



According to Vedanta, the entire Cosmos is a completely seamless, continuous unity—the one that contains within itself, in not manifest but potential form, millions of actualisations of the universe. It contains both what's possible and impossible for us to conceive and, we are only one aspect of that one supreme, seamless, continuous Reality.

- Sri M



Aligning with the Universe Cycles, Seasons, and the Cosmic Flow

Dear Readers,

What if we told you that your **body carries a map of the entire cosmos**? That within your breath, your heartbeat, and your daily rhythms lies the same universal flow that governs the Sun, the Moon, and the stars? Ancient yogic wisdom saw this clearly, and science is only just beginning to catch up.

Hatha Yoga, the foundation of most modern yoga practices, is rooted in this profound understanding. The word itself—ha for Sun and tha for Moon—symbolizes the balance of opposing forces within us.

Hatha Yoga Pradipika, explains that, through the practice of asanas and pranayama, "When the Sun and Moon unite, the yogi transcends duality" (HYP 4:114). This union is not just poetic—it's a practical path to harmony, aligning the body and mind with the cosmic flow.

Here's something fascinating: our body's internal clock, known as the circadian rhythm, is directly tied to the cycles of day and night. This rhythm governs everything from digestion to immune response. Disrupt it with late-night eating or irregular sleep, and you're inviting trouble.

Studies show that circadian misalignment is linked to obesity, diabetes, and even mental health issues. Yogis knew this long before science, designing practices like Surya Namaskar (Sun Salutations) to align the body with the rising Sun and pranayama techniques like Chandra Bhedana to channel cooling lunar energy.

But here's the catch—we've strayed far from this natural alignment. Today, we eat mangoes in winter, sleep under fluorescent lights, and work long after the Sun has set. Our ancestors lived differently. They knew that eating seasonal foods grown locally provided not just nourishment but also balance. Nature provides exactly what we need, exactly when we need it.

The Bhagavad Gita reminds us: "Harmony is the foundation of yoga" (BG 6:16-17). This isn't just about what you eat or how you move—it's about honoring the cycles that sustain life.

Let this edition of yogavidya be a reminder that the universe isn't something "out there." It's within you. It always has been. The question is—how to align with it?

Happy Reading,
The Yogavidya Team

In December Ed. of Yogavidya:

Whole Universe in a Human Body

- Sri M Exclusive

Aligning with the Universe

- Blog Post

B.K.S. Iyengar's Light on Life

- Book Review

Aakash Mudra

- Yoga Guide

Cycles in Nature: An Ayurvedic Perspective

- Ayurveda Wisdom

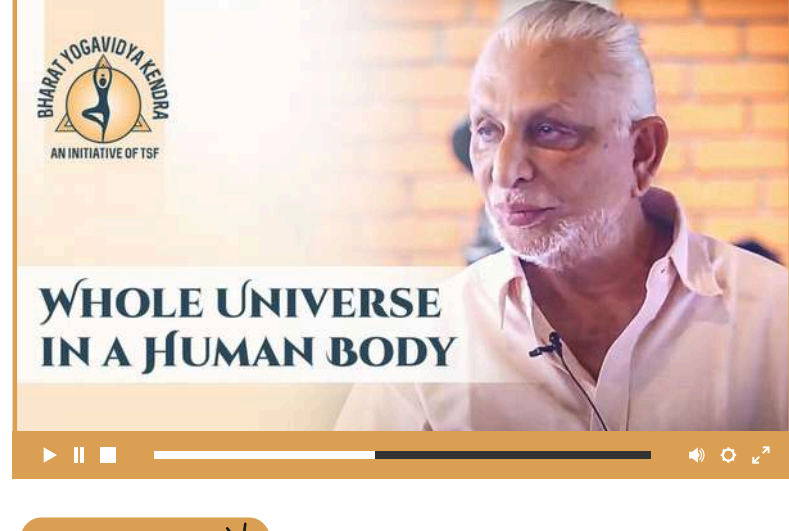
Did You Know?

- Women & Lunar Rhythms

Vishnu Sahasranamam Pranayama & Meditation

WHOLE UNIVERSE IN A HUMAN BODY: SRI M EXPLAINS |

Sri M explains that the entire universe—the macrocosm—exists within the human body, the microcosm.



WATCH NOW

BLOG POST

Aligning with the Universe

Cycles, Seasons, and the Cosmic Flow

It was a cold winter day during my early morning walk in the hills of Kumaon. I stopped by for a cup of chai at a local village shop. Conversing with the elderly couple who ran the shop, significant learning's emerged.

Locals in the hills rarely fall sick. He added that you will find very few hospitals or medical stores here. Besides the crisp mountain air, the locals eat what grows locally. Fresh organic produce. Add to this walking in the hills is exercise by itself. His son who was hale and hearty moved to Delhi for a job and is now often taking ill.

I heard the same view when I was visiting a family in the Kali forest at Dandeli. They had no cases of COVID in their locality. In rare circumstances, when they fall ill, the local doctor prescribes some herbs. If they encounter a snake bite, anti-venom are prescribed to set them right. Life is simple – **Nature provides a solution.**



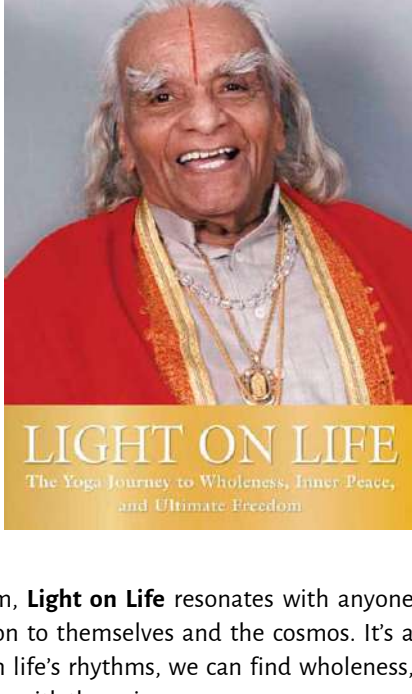
READ THE FULL ARTICLE HERE:

READ NOW

BOOK REVIEW

B.K.S. Iyengar's Light on Life

B.K.S. Iyengar's Light on Life is much more than a book on yoga - it's a beautifully woven guide to living in harmony with life's cycles and the larger rhythms of the universe. Through his personal stories, yogic wisdom, and practical insights, he invites readers to explore what it truly means to live a balanced and meaningful life.



The book explores life as a journey through five layers of being—physical, energetic, mental, intellectual, and spiritual - showing how each layer is interconnected and aligns with the natural cycles of the universe. He uses powerful metaphors, like tending a garden, to illustrate how we grow, rest, and renew in life's ever-changing seasons.

Written with humility and deep wisdom, **Light on Life** resonates with anyone seeking balance and a deeper connection to themselves and the cosmos. It's a powerful reminder that by aligning with life's rhythms, we can find wholeness, inner peace, and a profound sense of unity with the universe.

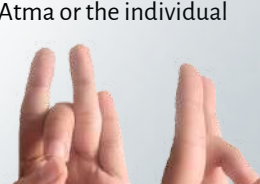
YOGA GUIDE

Aakash Mudra

Hasta Mudras or hand gestures balance, promote, or redirect the flow of and subtle energy to influence the sense-perception, sense of being, and state of wellness. Everything in the universe is a permutation or combination of the five elements. Fueled by sound (vibration), they partake in the infinite cycle of creation and destruction.

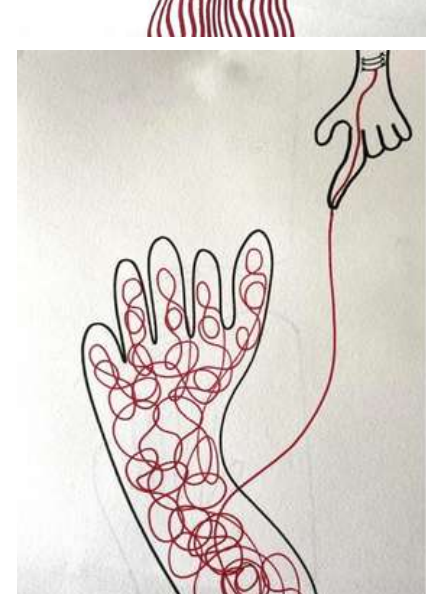
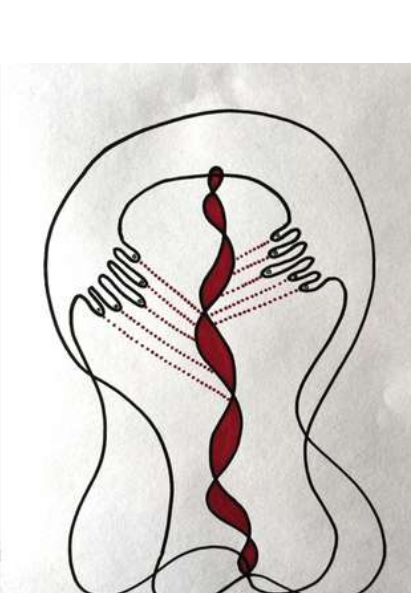
Aakash Mudra is sometimes also called as Shuni Mudra. In Sanskrit, 'aakash refers to 'ethereal space' or 'open mindedness'. This practice allows us to unite the individual Consciousness with the Universal Consciousness known as Atma or the individual self feeling connected with the higher self (Parmatma).

- Benefits-
1. Energy flow is regulated and controlled
 2. Activates the Vishuddhi Chakra
 3. Increases the air element
 4. Helps to develop intuition



ALUMNI ART CORNER

(send us your artwork to be featured here)



Artist wishes to remain anonymous

AYURVEDA WISDOM

Cycles in Nature: An Ayurvedic Perspective

The circle, a symbol of wholeness, beautifully reflects the cyclical nature of existence. At the macrocosmic level, celestial bodies revolve and rotate, giving rise to day and night, the seasons, and the rhythmic flow of time. On a microcosmic scale, this is mirrored in life cycles—the growth of a seed into a tree and its eventual return to the soil. Humans, too, are microcosms of the universe, composed of interconnected systems that thrive on energy exchange. Ayurveda, the ancient science of life, explains how cosmic cycles—governed by the sun, moon, and planets—profoundly influence our physical and mental states.

To harmonize with these cycles, Ayurveda offers the principles of **Dinacharya (daily routines)** and **Ritucharya (seasonal routines)**. Dinacharya emphasizes aligning daily activities with nature's rhythms—waking at sunrise, eating during peak digestive hours, and resting after sunset. Ritucharya advises adjusting our lifestyle to seasonal changes.

For example, nourishing and warming practices are ideal in winter, while cooling foods and calming activities are essential in summer.

The Ayurvedic principle of **"like increases like"** teaches us to counteract imbalances. For instance, in dry, windy autumn, grounding practices and moist foods help balance Vata. By understanding these cycles, we can make conscious choices that nurture harmony within and with the environment.

Living in sync with nature's rhythms fosters health, vitality, and mindfulness—a step toward holistic well-being. Let the wisdom of Ayurveda guide you to align your inner world with the cosmic dance.

YOGA RESOURCE

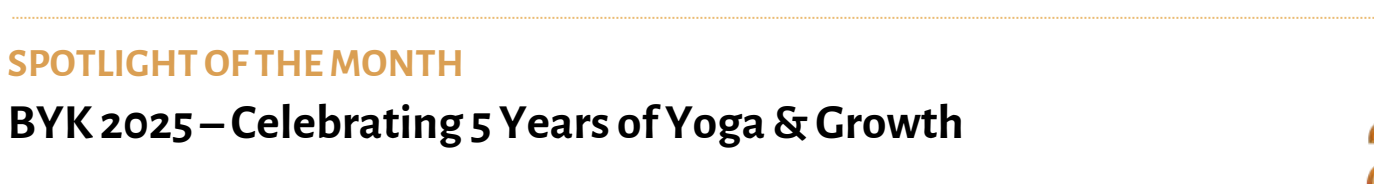
Mindful Nature Walks

A Mindful Nature Walk is a unique guided experience designed to help participants connect deeply with nature, themselves, and the present moment. Combining walking meditation, sensory awareness inspired by the environment, this resource promotes holistic well-being and mindfulness in outdoor settings.

Benefits:

1. **Mindfulness** - Cultivates presence by anchoring participants in their surroundings and the rhythm of their breath
2. **Physical Activity**: Combines low-impact movement for holistic wellness
3. **Nature Connection**: Promotes eco-consciousness and appreciation for the natural world
4. **Stress Reduction**: Helps participants find inner calm.

PRACTICE NOW



NEW!

VISHNU SAHASRANAMAM Mantra Chanting Class

Dates: 1st Jan - 28th Feb
Days: Wed & Fri
Total: 18 sessions
Time: 7:00 - 8:00 PM IST
Fee: INR 5,000 | US \$ 89
Mode: Online Via Zoom

Vishnu Sahasranamam is a revered hymn that lists the 1,000 names of Lord Vishnu, who is considered the preserver of the universe. The Bhishma to Yudhishtira while Mahabharata it was recited by Bhishma to Yudhishtira while Mahabharata lay on the bed of arrows, imparting wisdom.

Learn to chant with the correct Sanskrit pronunciation & metre

NEW!

PRANAYAMA AND MEDITATION Regular Course

Dates: 7th - 30th Jan
Days: Every Tue & Thurs
Total: 8 session
Time: 6:30 - 7:30 AM IST
Fee: INR 1,000 | US \$ 32
Mode: Online Via Zoom

Upon popular request, we are introducing a regular pranayama and meditation course to help you build a consistent practice while also introducing to the science of Pranayama and practices that balance mind, body, and breath. One hour twice a week is all it take to a healthier, happier you!

Join to master the art of prana vidya & deep meditation

SPOTLIGHT OF THE MONTH BYK 2025 – Celebrating 5 Years of Yoga & Growth

As we mark our 5th birthday, Bharat Yogavidya Kendra (BYK) is grateful to announce an inspiring lineup of offerings for 2025. Rooted in tradition yet attuned to modern life, we bring you tools to deepen your yoga practice and personal growth.

1. **Nitya Anushtana:** Join live, interactive yoga classes every month via Zoom, led by our expert teachers in IST timings—your regular dose of authentic practice.
2. **Ritu Sadhana:** Align with nature's rhythm through seasonal practices, carefully curated and taught live to harmonize body and mind with the changing seasons.
3. **Svadhyaaya Patha:** Learn anytime, anywhere with pre-recorded yoga courses designed for self-paced learning—perfect for busy schedules.
4. **Adhyapak Praveśa:** Step into the role of a teacher with our comprehensive, certified yoga teacher training programs, accredited by AYUSH, IYA, and YA.
5. **Viśeṣha Sangraha:** Discover enriching yoga experiences to expand your practice, build connections, and foster deeper personal growth.
6. **Āśrama Anubhava:** Immerse yourself in transformative, in-person yoga retreats at our serene Madanapalle ashram, open to all ages and skill levels.

This year, as you craft your new year resolutions and sankalpa, BYK stands with you every step of the way. **Stay tuned for detailed course offerings under each category.** Together, let's embrace Yoga for Now, for life, and for a brighter you in 2025.



Thank you for reading!

