

YOGAVIDYA

JUNE 2024



BYK MONTHLY NEWSLETTER

Observing oneself in a relationship with others is a very important part of spiritual sadhana

- Sri M



Yoga and Relationships

Building Harmony

Welcome to the June edition of Yogavidya. This month, we explore how yoga can cultivate deeper connections and harmony in our relationships.

Yoga is about connection. It unites our body, mind, and spirit, creating inner peace that extends to our relationships. In busy lives, misunderstandings and conflicts can strain bonds with loved ones. Yoga offers tools to navigate these challenges through mindfulness, breath control, and physical postures, helping us stay present and centered.

In the midst of our busy lives, relationships can often become strained. Misunderstandings, conflicts, and stress create barriers between us and our loved ones. Here, yoga offers invaluable tools to navigate these challenges.

A key way yoga enhances relationships is through self-awareness. As we practice, we become more attuned to our thoughts, emotions, and reactions. This

awareness allows us to respond thoughtfully and compassionately, understanding others' feelings and needs.

Yoga also teaches non-attachment and letting go, encouraging us to release expectations and judgments. This acceptance forms the foundation of unconditional love and support.

In this edition, we offer stories, guidance, and practices to help you integrate yoga into your relationships.

Our goal is to inspire you to use yoga as a tool for deepening your connection with yourself and others. By cultivating inner peace and extending it outward, we can create a ripple effect of harmony and love in our communities.

May your practice guide you towards greater harmony in your relationships.

With you on this journey,
BYK Team

This Month in Yogavidya:

On Relationships
- Sri M Exclusive

"Talking with M"
- Cartoon Series

Building Harmony
- Blog Post

Book Review by Tejinder
Walia, TSF

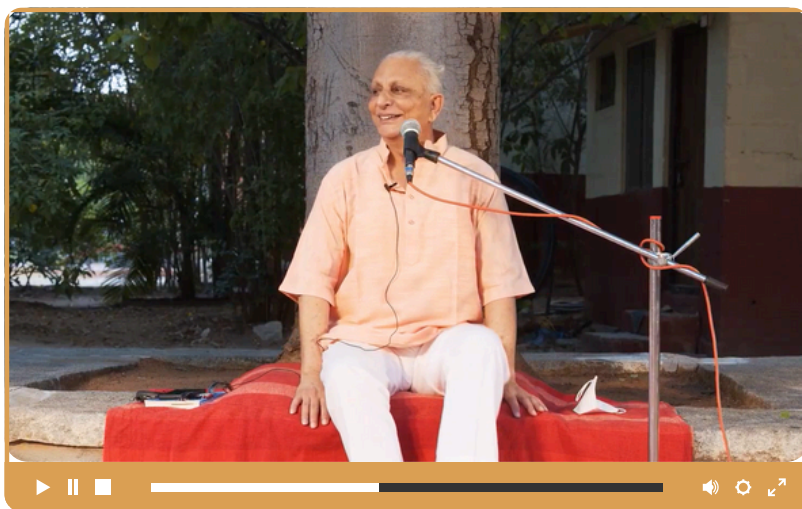
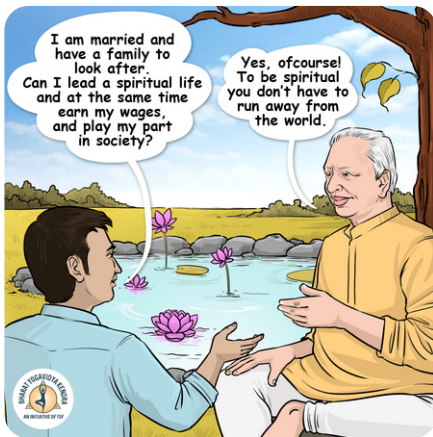
Gomukhasana
- Asana/Mudra Guide

Guided meditation
- Yoga Resource

Tridoshas & Relationships
Ayurveda Wisdom

International Day of Yoga
Celebrations

TALKING WITH M



RELATIONSHIPS & SPIRITUALITY

Sri M in conversation with TTC Batch 2 participants. He explores the balance between yoga and family life, emphasizing that while pursuing spiritual freedom, one must still fulfill their relational responsibilities. He shares the story of Narada to illustrate how personal attachments, like the deep bond with one's mother, can be transcended through spiritual maturity.

Sri M encourages living in harmony with others while keeping a deep understanding that true freedom comes with maturity and inner growth.

WATCH NOW



BLOG POST

Yogic Hacks for Harmonious Relationships

"The greatest of all happiness, next to divine happiness, is to be at peace with one's immediate relations, those with whom one must live every day in the year"

- Paramahansa Yogananda

The universe of relationships is vast and seemingly complicated. However, social relations permeate all aspects of human life. **Man is a Social Being.** This Blog will explore how Yoga can help you in building harmonious relationships with your near and dear ones.

Yama's & Niyamas – Guideline to harmonious relationship

The first two sections of Patanjali's Yoga Sutras – Yamas & Niyamas are ethical guidelines not only for setting the foundation for spiritual progress but also for harmonious co-existence. While all of them are important in transforming our lives we will focus on three, which are critical in building relationships.

Continue reading the full blog on our website by clicking below

READ NOW



BOOK REVIEW

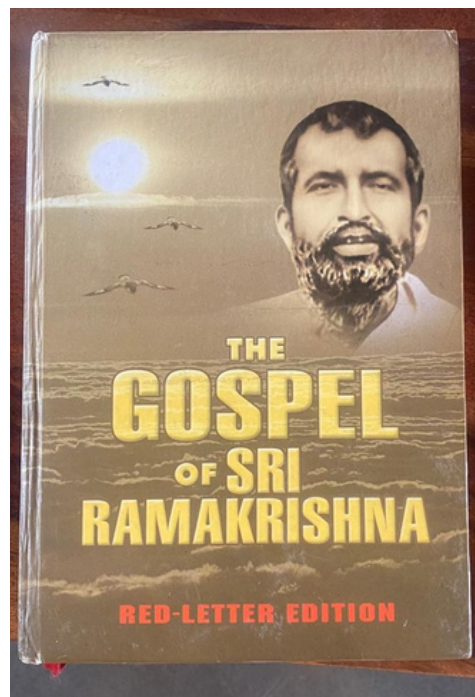
Yoga in the Movement of Relationships

If the word Yoga is to be considered in its nuances of **bringing about union**, then “Gospel of Sri Ramakrishna” comes to the fore. In this volume, Sri Mahendranath Gupta, alias ‘M’, has penned down vivid accounts of ‘Thakur’s interactions with his devotees, disciples, and seekers of truth from varied traditions. The Gospel was originally written in Bengali and was later faithfully translated by Swami Nikhilananda. ‘M’ started writing the accounts of Paramahansa’s ‘Lila’ only in February 1882, but this was the blessed period, when a master par excellence, was pouring out the spiritual wealth upon all.

Here the insights and teachings of Sri Ramakrishna, unfold not in the form of lectures but in the movement of relationships. “Kathamarita” is a befitting name for this volume in Bengali, where the stories and songs of wisdom were the medium to guide the yearnings of the seekers to be united with the ultimate reality. This ‘red-letter’ edition has the added advantage of highlighting Sri Ramakrishna’s messages in his own words, even though in translation, for the benefit of those who cannot savour the original in Bengali.

This Gospel records how steeped in Bhakti, Dhyana, Jnana, and Karma Yoga, the Parmahansa Ramakrishna nurtured not only biologically-endowed relations but also the relationship of Marriage, and all absorbing relation between a Master-disciple and a Sage and a devotee. These facets of Yoga unfold in his fascinatingly mysterious relation with Goddess Kali - the Consciousness both in its Sakar (form) and Nirakar (formless) manifestations. ‘M’, the witness, brings alive how grounded in this relationship with Kali, like a master craftsman, ‘Thakur’ moulded the lives of those who came into his ambit, who in turn, carried the fragrance to their lives, relationships, and whatever may have been their callings. These written recordings, encouraged by Sri Ramakrishna himself, is the history of how the disciples who adorned the ochre cloth in the name of their Master, were being prepared and were poised to spread the teachings in various corners of the world under the umbrella of The Ramakrishna Math.

{Book in review - *The Gospel of Sri Ramakrishna, Red-lettered edition (20000) Sri Ramakrishna Math, Mylapore, Chennai 600 004*}



ASANA GUIDE

Gomukhasana (Cow Face Pose with Eagle Arms)

This asana requires a harmonious blend of flexibility, strength, and focus, mirroring the qualities essential in nurturing healthy relationships. As you wrap your arms and cross your legs, you create a sense of unity and interconnectedness within your body, symbolizing the intertwining of lives in a relationship.

Steps to Perform:

Sit on the floor with your legs extended straight in front of you. Bend your knees and place your feet flat on the floor. Slide your left foot under your right knee to the outside of your right hip. Cross the right leg over the left, stacking the knees. The right foot should be outside your left hip. Stretch the arms straight in front & cross the left arm over the right at the elbows. Bend the elbows and wrap your forearms so that your palms are touching. Repeat the pose on the opposite side by reversing the positions of your legs and arms.

Benefits:

Helps with improving flexibility of the hips, hamstrings especially for those who sit for longer periods. Improves posture by stretching the shoulders, and hips, encouraging an upright and aligned spine. Enhances concentration by improving mental clarity and awareness. Helps cultivate a feeling of self love and compassion by activating the Anahata chakra or heart center.



YOGA RESOURCE

A Guided Yoga Nidra on Forgiveness

Join us for a guided Yoga Nidra on forgiveness, aimed at releasing past hurts and fostering compassion. Through mindful breathing and visualization, you'll practice to let go, open your heart, and enhance your relationships. This practice promotes healing, emotional freedom, and deeper connections with others.

PRACTICE NOW



ALUMNI CREATIVE SHOWCASE

(send us your work to be featured on our upcoming newsletters)



Devika, an alumna of SPA-B, IIT-B, and Bharat Yogavidya Kendra, draws profound inspiration from the Indian Knowledge System. Her passion for a healthy lifestyle and societal contribution led her to embrace Yoga deeply. Merging her education in design and technology with her artistic skills, Devika has established an art studio aimed at sharing the transformative practices of Yoga and Sadhana. Her work, particularly her painting of Nataraja, reflects her journey and dedication. The depiction of Shiva/Nataraja symbolizes the cosmic dance of creation and destruction, embodying the essence of her artistic and spiritual exploration. Through her art, Devika aspires to inspire and connect with others, fostering a community grounded in holistic well-being and ancient wisdom.

The Reflections of a Sadhaka

I started my yoga practice when I hit a rough patch in life. Back then, my relationship with myself wasn't great. Yoga, at first, was just about doing asanas. I was simply trying to stretch and bend my way out of my troubles. But slowly, something started to change. My relationship with my body began to shift.

When my body started healing from pain, I felt a sense of ease that was eye-opening. I realized that instead of blaming my body for my pain, I needed to find the root cause and work on it. This realization didn't just stay on the mat; it spilled over into my relationships. I learned to let go of the blame game and started relating to people differently.

We're all navigating the ocean of life, some of us floating on the surface, others diving deep into the unknown. I began reflecting on this shared human experience. Yoga taught me to pause, to think before acting, and to breathe through uncertainty.

I came to understand that "I" exist only in a relational sense; without the presence of the other, "I" cease to exist as well. It's like a false binary where day exists only because night does. Are they truly opposites, or are they parts of a unified whole?

Anyway, now I have fewer relationships, and some days, I do feel lonely. But yoga has taught me that solitude is okay. It's a time for reflection and growth. I've learned that I have the capacity to handle these feelings and that there are connections and guidance beyond what my physical eyes can see.

So, here I am, still practicing yoga, still learning, and still growing. And while my circle might be smaller, it's filled with genuine connections. Plus, I've become pretty good at holding my horses and taking deep breaths when life gets tricky. Yoga hasn't just been about bending and stretching; it's been about finding harmony in my body, mind, and relationships.

And you know what? It's okay to feel lonely sometimes. It's just part of this beautiful, messy, human journey.

(Author requested anonymity)

Harmonizing Relationships through Understanding Tridoshas

Recognizing and balancing our predominant dosha is key to fostering harmonious interactions and resolving relational challenges. Each dosha brings unique qualities that, when imbalanced, can influence our relationships in distinct ways. Moreover, understanding how different doshas interact can provide deeper insights into relational dynamics.

Vata Dominance and Relationships:

Individuals with a predominant Vata dosha, governed by air and ether, are often creative, enthusiastic, and communicative. However, an imbalance in Vata can lead to anxiety, restlessness, and inconsistency, potentially causing misunderstandings and instability in relationships. To balance Vata and enhance relational harmony, consider the following balancing Practices:

- Grounding: Meditation, deep breathing, nature walks.
- Routine: Consistent daily habits.
- Warm Nourishment: Warm foods and beverages.

Pitta Dominance and Relationships:

Pitta individuals, ruled by fire and water, are ambitious, intelligent, and organized. However, when Pitta is imbalanced, it can manifest as irritability, impatience, and controlling behavior, creating relational conflicts. Balancing Pitta involves:

- Cooling: Swimming, evening walks, cooling foods.
- Mindful Communication: Emphasize patience and empathy.
- Relaxation: Pranayama, gentle stretching

Kapha Dominance and Relationships:

Kapha, associated with earth and water, embodies stability, nurturing, and loyalty. Kapha-dominant individuals are compassionate, patient, and supportive. However, an excess of Kapha can lead to lethargy, stubbornness, and emotional stagnation, hindering relational growth. Balancing Kapha involves:

- Energizing Activities: Brisk walking, dancing, cardio exercises.
- Light and Spicy Diet: To reduce heaviness.
- Emotional Expression: Open and honest communication.

Inter-Dosha Interactions in Relationships:

Understanding how different doshas interact can provide deeper insights into relational dynamics. For example, a Vata-Pitta relationship can be vibrant and dynamic, combining creativity with ambition. However, imbalances can lead to conflicts where Vata's anxiety clashes with Pitta's irritability. Balancing practices for both doshas can harmonize their interaction.

Inter-Dosha Interactions	Strengths	Challenges
Vata-Pitta	Combine creativity with drive Adaptable and focused collaboration	Anxiety can clash with irritability Inconsistency vs. desire for control
Vata-Kapha	Kapha's stability grounds Vata's creativity Compassionate communication	Vata's restlessness vs. Kapha's lethargy Changing nature vs. preference for routine
Pitta-Kapha	Balanced drive and nurturing Patience tempers intensity	Pitta's intensity vs. Kapha's complacency Irritability vs. stubbornness
Vata-Vata	High creativity and exploration Shared adaptability	Potential instability and anxiety Lack of structure
Pitta-Pitta	Strong ambition and drive Focused and determined efforts	High competition and conflict Irritability and anger
Kapha-Kapha	Deep stability and nurturing Patience and supportive environment	Risk of lethargy and stagnation Emotional suppression





DID YOU KNOW?

Brahmacharya is not the opposite of being in a relationship! The term "Brahmacharya" literally means "moving in Brahman" and when applied to relationships, it emphasizes cultivating self-control, respect, intentionality, and conserving energy.

Far from being the opposite of being in relationships, practicing brahmacharya can, in turn promote deeper intimacy and connection. It encourages focusing on the quality of the bond, fostering a connection that supports shared spiritual growth.

SPOTLIGHT OF THE MONTH

Celebrate International Day of Yoga with BYK

In celebration of International Yoga Day, we have been hosting a 21-day Yoga Journey with free classes every day that has garnered participation from over 2000 yoga enthusiasts worldwide. With over 2000 hours of collective practice, here's a recap of the journey so far and a glimpse of what's coming next:

Week 1: Body - The first week focused on physical postures (asanas) to strengthen and align the body. Participants engaged in daily sessions that helped enhance flexibility, balance, and strength.

Week 2: Mind - The second week shifted focus to the mind, incorporating pranayama (breathing exercises) and meditation techniques. These practices aim to calm the mind, reduce stress, and improve mental clarity.

Upcoming Week 3: Beyond - The final week will delve into the spiritual aspects of yoga, including the practice of deeper meditative states and the exploration of inner peace and self-awareness.

21-DAY YOGA PLAYLIST



BYK Alumni and TSF Kendra Initiatives

BYK alumni and The Satsang Foundation (TSF) Kendras are planning to conduct in-person yoga classes across the country. These sessions will be held in various locations, including old age homes, orphanages, community centers, and prisons. The goal is to make yoga accessible to all, fostering a sense of community and well-being. If you'd like to be a part of this noble initiative, please reach out to your local TSF Kendras to volunteer (Nagpur, Bangalore, Delhi and Kerala Kendras are organizing session, please connect for more information)

Live Sessions on 21st June

Mark your calendars for the grand finale on June 21st! BYK is hosting a special event, everyone is invited!

- Morning Sessions: 6:00 AM IST, 7:00 AM IST
- **Evening Event: Yoga Open Day**
 - **Interact with Teachers:** Talk to the instructors who guided you through the 21-day journey.
 - **Share Your Journey:** Participants will have the opportunity to share their experiences.
 - **Q&A Session:** Get your yoga-related questions answered by experts.
 - **Live Bhajan:** Conclude the day with a live bhajan session, immersing in the divine vibrations of soulful music.

Join us in celebrating International Yoga Day with a spirit of unity and wellness. Let's embrace the transformative power of yoga and spread its benefits far and wide.

JOIN THE CELEBRATION



Q&A CORNER

YOGA EXPERTS ANSWER

1. I struggle to do Surya namaskar... I mean I can't just do it... It's so confusing for me to understand the flow and remember it and altogether do it... I couldn't do it at all.. Is it hard for beginners to do Surya namaskar? How to improve? I really want to be able to do it but it seemed impossible for me today.

Answer: Try to practice asanas in pairs first. For eg: Hasta Uttanasana & Padahastasana. Then after a few days add the next two to this and practice all 4 in a sequence. That way you will perfect the practice and remember the sequence too. Continued practice is abhyasa.

2. Is it ok to practice yoga classes in parts? 30 mins morning, rest 30 mins in the evening?

Answer: Yes, you can practice 30 min in the morning and 30 min in the evening too.

BYK'S UPCOMING YOGA COURSES (Starting July 2024)

(All the courses mentioned below are conducted online via zoom and have limited spaces open)

YOGA ABHYASA

A regular Yoga class to learn and practice Asana, Pranayama, Meditation, Yoga Nidra to build Consistent Yoga Practice.

Who is it for? Anyone who wants to learn and practice yoga (minimum age 18)

Days: Every Mon, Wed & Fri

Time: Morning (6:30 am)

Mid-morning (10:00 am) &

Evening (6:30 pm).

60mins/class

to suit your availability

Fee: INR 2000/month

REGISTER NOW

YOGA SANGHA

A online-yoga community learning and sharing different aspects of Yoga. In June, we read together **Dharma of a disciple** - A practical and inspirational book on living a dharmic life under the guidance of a Guru.

Who is it for? Anyone who wants to be a part of Yoga community, receive support & learn together

Days: Every Tues & Thursday

Time: 7:00 - 8:00 pm IST

Fee: INR 1000/month

REGISTER NOW

UTTAMA ABHYASA

A regular Yoga class aimed at intermediate-advanced practitioners teaching asanas flows, pranayama and meditation, aimed at building a consistent practice

Who is it for? Advanced yoga class for experienced practitioners, yoga teachers or those with prior training in yoga.

Days: Every Tue, Thur & Sat

Time: 6.00am to 7.30am IST

Fee: INR 3000/month

REGISTER NOW



To learn more about our courses or the kendra, message us on whatsapp just by clicking on this banner



AN INITIATIVE OF TSF

Thank you for reading!

Write to us for any queries, or if you'd like to contribute to Yogavidya

connect@bharatyogavidyakendra.in | Visit: bharatyogavidyakendra.in | Call +91 83339 81309

