

Tantra says that you can get rid of the desire by enjoying it because most people cannot totally get rid of it by abandoning it or by avoiding it

-Sri M

Maha Kumbh - An experience of a lifetime!

A weekend trip to the Maha Kumbh to explore the essence of spirituality and the world's largest congregation of seekers and saints.

Firstly, hats off to all those who are working tirelessly on ground to maintain the constant inflow of people and yet provide a clean and hygienic Kumbh experience. The police, army, airport security, bikers, tuk tuks and sanitation workers are working round the clock.

Amazed to see that the streets were absolutely clean and there is an order to the chaos. After landing into Prayagraj and a 4 hour car ride and a 5 Km walk (due to barricades) along Arail Chat, reached my destination Yogadham. Excellent tent accommodation, hot saatic meals and great company of Sadhaks provided the environment to soothe the mind and go within.

A quick dip in the Ganges and watching the maze of people walking was a sight of amazement. They say faith can move mountains. The tireless walkers and the maze of people standing for hours to get a

dip, displayed sheer resilience, grit and a test to one's patience. Weekend was well spent with yoga students, singing bhajans, listening to discourses, meeting old friends and making new ones

Maha Kumbh is a reminder to the generations, to come together and reflect on the vastness of humanity, essence of togetherness and know our place in this planet.

May we learn to contribute in our own little way for its betterment from wherever we are! May we learn to live together in unison as one community! May we learn to protect our planet and care for it!

The Maha Kumbh inspires us that Human beings are born with qualities of resilience, adaptability and a never say die attitude. If only they wish to explore and conquer their fears.

Har Har Mahadev!

Chitra Ganesh
Academic Lead, BYK

In March Ed. of Yogavidya:

Yoga & Tantra
- Sri M Exclusive

Demystifying the science of tantra
- Blog Post

The Serpent Power by Arthur Avalon
- Sir John Woodroffe

Movement as Worship
- Yoga Guide

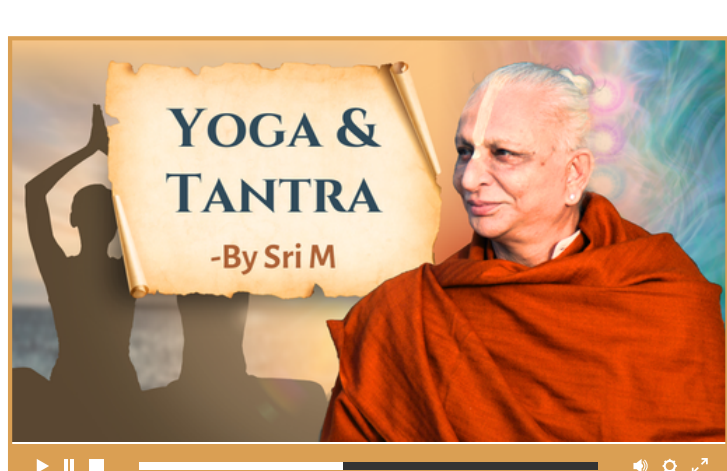
Tantra, Yoga & Ayurveda
- Ayurveda Wisdom

-Little Yogi's Summer Camp
-Chaitra Navratrri Sadhana
- Hybrid TTC Level 1

YOGA & TANTRA

SRI M EXPLAINS

In this insightful video, Sri M delves into yoga and tantra to transform our lives!



WATCH NOW

BLOG POST

Demystifying the science of Tantra

Igniting the infinite power within

Introduction

The term Tantra has earned a bad name and is often looked upon with a negative connotation. This Blog will help correct the misinterpretation. It will help a layman understand the science of Tantra.

Setting the context

The human body is a mystery & a miracle. Only a divine source could have created this complex being. Artificy Intelligence can never come close. A few questions begs for answers. How do we have child prodigies? What powered the rare intellect of Einstein & Ramanuja? How do Rishis travel in their subtle bodies? How were enlightened souls like Ramkrishna, Shirdi Sai, Neem Karoli Baba able to read your mind and perform what most thought were miracles? Why is it that most humans have a limited audio frequency hearing ability? Do we have senses and perceptions which are hidden or not activated?

Swami Satyananda Saraswati the founder of Bihar School of Yoga is of the view that most humans use only a tenth of their brain faculty....

READ THE FULL ARTICLE HERE:

READ NOW

YOGA GUIDE

Movement As Worship

In Tantra, the human body is not seen as an obstacle to enlightenment but as a divine instrument - a temple of energy, consciousness, and transformation.

Movement is not just exercise, it is a ritual of devotion - an offering at the altar of your own sacred temple.

Every pose, every breath, and every transition is an opportunity to honor the divine within. Rather than mechanically flowing through asanas, approach your practice with intention, awareness, and reverence.

YOGA FLOW FOR SACRED EMBODIMENT

1. **Urdhva Hastasana (Upward Salute)** : Stand tall, feet firmly rooted. As you inhale, sweep your arms overhead, feeling your spine lengthen. Visualize drawing cosmic energy into your being, filling your body with light.

2. **Bhujangasana (Cobra Pose) or Ustrasana (Camel Pose)** : Open your heart space, lifting your chest. Imagine this as an act of surrender, offering yourself fully to life. Feel the expansion of energy as your body softens into trust.

3. **Malasana (Yogic Squat) → Uttanasana (Forward Fold)** : Lower into Malasana, grounding your hips, connecting deeply with the earth. Move gently into Uttanasana, bowing forward. This represents humility and devotion, a gesture of deep reverence for your physical and energetic self.



May your practice be a journey of reverence and awakening.

ॐ शान्तिः (Om Shanti)

YOGA RESOURCE

Awakening Divine Energy

Have you ever thought of your body as a sacred temple - one that holds the universe within? Every breath you take, every sensation you feel, is an expression of divine energy flowing through you.

But are you truly aware of this energy?

Tantric wisdom teaches that prana (life force) moves through subtle channels (nadis) and energy centers (chakras), shaping our physical, emotional, and spiritual well-being. When these pathways are blocked, we may feel stagnant, disconnected, or overwhelmed. When they flow freely, we radiate vitality and inner harmony.

How can we awaken this sacred energy?

One way is through Chakra Dharana, which helps balance these energy centers and align us with our highest potential. Ready to experience it?

Try this guided video and reconnect with your divine essence;

WATCH NOW



TANTRA, YOGA AND AYURVEDA

The Three Spokes of Shiva's Trishul

Shiva's Trident - a symbol of balance, transformation, and transcendence. Its three spokes represent Tantra, Yoga, and Ayurveda, three distinct yet interconnected paths that guide us toward deep embodiment and self-awareness. Together, they teach us to honor the human body as a sacred temple, where the Panchamahabhutas dance in harmony.

Tantra: Awakening the Inner Temple
Tantra is often misunderstood as indulgence, but at its core, it is the path of awareness. It teaches us to engage with life fully, to transform the mundane into the sacred. The body is not an obstacle to enlightenment but a vehicle for divine experience. By working with breath, mantra, and meditative rituals, Tantra refines our perception, allowing us to feel the subtle energies within.

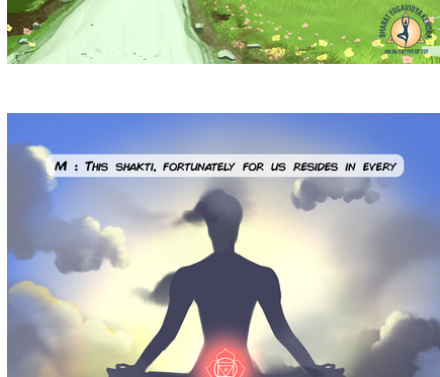
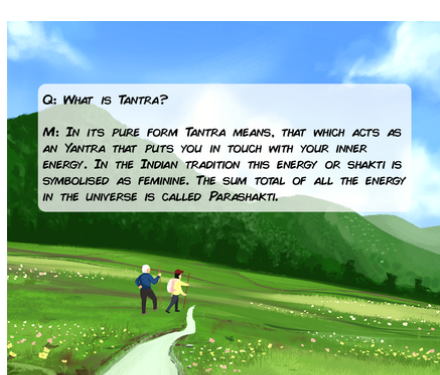
Yoga: Aligning the Temple's Structure
Yoga purifies and strengthens this temple, creating a steady foundation for transformation. Each asana balances the five elements - grounding earth, circulating water, activating fire, expanding air, and opening ether. When practiced with breath awareness, yoga clears stagnant energy, making the body a more receptive space for spiritual experience.

Ayurveda: Nourishing the Sacred Vessel
Ayurveda ensures the temple remains in equilibrium. Through diet, herbs, and daily rituals (Dinacharya), it aligns us with natural rhythms. When we eat according to our constitution (Prakriti), we maintain harmony between the elements. For instance, excess air (Vata) leads to restlessness; grounding foods like warm soups and ghee bring stability. Too much fire (Pitta) fuels anger; cooling herbs like Brahmi restore balance.

A Practice to Integrate All Three
Before eating, pause. Close Three eyes. Take three deep breaths. Feel the warmth of the food, its aroma, its texture. Recognize how it carries the essence of the five elements. Chew mindfully, allowing digestion to begin in the Ayurveda (elemental nourishment) in action.

By integrating these three wisdom streams, we stop treating our body as a burden and start honoring it as a temple - alive, sacred, and deeply connected to the universe.

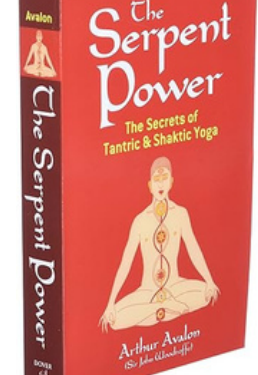
TALK WITH SRI M



BOOK REVIEW

The Serpent Power by Arthur Avalon

-Sir John Woodroffe



If there's one book that truly opens the door to the deeper, mystical dimensions of Tantra Yoga, it's The Serpent Power. A classic in the world of yogic literature, this work explores the ancient science of Kundalini—the coiled spiritual energy said to reside at the base of the spine—and guides readers through the subtle system of chakras, mantras, nadis, and inner awakening.

Arthur Avalon (Sir John Woodroffe) doesn't just skim the surface. He brings together Sanskrit texts and authentic Tantric teachings, presenting a rare glimpse into the sacred wisdom of Shaktism and the transformative power of inner energy.

Yes, it's profound. Yes, it's layered. But if you're someone who has ever wondered what lies beyond asana and pranayama—this book will leave you intrigued, inspired, and craving more.

You don't have to read it all in one go. Even a few pages at a time offer deep insights into the spiritual anatomy we often only hear about in passing.

This isn't just a book—it's a gateway to self-exploration and inner alchemy. If Tantra Yoga fascinates you, The Serpent Power deserves a place on your shelf.

COMMUNITY COLUMN

Mahakumbh Enrichment

For the first time in my life, FOMO from all the Instagram reels that I doom-scrolled past bed time, resulted in a supranormal experience, of serenity in chaos. "I'm game if you decide to go to the Kumbh" was Kanchana's message, that set us off on a wild adventure and an amazing spiritual journey.

We signed up for Sri M's Purushottama Yoga—a 3-Day Chanting Retreat at Yogadham, nicely positioned in Sector 24 of the Arail Chat at Prayagraj. Since airfares were stratospheric, we opted to fly to Varanasi at 1/4th the cost and drive to the Maha Kumbh Mela.

Getting to Yogadham

It took us 4 hours to cover the 150 kms to the entrance of Prayagraj where we were met with police barricades and advised to hire a cab or bike, to get us to our camp. It was 7 PM and the night chill was setting in nicely when we set off with our strolleys and backpacks, down the highway, trying to snag ourselves a ride to the Yogadham. 10 minutes of huffing and puffing later, we found Shailendra Dwivedi, a wonderfully garrulous cab driver and erstwhile facilitator for a Delhi fashion house who told us that he'd get us to our camp by dinner time if traffic behaved. Well it didn't and we were stuck on the new cable bridge till around 10.45 PM.

After a short break to inhale some insane samosas and potato curry with something that was supposed to be a puri, (but hadn't risen to the occasion), we reached our camp at 11:30 PM, near the famous Someshwar Mahadev Mandir. Our two-hour ride had stretched for 8 plus hours.

Blog shared by Deepa Shailendra

READ FULL BLOG



HYBRID TEACHER'S TRAINING COURSE

200 Hours | Level 1

Dates: Jun 1 to Jul 3

- Orientation—Jun 1;
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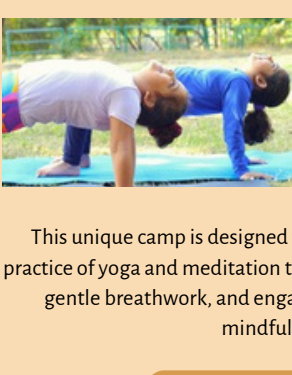
Fee: INR 71,000 + 18% GST + USD 1,006

Mode: Residential @ Madanapalle & Online Via Zoom

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LITTLE YOGI'S SUMMER CAMP

9 DAY CAMP TO ENJOY AND PRACTICE ASANAS, PRANAYAMA, MINDFULNESS ACTIVITIES AND CHANTING.



Dates: 19th- 27th April
Days: 9 Days
Fee: INR. 15,000 + 18% GST
Mode: Residential
@Madanapalle

This unique camp is designed to introduce children to the practice of yoga and meditation through playful asana routines, gentle breathwork, and engaging activities focused on mindfulness.

REGISTER NOW

CHAITRA NAVRATRI SADHANA



Dates: 29th Mar- 6th Apr
Total: 9 session
Time: 5:30 am - 6:30 am IST
Fee: INR 5,500 + 18% GST
Mode: Online Via Zoom

A 9-day transformative program to wisely sync with nature and utilize the time of the changing seasons

REGISTER NOW