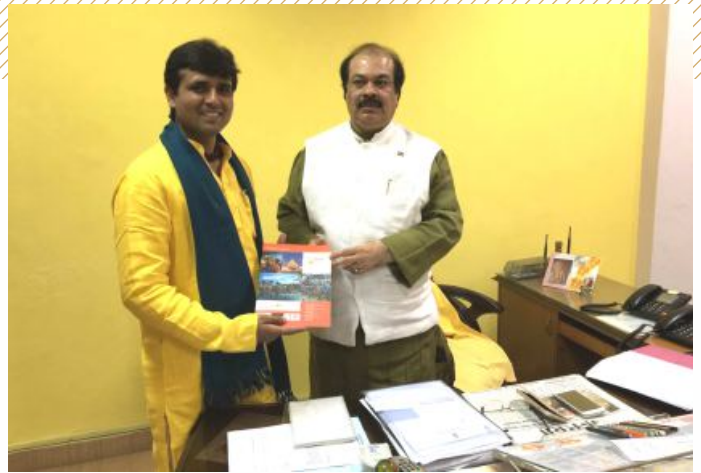


Invited Shri Gopal Ji of Global Yog Alliance, Delhi

GLIMPSES // YOGA KUMBHA SAMPARK YATRA



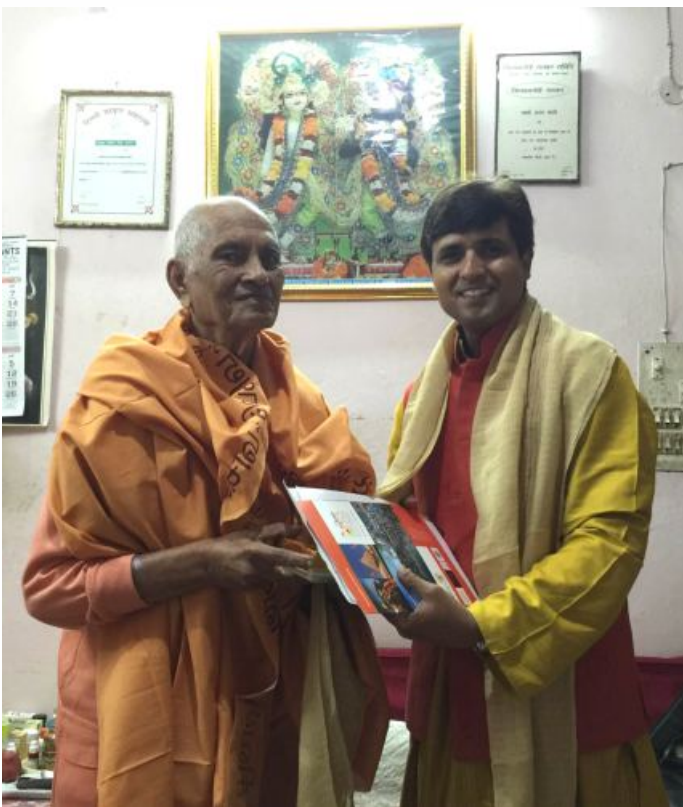
Invited Swami Vishwas Mandlik Guruji, Nasik



Invited Shri Rajshekhar Vyas, Additional Director General, All India Radio, Delhi



Invited Shri Panduranga Ji most senior disciple of Shri B.K.S. Iyengar at Iyengar Institute, Pune



Invited Swami Anant Bharti, New Delhi



Invited Shri O P Towari, Kaivlayadham Lonavla

YOGA KUMBHA SAMPARK YATRA



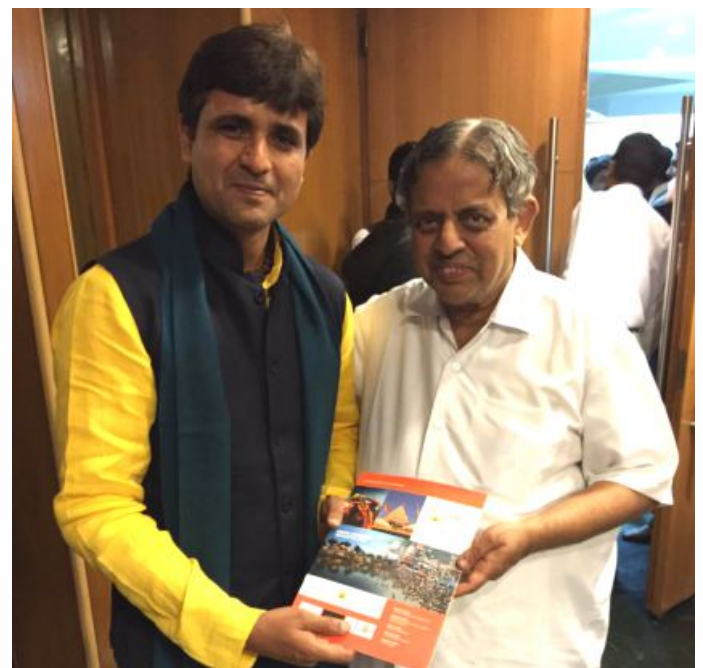
Invited Shri Kaustubh Deshikachar at KYM Chennai



Invited her Holiness Ma Prema Pandurang, Kshetropasana, Sri Prembudur



Meeting with Yoga Guru Bharath Shetty, Mysore



Invited Dr. H R Nagendra, SVAYSA



At Isha Yoga Ashram, Invited Sadhguru Jaggi Vasudev, Coimbatore



Meeting with Shri Gopal Ji at Infinithesism, Chennai

GLIMPSES // BRAZIL


Successful completion of UYLS's 23rd IYTTC with 13 Participants in at our affiliated center Centro De Yoga Satyadhara, RS, Caxias Do Sul, Brazil.




Pundit Ji At Radio Caxias for a live interview, Brazil.

Pundit Ji during a special discourse on Yoga for age reversal in Sindserv, Caxias Do Sul, Brazil.




 Pundit Ji on an American TV Talk show, ITV Gold, NY, USA



 Pundit Ji conducted a Special Yoga Workshop in London



 Sunday Special Meditation Workshops & Expert Talk for Students, Ujjain



 Pundit Ji conducted a Special Yoga Workshop in Mississauga, Canada

TESTIMONIALS//



RAKESH BHARGAVA

GENERAL PARTNER,
MANGO TREE REAL ESTATE &
DIRECTOR YOGALIFE USA.

As students of Yoga, we must work external to internal, from the extremities to the organic core, gross, to the most subtle and refined you could ever imagine. In doing so, the boundary between voluntary and involuntary, and between body and mind is permeated. Pundit Mishra Ji has an uncanny ability to guide you along this pathway. He has a divine gift of selecting the most critical alignment instructions for every individual body. His instructions are simple yet very effective. Through the daily practice that Pundit Ji has given me, without even realizing it, I have strengthened my immunity and my powers of concentration. My perceptions have changed and I have banished forever any ailments, resentment, doubts, and any illness that could ever hover over me. I have felt my brain cells breathe and my organs lengthen. I feel that I am becoming closer to self-realization with every breath. Most importantly I don't feel 60 year old any which way. It is through Yoga that Pundit Ji has helped me seal my desire and determination to follow this fabulous pathway, to a soulful journey.



VERA MARI DAMIAN

JOURNALIST, EDITOR BEM ESTAR,
BRAZIL

Beautiful days, beautiful people. Joy to live, to know, and deepen. A personal experience in learning this ancient science capable of revolutionizing the inside and, who knows, the world. Deep gratitude to the path and the teacher Pundit Radeshym Mishra who rescued my confidence in the strength-power nature of the body and the mind. To all, my deepest gratitude!



RENU JHALANI

DIRECTOR
RENU'S YOGA
STUDIO, INDORE

Feels as if I am counting backwards towards my teenage. I feel very rejuvenated and spirited after practicing yoga with Mishra sir. Attending the IYTTC course was one of the best decisions of my life. I feel confident about myself and way more energetic than before, I have also become disciplinary and it is also proving to be good for my kids and family. I would like to thank sir from the bottom of my heart to change the course of my life completely and giving it a new positive direction.

THE RECIPE BOX// CREAMY CARROT SOUP WITH OATS



6
cups

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 1 large onion (about 3/4 pound) cut into medium dice
- 1/2-teaspoon sea salt
- 1/4 Teaspoon Black Pepper powder
- 2 pounds carrots, peeled and cut into 1/2 inch rounds
- 5 cups Vegetable stock
- 1/4 cup rolled oats
- 1 teaspoon lemon juice
- 1 1/2 teaspoons ginger juice
- 2 tablespoons dill/Sua, chopped for garnish

DIRECTIONS

1. In a medium pot, heat oil over medium heat. Add onions and salt. Sauté until onions are softened (about 5-8 minutes). Stir often to prevent browning.
2. Add the carrots, cover pot and cook over low heat for 5-6 minutes. Stir to prevent browning.
3. Add stock and oats to pot. Raise the heat and bring to a boil. Reduce heat to low and simmer 25 minutes, covered, until carrots are very tender.
4. Blend the soup until creamy. Add additional stock to desired consistency.
5. Add Pepper, lemon and ginger juice. Re-adjust seasonings.
6. Garnish with dill and serve.



GENERAL ANNOUNCEMENTS //



Regular classes Ujjain Centre

MONDAY - SATURDAY
MORNING - 6:30 - 9:30AM
EVENING 5:00 - 8:00PM (1 Hr. EACH)

With 36 Yoga hour classes per week we aim to have a great time and classes that suit your schedule.



Relax and unwind

By popular demand "Meditation session" is now a weekly class -
EVERY SUNDAY 7:00-8:00AM

Special Yoga Therapy Classes
EVERY SUNDAY- 8:00-9:00AM

UPCOMING EVENTS //



Don't just learn, transform!

INTERNATIONAL YOGA TEACHERS TRAINING COURSE
(RESIDENTIAL PROGRAM) - SIMHASTHA 2016

APRIL 22 - MAY 21, 2016

**IMMERSION
COURSE
IN YOGA**



Yogalife
INTERNATIONAL

UPCOMING EVENT //

24th Residential International Teachers Training Course, Ujjain, India, April

NOT JUST AN ORDINARY YOGA TEACHER'S TRAINING COURSE

A Life Time Opportunity
To Join 3-In-1
Extra-Ordinary Course
International Teacher's Training
Course, Yoga Kumbha and
Simhastha Kumbha Mela 2016
April 22- May 21



An extremely rare chance of '24th International Yoga Teachers Training Course' amidst the renowned yogis of the world and barely seen mystical monks and sages from the Himalayas in a most serene and divine ambience.

The 24th International Yoga Teachers Training Course will happen during the holy month of Simhastha 2016 in Ujjain. We are organizing the mega event that will have multiple differential Yoga and meditation workshops all over the month along with 2 Teachers Training programs of 200 and 300 hours. Comfortable lodging & boarding facility are included for the duration of the course from 22nd April to 21st May.

Last Date to pay the fees for confirmation for this program is 28 February 2016

Please download and read the brochure carefully to understand the course in depth (**24th IYTTC Brochure**). Send in your queries and questions to admin@yogalife.co.in to go forth and block your seat for this course.

COURSE FEES:

200 Hrs. = Total Fees 444\$/ 24000 INR

300 Hrs. = Total Fees 666\$/ 30000 INR

500 Hrs. = Total Fees 888\$/ 54000 INR

It includes all Course material (Books/CDs/DVDs) and dress.

ACCOMMODATION AND FOOD:

Rs 1000 per day in Four bed sharing Tent (Family Tent)

Rs 1500 per day in Three Bed Sharing Tent (Swiss Cottage)

Rs 2000 per day in Two Bed Sharing Tent (Deluxe Huts)

Rs 3000 per day - Individual stay in Deluxe Hut

For more details about accommodation, visit www.yogalife.co.in/accommodation/

Also, TTC participants at no extra fees can attend all the seminars during the Simhastha Yoga Kumbha 2016.



योग कुंभ
YOGA KUMBH
UJJAIN 2016
Festival of elixir

22nd April to 21st May, 2016

The Ujjain Yoga Life Society is all set to host one of the most grandiose event ever marked in the history, "The Yoga-Kumbha 2016" during the pious month of Simhastha 2016.

This is a great opportunity for all researchers and scholars from the field of Yoga, Ayurveda, Medical Science, Spirituality, Alternative Therapies, Psychiatry and Psychology to present/share their knowledge, experiences and findings at the most grandiose event in India. This month-long event "Yoga Kumbha 2016" which is a combination of multiple conferences/seminars/convention being organized by pioneer Yoga organizations of India, USA and Europe at Ujjain-India during Kumbha Mela Festival (SIMHASTHA 2016) from April 22 to May 21, 2016.

Celebrating Multiple Identities in India, "The Yoga -Kumbha 2016" gives an opportunity to showcase the true Indian Spiritual traditions to the world. This event will be a meeting place for aesthetics and YOGA fraternity of various sects of the world. It will almost be like a parliament of Yoga for discussions on religious doctrines and possible reforms of YOGA, where the masters and pioneers of the Yoga world, who are only available for general public on social, print or electronic media, will be conducting practical YOGA workshops for World Peace and Humanity.

Few of our top notch confirmed guests are listed below.

Shri Brahmurishi Guruvanand Swami

Smt Hansa Jaydev Yogendra

H.H. Swami Chidanand Saraswati

Yogi Amrit Desai, USA

H.H. Jagatguru Amrta Suryananda Maharaja

Padamshri Yogi Bharat Bhushan

Mahatria Ra

Dada J.P. Vaswani

Swami Anubhavananda

Dr. D. R. Kaarthikeyan

Dr. B. M. Hegde

Dr. H. R. Nagendra

Shri O. P. Tiwari

Dr. Subodh Tiwari

Dr. Rajan Narayanan

Dr. Anand Balyogi Bhawnani

Anandmurti Guruma

Ma Prema Pandurang

Jaya Row

Yogi Andre Reihl

Prof Ingunn Hagen





Śri Brahmarṣi Gurvanand Swami – ‘Gurudev’
जिनकी एक दृष्टी जीवन की दिशा व दशा दोनों बदल सकती है

Gurudev’s program and presence in Yoga Kumbha 2016

Day 1 - May 15 - Evening

Pujya Gurudev's arrival at Yoga Kumbha camp followed by Grand welcome.

Day 2 - May 16

9.30am Mahayagna, followed by Puarnahuti at 12 o'clock noon in divine presence of Pujya Gurudev

Sandhyaaarti

Cultural Evening 7:00 pm, eminent singers of India sing for Pujya Gurudev

8 pm – Gurudev’s discourse

Day 3 - May 17

6:30 AM Gurudev’s Shobha Yatra (Royal Procession) towards Ramghat for 1.5 kilometers along with devotees

7.30 am, the Shahi Snan (HolyBath) at Ramghat

9 am Return to Yoga Kumbha camp

10 am Deeksha program

Evening 7 pm Sant Samagam other Spiritual Masters welcome, discourse on Yoga, Spirituality and Sanatan Dharma

Day 4 - May 18

Pujya Gurudev’s departure

Do you believe in the power of blessings from a divine soul? Then you have the opportunity to get Gurudev’s personal blessings. Pujya Gurudev is amongst the most revered living saints today whose blessings have uplifted the lives of hundreds of thousands of people.

A Highly Reverend Sage

With a limitless compassion and love for his fellow human beings, Gurudev is one of the most revered sages of the current era. With over 45 years of rigorous Sadhana and meditation, Gurudev has invoked all Chakras of his Kundalini. Only a few living sages are believed to have achieved this pinnacle of spirituality. Gurudev is using his divine energy to heal and serve humanity.

A Philosopher and Eminent Scholar

Gurudev has immense knowledge of all Vedic scriptures. He is also a renowned scholar of Jainism, Sikhism, Christianity, Buddhism and Islam. Gurudev has participated in several international religious conferences, including the “All Religion World Conference”, where he has been honored with “The Best Personality” Gold Medal numerous times.

A Humanitarian, Spiritual Teacher & A Healer

With this divine power, Gurudev has removed physical and mental ailments of hundreds of thousands of people. Gurudev has traveled to over 170 countries to teach people the art of living a moral and spiritually uplifting life.

Organising Partners



The Yoga Institute™
SANTACRUZ (EAST) MUMBAI

The Yoga Institute, Santa Cruz, Mumbai, India

amrityōga

THE POSTURE OF CONSCIOUSNESS

Amrit Yoga Institute, Salt Lake City, FL, USA



Portuguese Yoga Confederation, Portugal



European Yoga Confederation, Europe

LifePositive
YOUR COMPLETE GUIDE TO PERSONAL GROWTH

Life Positive



GLOBAL YOG ALLIANCE

Global Yoga Alliance, India



All India Film Directors
Organization

SERVICES AT UYLS YOGA-KUMBHA CAMP

Ujjain Yoga Life Society is all set to provide best ever-lodging arrangement to all participants and their family in Yoga Kumbha 2016. We at UYLS aim to host one of the largest, most contemporary, convenient and unique temporary residential camp during Kumbha 2016, where we would be holding hutments for 2500 plus foreign and Indian guests.

Indore Airport Transfers: On special request (if informed during booking) Pickup and Drop off is available at very nominal charges.



UYLS Accommodation at a glance

Superior Darbar Tents

Our Magnificent Darbar Tents are spacious, waterproof, eco-friendly and the comprehensive range is complete in itself to satisfy the most demanding needs of our guests. It offers luxurious stay in the most comfortable and contemporary manner.





Swiss Tents

Luxury personified, these tents are most suited for couples travelling with budget and luxury both. They are the most contemporary and comfortable tents sufficing every need of its guests.



Family Tents

Spacious, comfortable and best suited for 4-5-member family travelling with limited budget. These tents are super convenient tents and fulfill all the basic needs of its guests.



Deluxe Huts

Wooden huts small, convenient and contemporary stay. Most suitable for couple/friends travelling with small budget and longer stay. It serves all the basic needs of its guests.



Dormitory/Tent

A budget accommodation, suitable for Back Packers and students with limited budget and longer stay.

UYLS Camp Amenities:

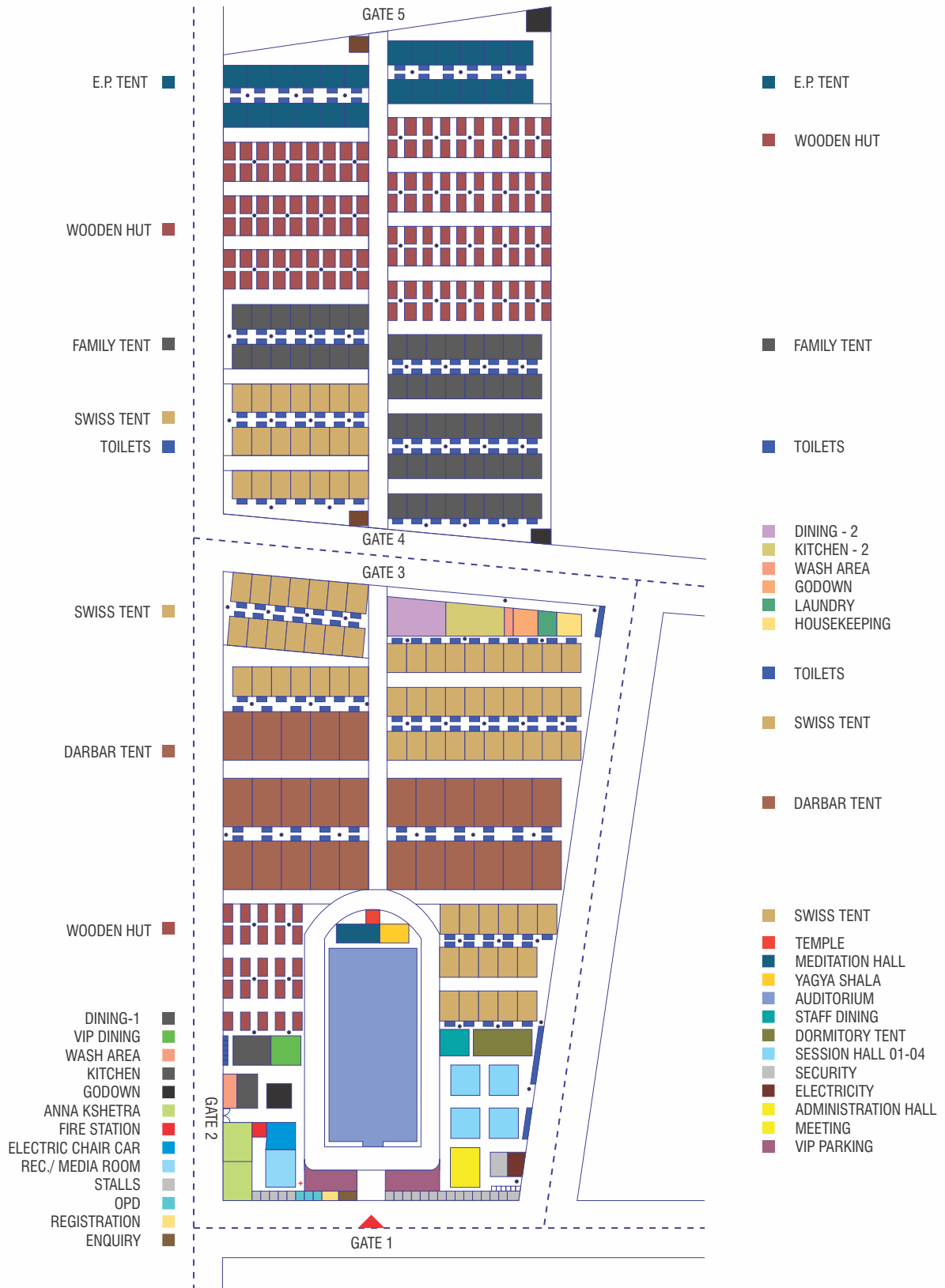
- Temple:** Beautiful temple in house.
- Yagnashala:** In house Yagnashala
- Meditation:** A separate meditation room for guests
- Auditorium:** An enclosed auditorium with a capacity of 5000 people to perform yoga.
- Rooms:** Beds & Sit outs with attached toilets and washrooms, toiletries, Air-coolers
- Water:** 24x7 clean running water & electricity
- Security:** Round the clock security services with CCTV cameras & personal Safe Lockers.
- Meals:** Vegan/Vegetarian meals (Breakfast Lunch Snacks Dinner and Tea Coffee)
- Help Desk:** Essential services will be provided round the clock with the duty attendant at the reception.
- Exhibitions:** Renowned artisans showcasing different art & craft of India.
- Medical Aid:** 24 hours Medical representative will be made available at the dispensary for any kind of emergency.
- Phone/Internet:** Mobile phone and mobile Internet access is available in Kumbha Mela area for all National and International roaming access.

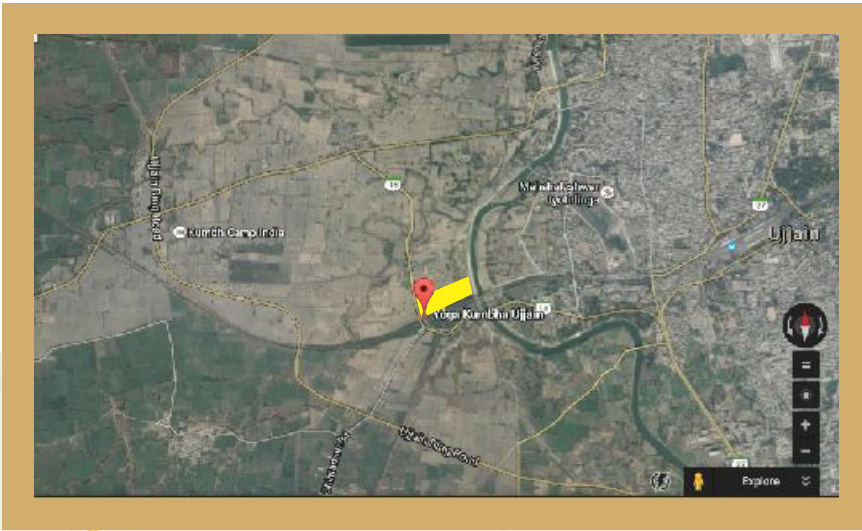
Free Wi-Fi Zone





UYLS YOGA KUMBHA CAMP PLAN





Yoga Kumbha Camp Site



22nd April to 21st May, 2016

Address: Sector 3, Datta Akhada Zone, Ujjain Simhastha, Rd Number 2, Madhya Pradesh 456006

If you have GPS system in your smart phone paste this link on your Google Maps site or just type Yoga Kumbha Ujjain and it will navigate you thoroughly to our campsite.

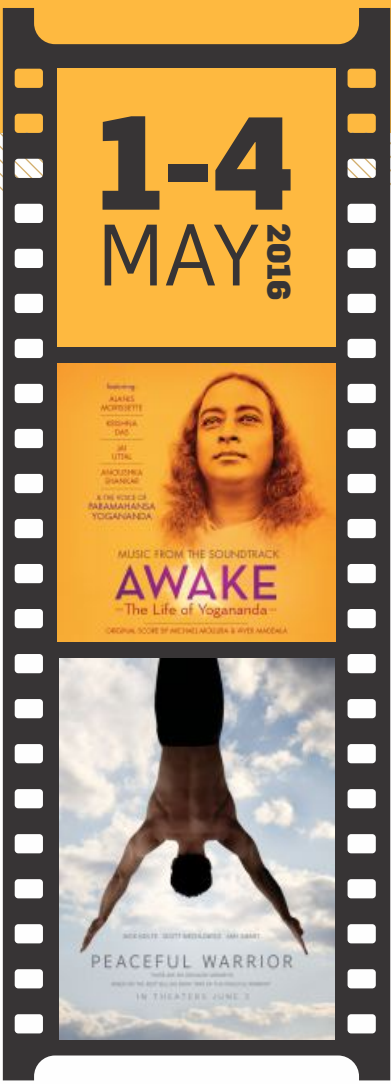
<https://www.google.co.in/maps/place/Yoga+Kumbha+Ujjain/@23.1725477,75.7494985,17z/data=!3m1!4b1!4m2!3m1!1s0x396375b140d9ce71:0xd10e37b4c820e025?hl=en>

or <http://tinyurl.com/hwus5en>



International Spiritual Film Festival India 'ISFFI', during Yoga Kumbha

4 days, 5 continents,
12 films, 11 film makers,
6 talk session, 6000 people!
One big Festival



The primary objective of the festival hinges on Screening of innovative spiritual films emphasizing on audience edification and spiritual Awareness of Self and beyond!

Discovering Divine Me!! And spreading peace humanity through spirituality!! Showcasing film across the globe on the theme of spirituality!!

The Festival aims to spread peace and harmony, build up compassion throughout the world. At the same time people can come and see films on Spirituality, Spiritual Gurus, Life and the essence of Humanity at Worlds largest Humanity festival "KUMBH"- Simhastha Ujjain

Connect! Live! Love!

Participation

- Anyone can participate. There are no barriers to entry fee, whatsoever.
- Students, Filmmakers, producers.
- Any body can participate, till spirituality is in the theme of the Movie.
- Selection Committee have right to reject film
- 12 films will be selected/invited to be showcased in the festival
- 5 continents

Screening

- Only nominated films will be screened during the festival.
- The screenings will be followed by Interaction session with the film makers.

YOGA KUMBHA KEY DATES

April 22nd-25th 2016

Seminar on Pilgrimage-A Paradigm Shift,
Understanding traditional values of Pilgrimage and
its possible benefits. An Intense Research
Presentation by Scholars

April 26th-30th 2016

5th International Yoga Seminar on Yoga for Peace &
Humanity

May 1st-4th 2016

International Spiritual Film Festival India
Seminar on Bhakti Yoga- A seeker's Guide & path
closer to Consciousness & Divinity

May 5th-15th 2016

The Global Yoga Convention – Practical Workshops
by The Great Masters of World

May 16th-21st 2016

Sant Samagam – Satsangs & Pravachans by Great
Swamis & Rishis of India

KUMBHA SHAHI SNAN DATES

22 April 2016 (Friday)

Purnima – Full Moon (First Shahi Snan)

06 May 2016 (Friday)

Vaishakh Krishna Amavasya

09 May 2016 (Monday)

Shukla/Akshay Tritiya (Second Shahi Snan)

11 May 2016 (Wednesday)

Shukla Panchami

17 May 2016 (Tuesday)

Ekadashi Snan

19 May 2016 (Thursday)

Pradosh Snan

21 May 2016 (Saturday)

Purnima (Last Shahi Snan)

Climate in Ujjain

Ujjain experiences a warm sub-tropical climate, typical of the interior Indian subcontinent. Summer starts in late March and remains until the end of June. Weather records of April-May (Kumbha Mela Duration) of last three year shows average 38°C in daytime and 22°C in night time as per www.accuweather.com

How to reach Ujjain:

Ujjain is very well connected with all parts of India by Air, Rail and Bus.

Air: Regular flights to/from Mumbai, Delhi, Kolkata, Bangalore, Ahmedabad, Pune, Hyderabad & Raipur are available at nearby Indore Airport (50 Kilometers)

Rail: Ujjain Junction Railway Station is an important railway station in Western railway zone. It is well connected to all major railway stations in India. Direct train services are available from all over India. Overnight trains from Mumbai or Delhi.

Visit irctc.co.in for bookings and indianrail.gov.in for viewing trains to Ujjain from anywhere in the country.

Road: Ujjain is 30 km from National Highway 3 (NH3), and very well connected to all states like Maharashtra, Gujarat, Uttar Pradesh, Chhattisgarh & Rajasthan.

Taxis and public transportation are easily available from nearby cities:

Indore- 50 km, Bhopal - 190 km, Dewas - 35 km, Ratlam- 90 km and Nagda- 45 km.



Do join us in Yoga-Kumbha 2016 and experience the bliss for lifetime.

For details visit

www.yogalife.co.in/seminar

**Contact us at: +91, 9589047633,
9993327479, 9406624555,
8827918100, 9826157933.**

//UYLS BRANCHES & AFFILIATED CENTERS

INDIA

YOGA BHAVAN, UJJAIN

Centre Director: Girijesh Vyas
Opp. Kalidas Academy, Kothi road, Ujjain
Class Timings- 5:30-9:30am & 5:30-7:30pm Weekdays.
Phone: +91 734-2525113, 9406624555
Email: info@yogalife.co.in
Website: www.yogalife.co.in

CYS YOGA AMRUTAM, INDORE

Centre Director: Dipti Gami
C-173, Vasant Vihar,
Behind Bombay Hospital, Indore, M.P.
Phone: +91 9826099886
Email: info@yogaamrutam.com
Website: www.yogaamrutam.com

RENU'S YOGA STUDIO, INDORE

Centre Director: Renu Jhalani
E-87, Saket Nagar, Near Devki Apartment
Phone: +91 9300043244
Email: info@renuyogastudio.com
Website: www.renuyogastudio.com

YOGA AMRUTAM, INDORE

Centre Director: Seema Badonia
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YOGSTHALI, JAIPUR

Centre Director - Hemlata Sharma
No. C3/259, Gandhi Path, Chitrakoot Yojana,
Jaipur Rajasthan India. 302021
Contact : +91 9799050224 / 9782868567
Email: yogasthali@gmail.com
Website: www.yogsthali.com

HD YOGA KENDRA, Kandivali, MUMBAI

Centre Director – Seema Sharma
Center 1 : N.G. Suncity Phase 1 Thakur village,
Kandivali (East) Mumbai 400101.
Center 2 : Bhoomi Valley, Near B.M.C. Garden Thakur village,
Kandivali (East) Mumbai 400101.(M.H.)
Contact – 02228847272, 09702079991
Email: lady.vrinda@gmail.com

INTERNATIONAL

YOGA BHAWAN, CALIFORNIA

Centre Director: Yuvaraj Venkatesan
Yoga Instructors: Nirmala Iyer & Yuvaraj Venkatesan
Address: Shirdi Sai Darbar Mandir (SSD Temple), 255 San
Geronimo Way, Sunnyvale
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E-mail: satyadharapoa@gmail.com

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
Phone : +554 81199368
Email- ranise@terra.com.br
Website:www.satyadhara.com.br

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Yoga Center Satyadhara Unit Vineyards
Centre Director – Cleusa Batista
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Email: satyadharavinhedos@gmail.com

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RIO GRANDE DO SUL, BRAZIL

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Email: camila.roos@hotmail.com

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