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NEWS LETTER OF
UJJAIN YOG LIFE SOCIETY,
INTERNATIONAL

yogi of
the
month

Shri O. P. Tiwari,
KDham Lonavla

Yoga-
Kumbha
Sampark
Yatra

Yoga for
Relationships-
Breathe towards
Commitment

Pundit Radheshyam Mishra

From Five Koshas to
Fifth Dimension of Life

yoganant

MONTHLY NEWS LETTER
OF UJJAIN YOG LIFE SOCIETY, INTERNATIONAL

*"Yoga teaches us to cure what need not be endured
and endure what cannot be cured."*

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Model - Krati Khujneri



Yogi of the month

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Pose of the month

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Editor's Pen

It is the winter that I love. The uninhibited wildness keeps me awake and in awe in the middle of the night. There is just so much beauty in that darkness. The real gift however, is after the storm, where a different beauty is present. A wash of quiet spreads over our world. There is a beautiful sense of utter calm, of energy spent yet renewed in a different way. The earth itself is still and deep in peace. Within the darkness, begins the light.

This is how I feel after a yoga class. Every cell in my body is more alive, but now with calm, with peace. I feel renewed. Planning this issue and thinking of the fresh beginning, which a New Year brings, I asked Pundit Ji which pose he thought would most demonstrate the concept of renewal. Pundit Ji chose Chakrasana. He explained: "Downward facing wheel pose emerges out of the wonderful support of the back body resulting from the grounding and stability of the arms and legs. The pose beautifully opens the front body. As the whole body lifts, the chest opens and expands. There is releasing of energy from the armpit and chest that

brings freedom to the breath. The heart center, Anahata Chakra seat of our finest deep feeling, is stimulated. The throat, seat of the will, opens as the head moves down, thus the egotistical willfulness is subdued. I find the pose to be invigorating, uplifting, refreshing and humbling. This pose also involves inversion of the head. The brain draws one quarter of arterial blood for oxygenation. Inversions are not only good but also effective, as the venous blood is made to flow back without strain for recharge. Inverted asana does this with less strain and without stress on the heart and arteries. Freshness in thinking is the attractive effect of the inversions."

While we enjoy calmness through these long winter months, let's renew ourselves with yoga.



Girijesh Vyas
Editor

Yoga for Relationships- Breathe towards Commitment

मैत्री करुणा मुदितोपेक्षाणां सुखदुःख पुण्यापुण्यविषयाणां भावनातश्चित्तप्रसादनम्॥३३॥

Samadhi Paad

Cultivating mindfulness can help you face the inevitable difficulties and disappointments that arise in relationship with equanimity, compassion, and loving-kindness.

In previous articles, I wrote that yoga, when appropriately practiced, can have a profound effect upon your body, emotions, and diet. But did you know that when properly practiced, yoga also offers you insight and help into your relationships including your responsibility and role in them? Successful relationships are built by respecting others and by paying proper attention to the people around you. However, lack of respect, or "abuse" regardless of how subtle it is, inattention, or even hyper-attentiveness can damage a relationship. Such damage can cause emotional hurt and sometimes physical distress, both to you and others.

A proper yoga practice is but a microcosm of life itself. You get out of it what you put into it. You learn that success in a correct yoga practice does not come by how many repetitions you do or how hard you try to get it right. Nor does success come by how far or how deeply you can force yourself into those "uncomfortable positions" which often leads to frustration (by not getting what you think you should be getting) or possibly injury as your body interprets such force as "abusive".

Instead, success in yoga comes by learning how to be "present" when you practice. You learn to enjoy and respect your body for where it is at the moment and not where you wish it could, or should be (which is living in the future). And success is impeded when you want your body to respond as it did when you were younger (which is living in the past). With a successful yoga practice, you don't need to be anything, such as

All that is mutable in human beings (chitta) is harmonized through the cultivation of love (maitri), helpfulness (karuna), conviviality (mudita) and imperturbability (upeksha) in situations that are happy, painful, successful or unfortunate. 33



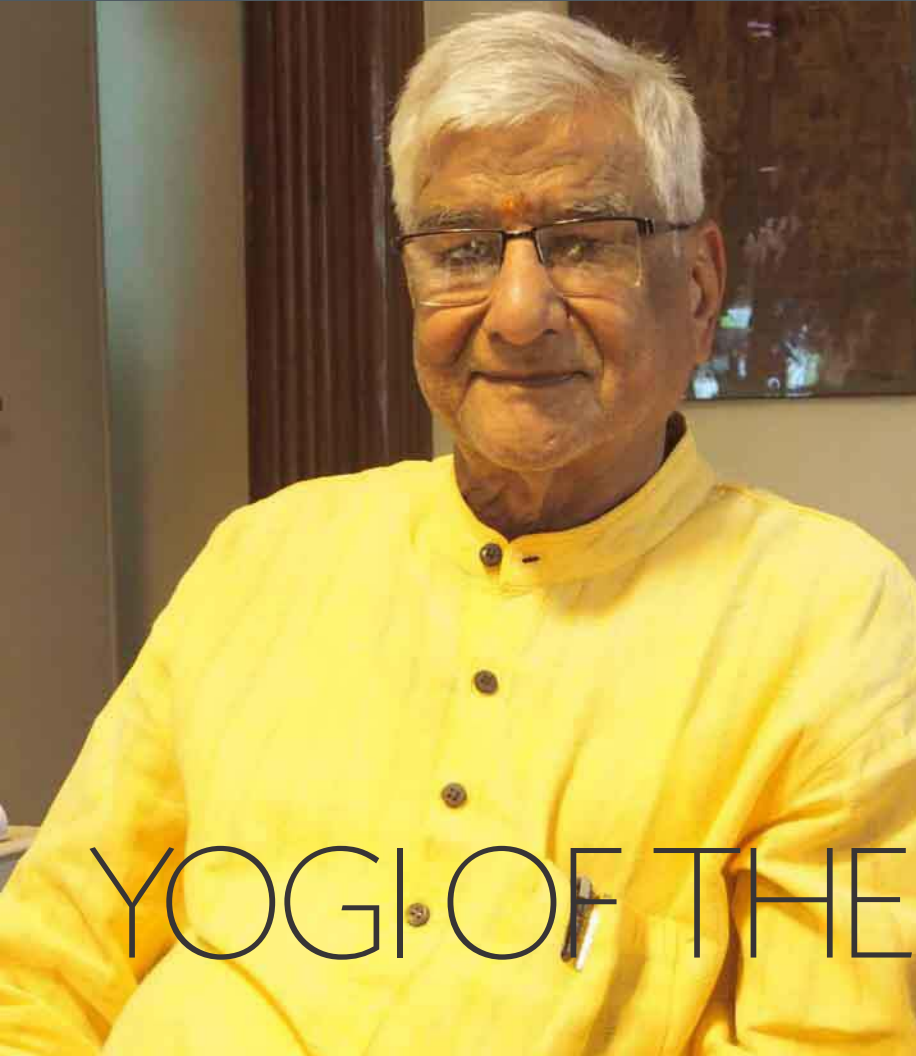
Pundit Radheshyam Mishra
International Yoga Guru

flexible or strong or even healthy. You just need to pay attention to "the way things are" and just do it (living in and enjoying the present). In doing so, when you learn how to move through life without forcing or making unreasonable goals, and as you move forward paying attention as you go; you will experience the pure joy of the moment. Therefore, by treating your yoga exercises intelligently and respectfully, you move toward balance of body, mind and spirit.

And because the body and mind are so intricately interrelated; as goes your body, goes your mind. Over time, as your body becomes increasingly balanced, and as you increase your flexibility and strength; your awareness and control increases, both physically and emotionally. Likewise, success and joy in relationships comes not through force or manipulation, but from the sheer delight of paying attention to your partner or friend or child or parent and by enjoying their very perfection.

To begin and stay motivated in your yoga practice, it is essential that you understand the method how yoga works upon you along with a progressive yoga schedule. A unique self-learning course helps you do that quite remarkably.

This doesn't mean that you do not guide or direct, but that you do so without manipulation or force; just as you learn in your yoga practice. As you pay attention to the "perfection" of your body and as you begin to apply yoga's subtle details to your practice, your body becomes increasingly balanced. Likewise, as you learn to pay attention to the "perfection" of others, you become increasingly aware of the subtle ways you affect your relationships and the way they affect you. Yoga, as in relationships, is all about taking personal responsibility, being proactive without aggression and doing less to get more.



Honorable
Shri Om Prakash
Tiwari

YOGI OF THE MONTH

Shri O.P.Tiwari Ji a renowned name in the world of Yoga, the man behind 50 successful years of the prestigious Yoga organization, Kaivalyadham, Lonavla. Shri Tiwari has dedicated his life to the practice and teaching of Yoga. For the past forty years he has been head of the Kaivalyadhama, a yogic research institute near Mumbai, India. Established by his Guru Swami Kuvalayananda in 1924, the institute has been a pioneer in scientific research related to Yoga. Tiwari Ji has accomplished all the Pranayama practices and has a deep philosophical and scientific understanding. Respected as one of the few true masters of Pranayama in the world today, he remains most of the time in private practice in India.

Shri Tiwari is one of the few masters teaching Pranayama practice with a classical technique, where the scientific outlook harmonizes with traditional wisdom. He is a humble man who does not try to prove anything, but with integrity, and sincerity passes on the practice of Yoga in the traditional way.

Shri Tiwari is Secretary General of Kaivalyadhama Yoga Institute. He is the author of many books. One of his book namely "Asana: Why and How," was given the "Book of the Year" award by the Indian Government in 1987. He is also currently the President of the 'Indian Yoga Association' (IYA) formed under the aegis of the Ministry of AYUSH, Government of India and the President of the 'Council of Yoga Accreditation International'. He is a member of the Governing Body of the 'Central Council of Research in Yoga and Naturopathy' under the Ministry of AYUSH, Government of India.

Sri O. P. Tiwari is a true living legendary Yogi who instills deep faith in all of us to grow and prosper in the field of Yoga and make the world a better place to live. Ujjain Yoga Life Society Salutes you Sir!

Yogalife Sciences



Dr. Vikrant Singh Tomar

From Five Koshas to Fifth Dimension of Life

Health is the combination of Physical, Mental, Social, Emotional & Spiritual (PMSES) well being. This integrated approach towards life is called Yoga, oneness with composite whole. The roots of this integrated approach comes from the ancient Yogic concept of 5 bodies: Physical – Annamaya Kosha Energy – Pranamaya Kosha, Mental – Manamaya Kosha, Wisdom – Vijñanmaya Kosha, Bliss – Anandamaya Kosha. SELF – Atman Kosha stands for Cover, as pearl shell covering the pearl. Science introduced time as the fourth dimension & spirituality introduces Permanent Bliss as the fifth & last dimension of the world.

The goal of every goal of life is Peace & Happiness. The internal journey crosses different Koshas to reach the permanent bliss through Yoga practices. The papers attempts to elaborate the impact of evolution of these 5 Koshas for spiritual awakening and will touch issues related to science of emotions & its impact on social, mental & spiritual growth. As biology is the science of body, botany is the science of plants similarly spiritualism is the science of life.



Pose of the month

Chakrasana

Wheel Pose

METHOD:

- In standing pose take a distance of 10-15cms between the legs and bend slowly backwards.
- Keep the hands on the ground to be in Chakrasana

BENEFITS

- Beneficial to nervous, digestive, respiratory systems.
- Cardio-vascular co-ordination.
- Influences the hormonal secretions.
- Brings flexibility to the vertebral column.
- Increase efficiency in all 33 vertebra and muscles attached.
- Pressure on internal organs of abdomen and increases its efficiency.
- Improve strength of arms, thighs and calf muscles.

CAUTIONS

- Spinal column ailments or stiff spinal cord, heart trouble, high blood pressure, hernia.



Tratak

If your Mind is at peace your Soul is happy and your Body rejoices...

METHOD

- Sit in Sukhasana or Vajrasana. Keep the body erect, head steady, and neck straight.
- Keep the thumb in front of you and fix the eyes on the nail of your thumb.
- Slowly move the hand towards the end of your shoulder, keeping your eyes fixed on the thumb nail —eyes wide open and no turning of the head. Maintain the gaze without flickering eyelids.
- Repeat this for the other shoulder.
- After the other shoulder, take your thumb towards your nose and gaze at the tip of the nose without flickering eyelids.
- Bring the thumb to the starting position and slowly take it towards the center of eyebrows.
- Now gaze at a point between the eyebrows similarly. If the eyes are tired, close them for some seconds and start again.

BREATH

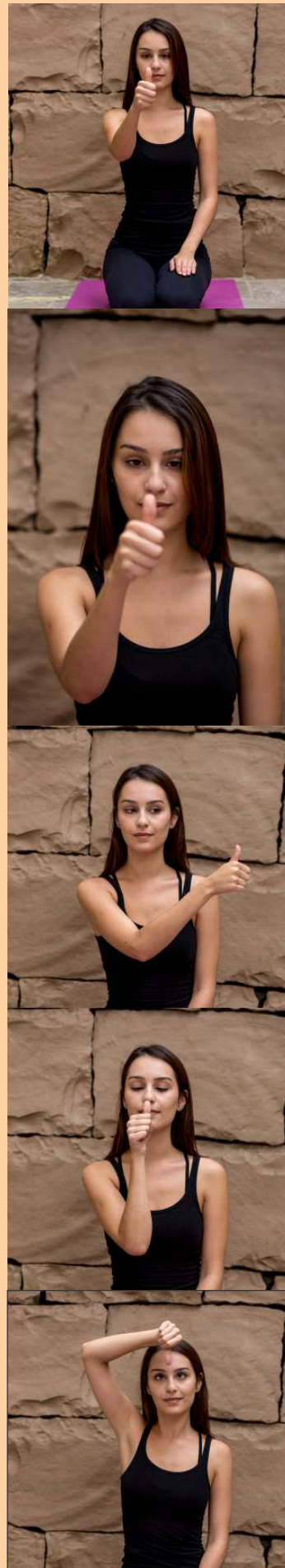
Normal breathing.

FREQUENCY

Three times (alternate) each shoulder gaze, increase duration from 15 seconds to one minute gradually. Cup your hands and cover them over your closed eyes for rest after completion of all 3 rounds.

BENEFITS:

Eyes and mental stability.



UYALS

NEWS



Pundit Ji during Global Dharma Conference,
NY, USA



1st Huge Core group meeting of Yoga-Kumbha
2016, 20 September 2015
Chaired by Chief Advisor Dr. D. R. Kaarthikeyan
& Founder Pt. Radheshyam Mishra.



21st International
Yoga Teachers
Training Course, 24
October – 4
November 2015, held
in Yoga Amrutam,
Indore with 18
participants.



Glimpses Oct - Nov 2015

Pundit Ji conducted a Special Yoga Workshop for the Global Dharma Conference, NY, USA participants.



Sunday Special Meditation Workshops & Expert Talk for Students.



Glimpses Oct - Nov 2015

Workshop on Yogic Diet for Disease free life
Renu's Yoga Studio by Punditji



Relaunch of Yogasthali an Affiliated centre of
UYLS Jaipur



Our Editor & UYLS President Shri Girijesh Vyas Conducted a 2 Days Corporate Yoga Workshop
for Reliance Infra Executives at Kolad, Mumbai.



Here to Eternity...

Yoga- Kumbha Ujjain 2016

A journey for Kumbha!



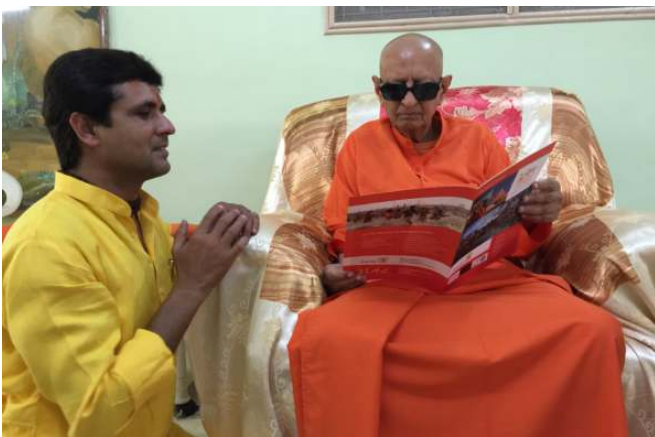
Yoga Sampark Yatra Meeting with Padmashree Yogi Bharat Bhushan and His daughter

Saharanpur, UP



Pundit Ji is on wheels these days...covering 45000 KM Yoga-Kumbha Sampark Yatra in 504 cities across India and Nepal...spreading the word of our grandiose event Yoga-Kumbha 2016 from April 22 – May 21 2016. Meeting great Yogis, Sages, Masters and Pioneers of Yoga across the country, personally inviting them to be a part of this mystical yet eternal event to be experienced and lived once in a life time for anyone...

"Kumbha" the very word infuses the spirit of excitement and joy. Kumbha is the greatest lifestyle humanity has ever had, evolved is Sanatana Hindu Dharma, the only festival created for the sake of Enlightenment. A 12-year wait for the Bliss...a refreshing journey, cultivating infinite patience and acceptance...described as the Thirtharaja (the greatest of all pilgrimage centers).



Yoga Sampark Yatra-Meeting with Rajshri Muni Ji of Madav


Madav, Gujarat

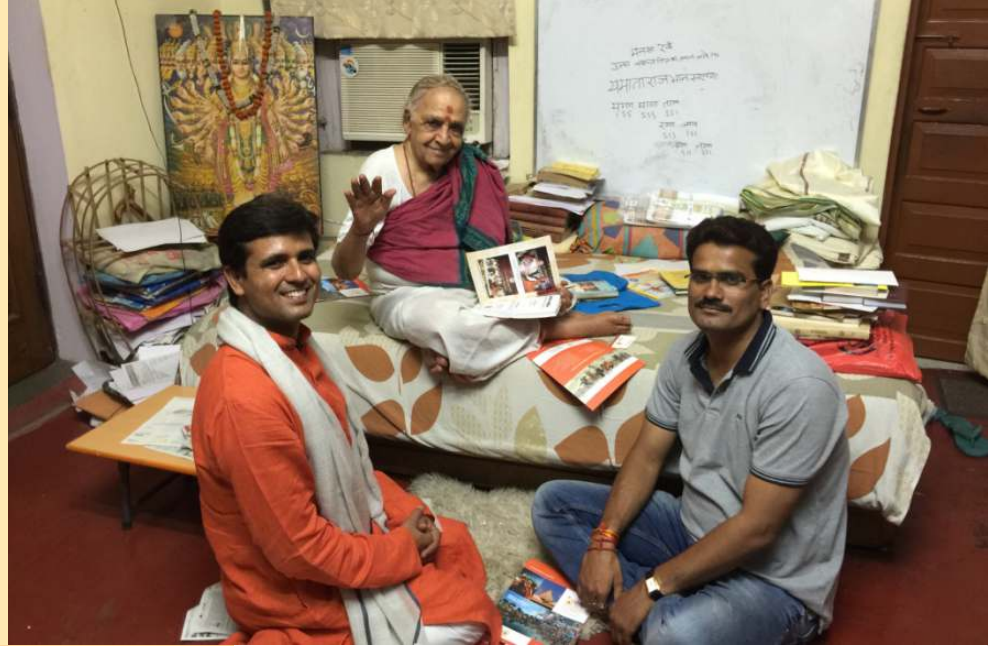


Yoga Sampark Yatra Bodh Gaya

Bodh Gaya, WB

Yoga Sampark Yatra


योग कुंभ
YOGA KUMBH
UJJAIN 2016
Festival of elixir



Yoga Sampark Yatra meeting with Great Yogi Shri Vagish Shatri Ji at his residence

Varanasi, UP



Yoga Sampark Yatra- Meeting with International Yoga Federation President Swami Maiteryananda at ITC MAurya Sheraton Delhi

New Delhi

The radiant Himalayan saints, sages, seers, sadhus, and yogis who make their rare appearance at Kumbh Mela, at the divine confluence of mythical Kshipra river. An Ageless festival, tireless pilgrims, an ocean of faith, an incredible journey of spiritualism, divinity and liberation.

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

For details visit www.yogalife.co.in/seminar

Yoga Sampark Yatra



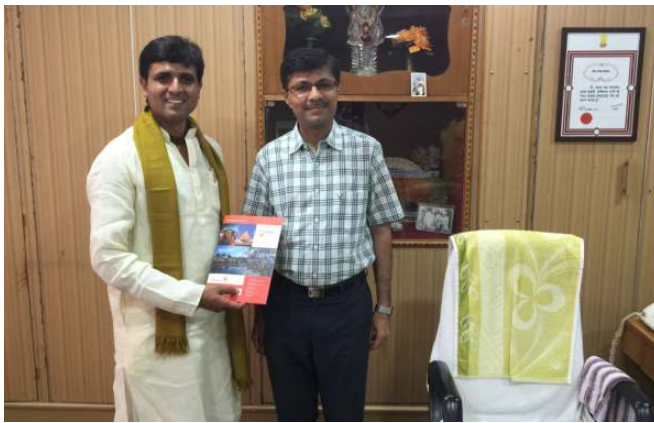
Yoga Sampark Yatra Meeting with Dr. S. P. Mishra, Delhi
Founder Vice Chancellor, Dev Sanskriti Vishwavidyalaya

New Delhi



Yoga Sampark Yatra meeting at Amravati Mah at Vidhya
Bharti College

Amravati, Maharashtra



Yoga Sampark Yatra- Meeting with Shri Kotecha Ji VC Gujarat
Ayurveda University, Rajkot

Rajkot, Gujarat



Yoga Sampark Yatra- Samutkarsh Our supporters Shri Haresh
Bhai

Ahmedabad, Gujarat



Swami Ji & Mataji Lakshmi Devi- IYF Invited for Yoga-
Kumbha 2016

New Delhi



Yoga Kumbha sampark yatra Gujarat

Gujarat

Testimonial



I am always being asked that "why I associate myself so firmly with yoga and devote lots of my time for it, especially when I already have a very busy schedule with my family and job?" Let me try to answer this first.

5 years ago, I was overweight with severe asthmatic problem. To get rid of both these problems, I joined a 45 days 'Yoga Camp for Obesity' conducted by UYLS in my city. I felt much better after that so my husband and I continued going there. Very soon I maintained my weight and got rid of asthmatic problem too. A short happy ending of a story.

But this was not the END of the story, rather

the BEGINNING of a new story, emergence of entirely a new life 'WITH YOGA' all around. Meanwhile, I happen to take a plunge in the deep ocean of 'Yoga philosophy' during my IYTTC, which has completely transformed me, my life style and my viewpoint towards life.

The entire credit goes to my Yoga guru Revered Pundit Radheshyam Mishra, who has brought me on the sacred path of yoga; opened the door to a new meaningful, peaceful and blissful yogic life; taught me the art of introspection and self-realization; has given new dimensions to my personality; introduced me with latest cyber technologies; inspired me to work tirelessly, consistently and perseveringly to chase my dreams...and above all continuously directing me to a spiritual life with selfless service to the society through Yoga. No words can ever express my gratitude and reverence for him.

Now I, my loving husband who always support me in all my decisions and my both engineer daughters - all are Trained Yoga Teachers, helping people to get holistic health through yoga and living a blessed and blissful yogic life.

Namaste

Dr. Babita Singh

The Recipe Box

Coconut Ladoos



INGREDIENTS -

Serves 2-3

- 1½ cups desiccated coconut (unsweetened)
- 2/3 cup organic unrefined cane sugar or regular sugar
- ½ cup water
- 3–4 cardamom pods, husked and powdered in a mortar and pestle (optional)

INSTRUCTIONS -

Mix the sugar with the water and dissolve it. If there are impurities, then strain the sugar solution. Keep the sugar solution on a low flame to cook it. The solution will start to thicken. Continue to cook till you get one-thread consistency in the sugar solution. Switch off the flame and add the desiccated coconut and cardamom powder to the sugar solution. Quickly stir and make small balls from the mixture. If the heat is too much to handle, wait for a few minutes till you are comfortable making the ladoos. The mixture should be hot or warm. If the mixture becomes cold, then making the ladoos is impossible.

Serve the coconut ladoos as naivedyam or bhog to Goddess Lakshmi.

General Announcements'

Regular Classes: Ujjain Centre

Monday - Saturday

Morning - 6:00-9:00am & Evening
4:00-8:00pm (One hour each).

With 42 Yoga hour classes per
week we aim to have a great time
and classes that suit your schedule.

Relax And Unwind With Us

By popular demand meditation and
therapy sessions are now weekly
events- Every Sunday -
7:00-8:00am – "Meditation session"
8:00-9:00am - "Yoga Therapy
Session"

Upcoming Events

LONAVLA

Pundit Ji invited to conduct a
practical Yoga Workshop on "Yoga
for Aging Reversal" at 8th
International Conference - Yoga &
Education

**27th - 30th December 2015,
Kaivalyadham, Lonavla.**

To register visit
<http://kdham.com/conference-2015/>

AHMEDABAD

Pundit Ji to conduct a 3 day
Yoga Workshop for Health,
Happiness & Holistic living in
**Samutkarsh, Ahmedabad
from 25-27 Decemembr
2015.**

For more details visit
www.samutkarsh.com

CAXIAS DO SUL, BRAZIL

22nd International Teachers
Training Course,

**Caxias Do Sul, Brazil, January
3-17 2016.**

Visit www.satyadhara.com.br for
details

@ UYLS Branches & Affiliated Centers

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RENU'S YOGA STUDIO, INDORE

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10:30-11:30 am & 5:30-6:30 pm
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Website: www.renuyogastudio.com

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Kandivali (East) Mumbai 400101.(M.H.)
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Yoga Instructors: Nirmala Iyer & Yuvaraj Venkatesan
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