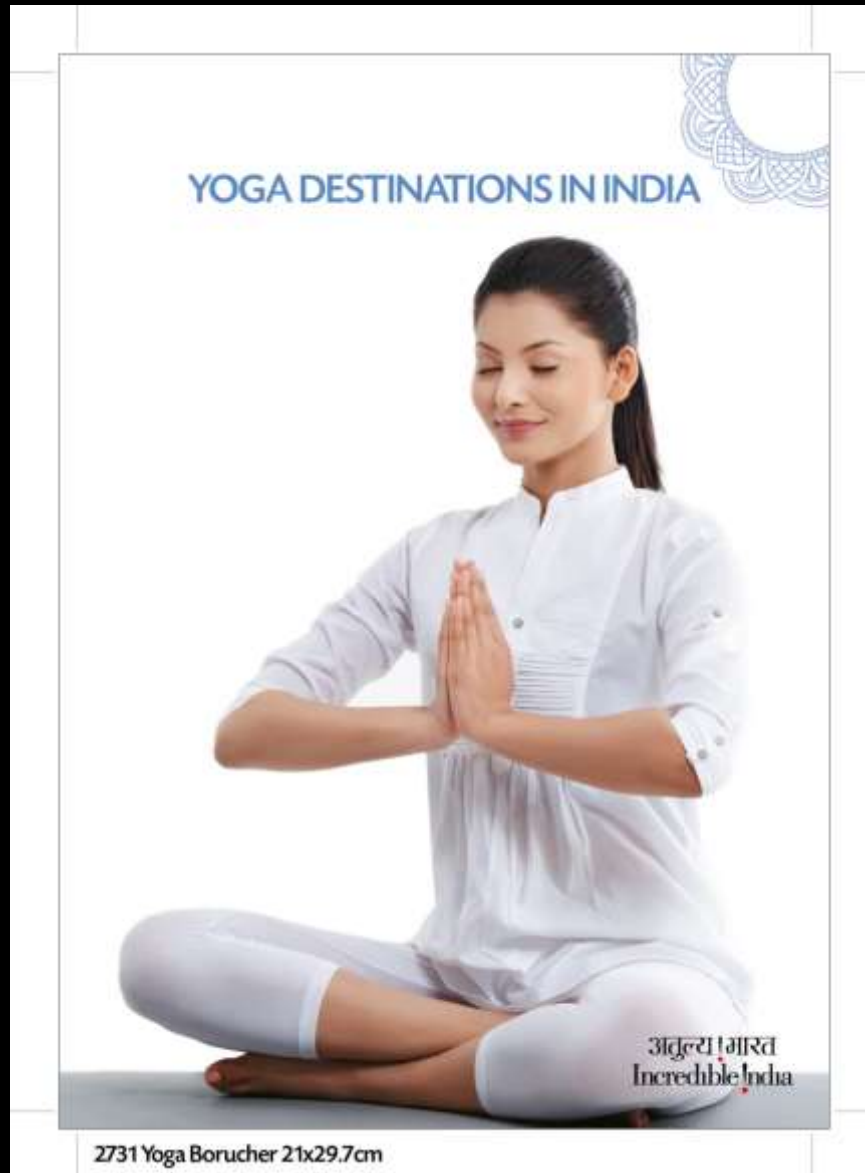


# Yoga Brochure

Order

# Front Page



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## Front Page Inside



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### AN ANCIENT SCIENCE

A land of cultural plurality and rich ancient wisdom, India is known for its traditional systems of medicine that view health and well-being in a unique way. Widely recognized as the 'Indian System of Medicine', these branches of science focus on achieving overall health and wellness in humans, having been used successfully for centuries to treat various diseases. Among these traditional medicine systems, Yoga is the science of achieving absolute union with the divine and 'Tantra' is a way of controlling the energy that makes the ultimate union with truth, possible. This is one of the oldest sciences of the world, originated in India, which is very useful for preserving and maintaining one's physical and mental health and also for 'spiritual evolution'.

The term 'Yoga' is derived from the Sanskrit root 'YUJ', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of 'Yoga' leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, man and nature. WHO has recognized Yoga as one of several traditional therapeutic systems that originates in India and, Yoga training and therapy departments are being opened in reputed, established medical institutions and hospitals.

The aim of Yoga is self-realization, to overcome all kinds of sufferings leading to 'the state of liberation'.

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## YOGA SADHANAS

Some of the widely practiced Yoga Sadhanas (Practices) are: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana (Meditation), Samadhi/Samyama, Bandhas & Mudras, Shat-karmas, Yukta-ahara, Yukta-karma etc.

Yamas are restraints and Niyamas are observances. These are considered to be pre-requisites for the Yoga Sadhanas (Practices).

Asanas are capable of bringing about stability of body and mind.

Pranayama consists in developing awareness of one's breathing followed by willful regulation of respiration as the functional or vital basis of one's existence. It helps in developing awareness of one's mind and helps to establish control over the mind.

Pratyahara indicates dissociation of one's consciousness (withdrawal) from the sense organs which helps one to remain connected with the external objects.

Dharana indicates broad-based field of attention (inside the body and mind) which is usually understood as concentration.

Dhyana (Meditation) is contemplation (focussed attention inside the body and mind) and Samadhi-integration.

Bandhas and Mudras are practices associated with Pranayama. They are viewed as (the) higher Yogic practices mainly consisting on adopting certain body (psychophysical) patterns along with (as well as) control over respiration.

Yukta-ahara (right food and other inputs) advocates appropriate food and food habits for healthy living.



## BENEFITS OF YOGA

- Yoga enables the practitioner to find relief from the physical ailments and to strengthen the body and make it more supple. It is particularly beneficial for muscular-skeletal disorders, arthritis, pains in the knees, shoulders and other joints, curvatures of the back and back pain, slipped discs and sciatica pain.
- From a psychological viewpoint, Yoga practice smoothens emotions, sharpens the intellect and aids concentration and steadies the emotions.
- Yoga can be used to manage stress, psychosomatic and lifestyle related disorders. Non-communicable diseases very well respond to the Yoga therapy. The modern medicine Hospitals and Institutes are gradually adopting this system of therapy as an adjuvant care along with the conventional medical care and such Hospitals have started exclusive centres for Yoga in their Hospitals/Institutes. This trend is growing.

### INTERNATIONAL DAY OF YOGA

Nearly 32 million people are practicing Yoga in US alone and this trend is further growing. In few countries Yoga has been incorporated in the school curriculum. On December 11, 2014, the 193-member UNIGA (United Nations General Assembly) approved the proposal by consensus with a record 177 countries co-sponsoring a resolution to establish 21st June as "International Day of Yoga". This has propelled the popularity and propagation of Yoga to a great extent. Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH), Government of India, is the Nodal Agency to coordinate various activities for the celebration of International Day of Yoga.

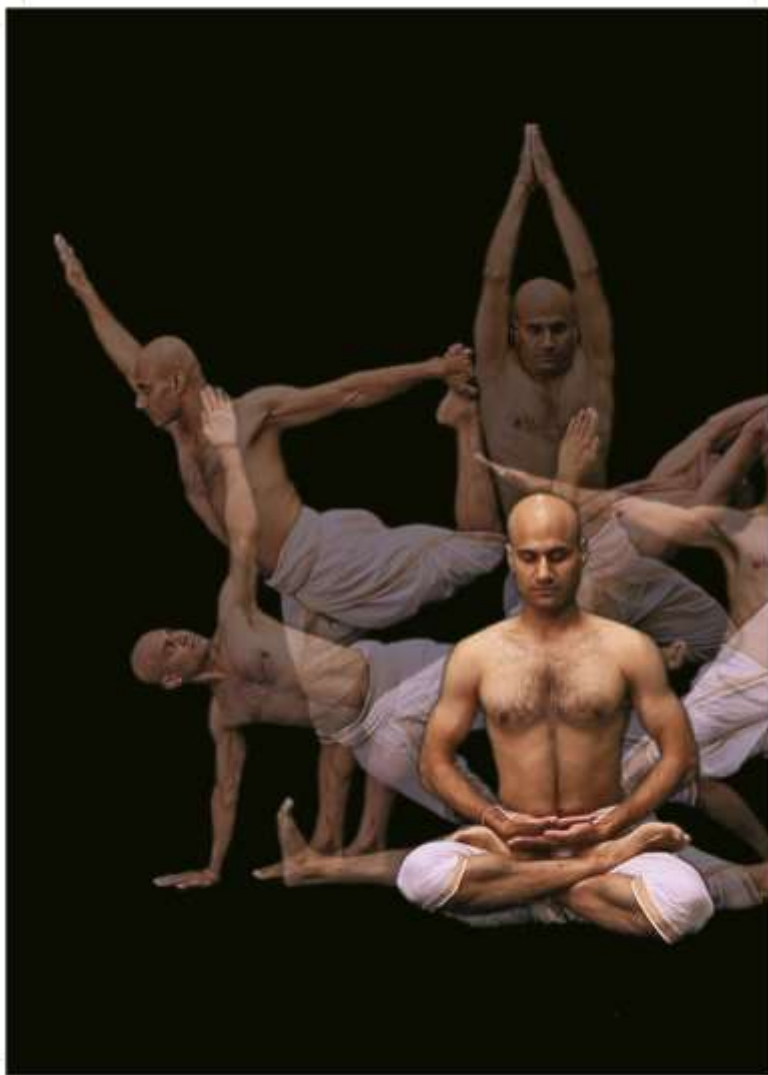


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## INDIA AS A YOGA DESTINATION

Traditionally, Yoga Education was imparted by knowledgeable, experienced, and wise persons in the families (comparable with the education imparted in convents in the West) and then by the Seers (Rishis/Munis/Acharyas) in Ashramas.

Yoga Education, on the other hand, aims at taking care of the individual, the 'Being'. It is presumed that a good, balanced, integrated, truthful, clean, transparent person will be more useful to oneself, family, society, nation, nature and humanity at large.

Yoga Education is being imparted by many eminent Yoga Institutions, Yoga Colleges, Yoga Universities, Yoga Departments in the Universities, Naturopathy colleges and Private Trusts & Societies. Many Yoga Clinics, Yoga Therapy and Training Centers, Preventive Health Care Units of Yoga, Yoga Research Centers, etc. have been established in Hospitals, Dispensaries, Medical Institutions and Therapeutical set-ups.

The widespread popularity of Yoga around the globe has culminated in the development of several modern schools or styles of Yoga, which include Astanga, Ananda, Bihar, Bikram, Integral, Iyengar, Kripalu, Kundalini, Sivananda, Vini-yoga, Vinyas, Art of Living, Vipassana, Preksha and Transcendental Meditation.

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## RISHIKESH – THE YOGA CAPITAL OF THE WORLD

People from across the world now come to India for Ayurveda & Yoga in Rishikesh. It is believed that several yogis and sages lived and practiced penance here, including Rishiya Rishi who is believed to have done penance to please God here as well. It also represents the site where Vishnu vanquished the demon Madhu, hence the name Rishikesh.

Rishikesh is one of the first choices of tourists coming to India for Ayurveda & Yoga.

## YOGA CENTERS IN RISHIKESH AND HARIDWAR

<p><b>Swami Ram Sadhaka Gram, Rishikesh</b>                      Address: Vopur Khurd, Vrindada Road, P.O. Padukali, Rishikesh, Uttarakhand, 249203, India                      Phone: +91-135-2450293, Fax: +91-135-2450283                      Website: www.sadhakagram.org</p>	Swami Rama
<p><b>The Divine Life Society, Rishikesh</b>                      Address: Shivanandnagar, Tehri-Gadwail, Uttarakhand, 249192, India                      Phone: +91-135-2430540, 2431180 Fax: +91-135-2440045                      Website: www.divinelife.org</p>	Swami Yamaloचना
<p><b>Patanjali Yogpeeth</b>                      Address: Mahanadi, Daryapuri Gnm, Delhi-Haridwar National Highway, Meer Bahadurabad, Haridwar, Uttarakhand, 249605 India                      Phone: +91-1334-245757, 244107 Fax: +91-1334-244805, 240664                      E-Mail: Divyayogalife@divyayoga.com, Divyayoga@divyayoga.com                      Website: www.divyayoga.com</p>	Swami Ramdev
<p><b>Dev Sanskriti Yashwanidhaya, Haridwar</b>                      Address: Gayatri Kunj, Shakti Kunj, Haridwar, India                      Phone: +91-1334-245757, 244107 Fax: +91-1334-244805, 240664                      E-Mail: Divyayogalife@divyayoga.com, Divyayoga@divyayoga.com                      Website: www.divyayoga.com</p>	Yogi Bhoori Aacharya Bhoori Sri Patil Shrinani
<p><b>Paramhansa Niketan, Rishikesh, Uttarakhand</b>                      Address: P.O. Swargarshyam, Rishikesh (Himalayas), Uttarakhand, 249204, India                      Phone: +91-135-2434301, 2434302 Fax: +91-135-2434303                      E-Mail: paramhansa@parmaniketan.com</p>	Swami Chandrasekhar Mishra



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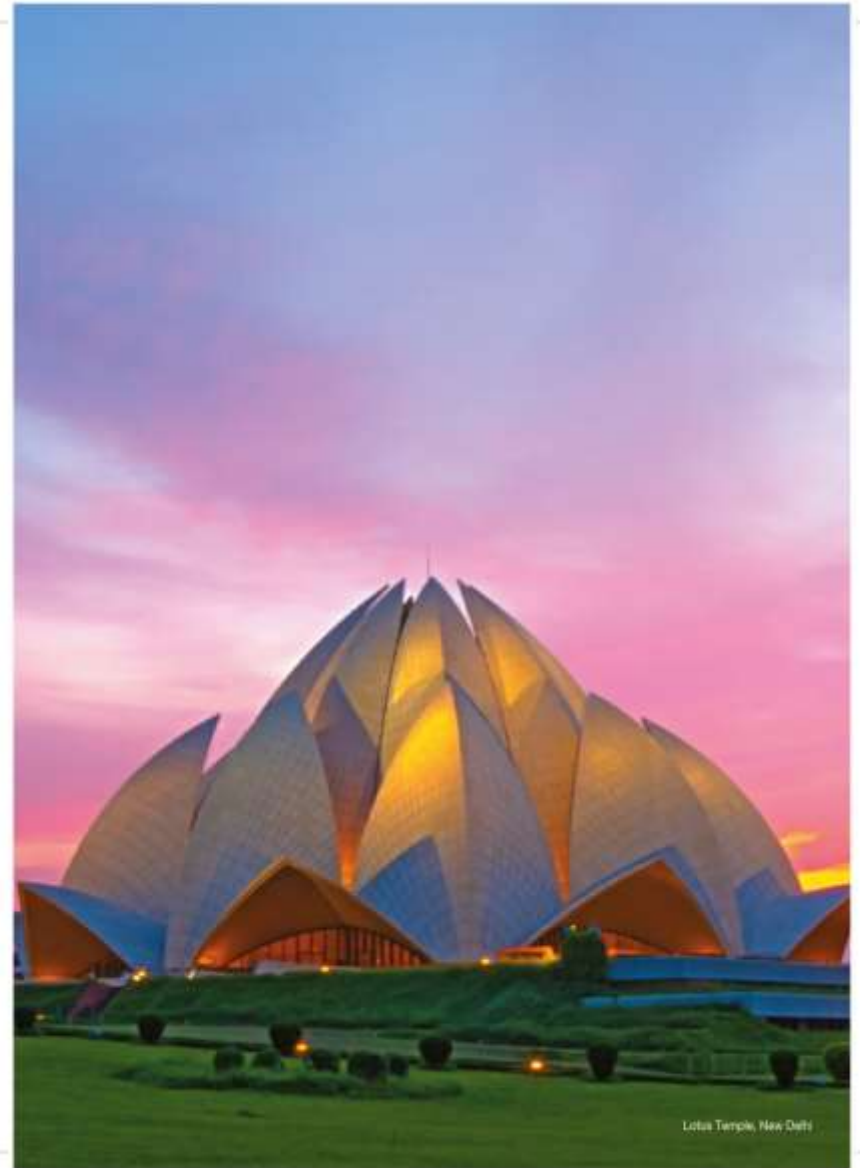
## NEW DELHI

Delhi is a city that bridges two different worlds. Old Delhi, once the capital of Islamic India, is a labyrinth of narrow lanes lined with crumbling havelis and formidable mosques. In contrast, the imperial city of New Delhi created by the British Raj is composed of spacious, tree-lined avenues and imposing government buildings. Delhi's culture has been influenced by its lengthy history and historic association as the capital of India. This is exemplified by many significant monuments in the city. They have been the silent spectators of the rise and fall of empires. It is the centre of power, in the ancient times the city was known as Indraprastha. It rose to power and eminence. The rulers who came to power made monuments, buildings, temples, mosques, tombs, churches, palaces, etc. They contain great architectural beauty, historical value and tremendous visual delight.

## YOGA CENTER IN NEW DELHI

Morarji Desai National Institute of Yoga  
(An autonomous organization under the Ministry of AYUSH)  
Address: 68, Ashoka Road, Near Gole Dak Khana, New Delhi-110001  
Phone: +91-11-23730417, 23730418, 23051099, 23721472  
Fax: +91-11-23711657  
E-mail: mdkry@yahoo.co.in  
Website: www.yogamdnri.nic.in

Government  
Organization,  
Classical  
Indian Yoga



Lotus Temple, New Delhi

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## PUNE

Queen of the Deccan, Oxford of the East, and cultural capital of Maharashtra, Pune is a city with a future that promises to be as interesting as its history. Long-standing bastion of the Maratha empire and home to the legendary Raja Shivaji, the Pune district is marked by magnificent land and forts, testimony to its glorious past. Surrounded by verdant hills and beautiful lakes, Pune has a temperate climate and is among the greenest urban areas in the country.

### TOP YOGA CENTERS IN PUNE

<b>S.M.Y.M. Samiti, Kalvayachham, Pune</b> Address: Kavalayachama Ashram, Kavalayachama, Lonavala (Pune), 410408, Maharashtra, India Phone: +91-2114-275009, 275001 Website: www.kdham.com	Swami Kavalayachama
<b>Ramamani Iyengar Memorial Yoga Institute</b> Address: 1102 B-1, Hira Krishna Mandir Road, Munde Colony, Shivaji Nagar, Pune - 411016, Maharashtra, India Phone: +91-20-25856104 E-mail: info@bkiyengar.com	Yogacharya Dr. B.K.S. Iyengar
<b>National Institute of Naturopathy</b> (Ministry of AYUSH, Govt. of India) Address: Babu Bhawan Tadiwala Road, Pune, 411001, Maharashtra, India Phone: +91-020-26059682, 26059683, 26059684, 26059685 Fax: +91-020-26059131	

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## KOLKATA

Kolkata, formerly known as Calcutta in English, is the capital of the Indian state of West Bengal and is located in Eastern India on the banks of the River Hooghly. The city was a colonial city developed by the British East India Company and then by the British Empire. Kolkata grew rapidly in the 19th century to become the second city of the British Empire.

As the former capital of British India, Kolkata retains a feast of colonial-era architecture contrasting with dynamic new town suburbs. Kolkata is the ideal place to experience the mild, fruity tang of Bengali cuisine.

## YOGA CENTER IN WEST BENGAL

Ramakrishna Mission Vivekananda University, West Bengal  
Address: PO-Beur Math, Dist. Howrah, West Bengal, 711202  
Phone: +91-33-26548999, Fax: +91-33-26544640  
Website: [www.rkmvu.ac.in](http://www.rkmvu.ac.in)

Ramakrishna  
Paramahansa  
and Swami  
Vivekananda



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## BANGALORE

Cosmopolitan Bengaluru (Bangalore) is a leading city of South India, blessed with a benevolent climate and a burgeoning drinking, dining and shopping scene. It's not necessarily a place you come to be wowed by world-class sights (though it has some lovely parks and striking Victorian-era architecture), but instead to experience the new modern face of India.

The past decade has seen a mad surge of development, coupled with traffic congestion and rising pollution levels. However, it's a city that has also taken care to preserve its green space and its colonial-era heritage. So, while urbanisation continually pushes its boundaries outward, the central district (dating back to the British Raj years) remains more or less unchanged.

## YOGA CENTERS IN BANGALORE

Swami Vivekananda Yoga Anusandhana Samasthan, Prashant Kuteerum, Bangalore Address: # 18, Eknath Bheavin, Gausipuram Circle, Kempa Gowda Nagar, Bengaluru, 560 019, India Phone: +91-80-26612699, Fax: +91-80-26608645 Website: <a href="http://www.svyasa.edu.in">www.svyasa.edu.in</a>	Dr.H.R.Nagendra
SOM College of Naturopathy & Yogic Sciences Address: Ujre, Dakshina Kannada, Bengaluru, Karnataka, 574240, India Phone: +91-8256-236188, Fax: +91-8256-236844 Website: <a href="http://www.sdmbrnys.in">www.sdmbrnys.in</a>	Dharmadhikari Veerendra Heggade
The Art of Living, Bengaluru Address: Ved Vignana Maha Vidya Peeth, 21st KM, Kanakapura Road, Udayapura, Bangalore, 560082, India Phone: +91-8067263626 Email: <a href="mailto:info@vmlp.org">info@vmlp.org</a>	Sri Sri Ravi Shankar



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## PUDUCHERRY

Relax and a break is the most sought after, then Pondicherry is surely one of the choicest holiday destinations in South India. The town offers a unique experience with its mix of modern heritage and spiritual culture. With a predominantly historical background, Pondicherry takes one centuries back in time. Pondicherry, recently renamed as Puducherry, is a town tucked away on the Eastern seaboard of India. Among its diverse attractions are a coastline of 32 kms, palm-fringed beaches, backwaters, fishing villages, beach resorts, the Sri Aurobindo Ashram, the international city of Auroville, the French boulevard town with its French heritage, and so on. Some great food, some fine wine, and a great adventure await you here.

## YOGA CENTERS IN PUDUCHERRY

International Centre of Yoga Education and Research, Puducherry  
Address: 16-A, Mettu Street, Chozamutalair Chavady,  
Kottakuppam, 605104, Puducherry, India  
Phone: +91-413-26229020  
Website: [www.icyer.com](http://www.icyer.com)

Yagacharya  
Sh. Geelananda  
Giri

Sri Aurobindo Ashram, Puducherry  
Website: [www.sriaurobindoashram.org](http://www.sriaurobindoashram.org)  
Phone: +91-413-2233604

Meditants of  
Aurobindo



Basilica Church, Pondicherry

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## MUMBAI

The city that never sleeps! Pulsating, Alive, On the Move, Vibrant, Fun - this is Mumbai or as it is still frequently referred to - Bombay. The most modern city in India, it captures the spirit of the changing pace set by liberalization and modernisation. Over the years, as colonialism gave way to independence, Mumbai has transformed itself into an entity with thriving markets, business houses and many different communities reflecting a cosmopolitan and trendy atmosphere rarely seen elsewhere. On the surface, it represents the ever-changing face of today's India - the old coupled with the dynamic new, and yet at its very core, the heart of the city is steeped in Indian customs and values.

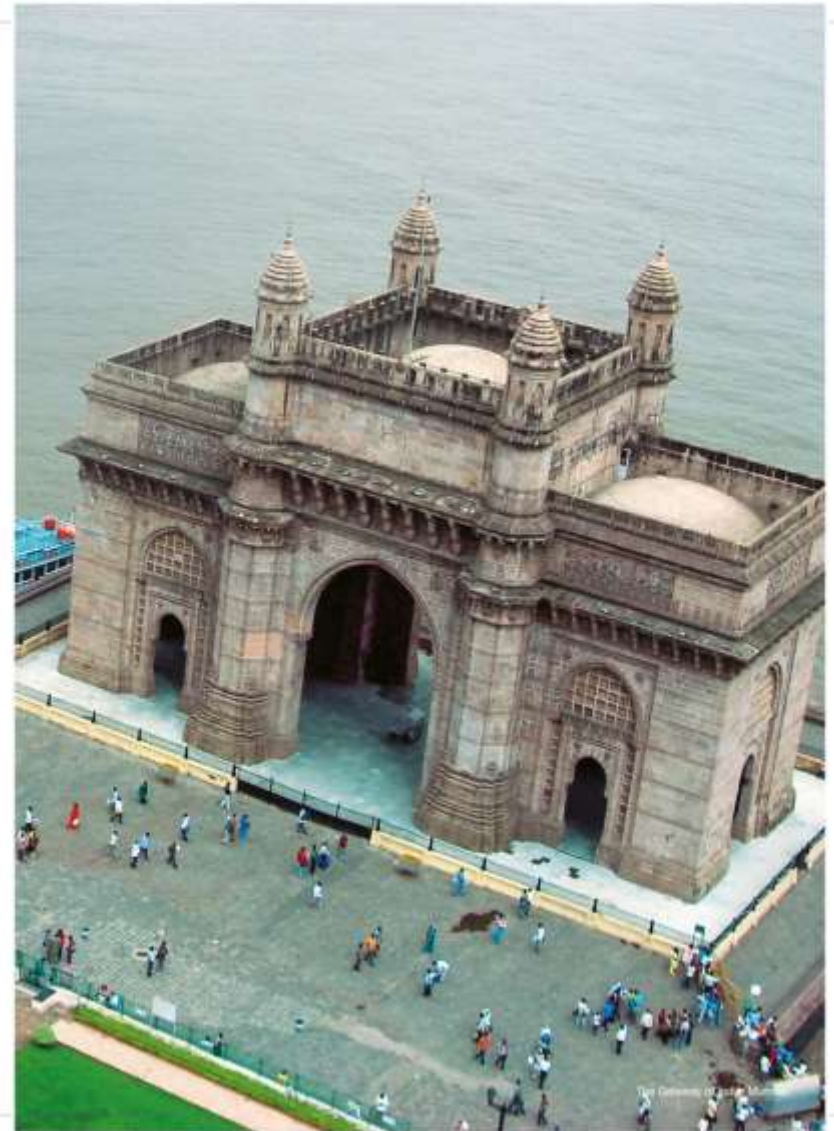
## YOGA CENTER IN MUMBAI

The Yoga Institute  
Address: Shri, Yogendra Marg, Prabhkar Colony, Santacruz, East  
Mumbai, 400055, India  
Phone: +91-22-26132185, 26110505  
E-Mail: info@theyogainstitute.org  
Website: www.theyogainstitute.org

Swami Yogendraji



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## CHENNAI

Chennai, the city situated at the Coromandel Coast of Bay of Bengal, is often recognized as the 'Detroit of India' and the 'Gateway of South'. The fourth largest and one of the prosperous cities of the country, Chennai is an attraction in itself. The city has its own unique charm. A great confluence of rich tradition, varied heritage, modern amenities and technology, Chennai is the vibrant place in the vicinity of nature. This unmatched blend of culture and modernity has been blessed with an extreme treasure of tourist attractions. The sightseeing tour around the city of Chennai, will completely sweep you off your feet.

## YOGA CENTER IN CHENNAI

Krishnamacharya Yoga Mandiram, Chennai  
Address: New No.21 (Old #13) Fourth Cross Street,  
Rama Krishna Nagar, Mandaveli, Chennai, 600028, India  
Phone: +91-44-24937998, 24933092, Fax: +91-44-24613341  
Website: [www.kym.org](http://www.kym.org)

Yogacharya  
T.K.V. Desikachar

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Maria Beach, Chennai

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**OTHER PROMINENT YOGA CENTERS**

<b>Prakasha International: Tulsi adhyatma Nidam</b> Address: Jain vishvachari, radhika, distt. Nagair, Rajasthan, 341306, India Phone: +91-8223344485, +91-1581-222119	Acharya Mahi Shrivastav
<b>Vipesena International Academy, Maharashtra</b> Address: Dhamma Giri, P.O. Box 8, Igatpuri 422 403, District Nashik, Maharashtra, India Phone: +91-2553-244076, 244066, 243712, 243208. Fax: +91-2553-244176. Website: www.gri.dhamma.org	Sri. S.N. Gonka
<b>Isha Foundation, Coimbatore</b> Address: Isha Yoga Center, Velliangiri Foot Hills, Coimbatore, 541114, India Phone: +91-422-2515345 Website: www.ishafoundation.org	Satguru Jaggi Vaishnav
<b>Bihar School of Yoga</b> Address: Ganga Darshan, Munger, Bihar	Bawari Bajjaramulla Bansawat



# Back Page

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[www.incredibleindia.org](http://www.incredibleindia.org)

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