

Welcome



**JUNE 15TH TO
21ST, 2022**

CONNECT | EXPERIENCE | TRANSFORM

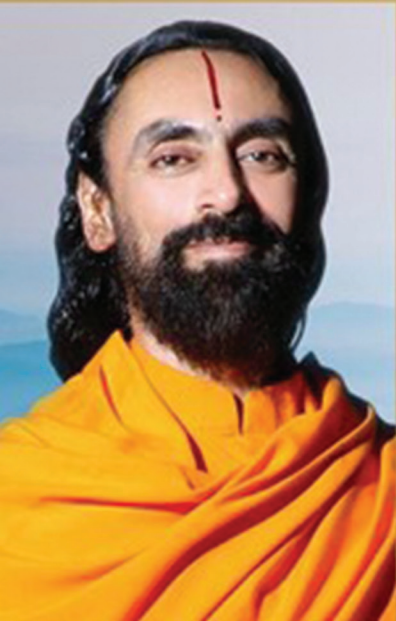
Your Personal Guide to
Holistic Wellness

**Swami
Mukundananda**
JKYog

**Swami
Chidananda Saraswati**
Parmarth Niketan

**Pujya Bhaishri
Shri Rameshbhai Oza**
Sandipani Vidyaniketan

**Swami
Sarvapriyananda**
Ramakrishna Mission



JKYog.org/Yoga-Fest

Krishnam Vande Jagadgurum...



**I regard them to be perfect yogis
who see the true equality of all living beings and
respond to the joys and sorrows of others
as if they were their own.**

- Bhagavad Gita Chapter 6 Verse 32

TABLE OF CONTENTS

Please click on topic to go to the section

Jagadguru Shree Kripaluji Maharaj	4
Message from Swamiji	5
Proclamation from the Office of the Mayor	6
Proclamation from US Senator John Cornyn	7
International Yoga Day Message	9
Inspiring Message by Swami Sarvapriyananda	10
Schedules - Day 1 to Day 7	11 - 18
Spiritual Masters	19 - 21
Distinguished Speakers	22 - 26
Yoga Instructors	27 - 30
Special Bhakti Concert by Harry Anand	31
Health Fair	32
Glimpses from 2021 Yoga Festival	33 - 35
Articles	36 - 41
Prem Yoga & Wellness Center	42 - 44
Books	45 - 46
Sponsors & Community Partners	47 - 48

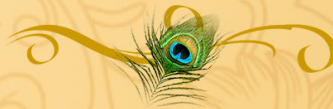
Jagadguru Shree Kripaluji Maharaj,

the fifth original Jagadguru in history, was an unparalleled Vedic scholar, Bhakti saint and embodiment of divine love who revealed the most sublime spiritual knowledge to the world.



मन हरि में तन जगत में, कर्मयोग तेहि जान|
तन हरि में मन जगत में, यह महान अज्ञान||

Mana Hari mein Tana Jagat mein, Karmayog tehi jaana
Tana Hari Mein Mana Jagat Mein, Yaha Mahaana Agyaana



True karma yoga is when your mind is absorbed in Shri Krishn love and you are performing your duties with your body. If your mind is attached in the world, and physically you are doing devotional formalities, then you are extremely ignorant (because it is only karma, not karma yoga).

- Bhakti Shatak couplet 84

Divine Souls, Yoga Enthusiasts, Wellness Lovers, Spiritual Seekers, and Devotees,

A very warm welcome to all of you at the eighth JKYog International Festival of Yoga, the largest Yoga festival, and Wellness Expo in the world!

Yoga makes us experience unity with all of creation as tiny parts of God, thereby promoting sustainable living and inspiring us to protect our planet. Regardless of our cultural background or age, Yoga helps us to deal with the unprecedented challenges and mental upheavals we currently face. It provides a way forward for not just being disease free, but also for joyfully expressing our inherent divine potential in service to God and humanity.

JKYog's mission is to uplift humanity through the knowledge of true Yog as per the Vedic scriptures for physical, mental, and spiritual wellbeing. In the current climate of unrest, knowledge and implementation of Yoga serves as a potent force to uplift and transform ourselves individually as well as build bridges that heal discord and division in our society. When we experience inner peace through Yoga, we can become a source of peace to the world.

By the grace of God and Guru, this weeklong festival has grown over the last decade to become an extraordinary, one of its kind, confluence. It is graced by world-renowned spiritual leaders, internationally acclaimed health and wellness experts, and best in class Yoga instructors from Asia to America, offering their priceless knowledge and experience free of charge for the benefit of global health and wellness.

For those attending in person at the Radha Krishna Temple of Dallas, it will be an immersive healing experience for the whole family. This is a truly holistic wellness experience – embracing the idea of Yoga for Humanity, which is the theme of International Day of Yoga 2022. With the online option, no matter where you are, you can access over 100+ hours of expert sessions in spirituality, yoga, meditation, pranayama, alternative/ integrative medicine, sleep health and nutrition.

I hope that you will take this golden opportunity to heal and transform your life with the daily gems of knowledge and practical tools being shared, to establish beneficial habits for health and happiness. This is the best way in which we can show gratitude for the efforts of the renowned speakers and instructors.

I offer my humble salutations and gratitude to the world-renowned spiritual leaders who have graced this platform to share their uplifting, divine wisdom to transform our lives through Yoga: Swami Sarvapriyananda of the Vedanta Society, Pujya Bhaishri Shri Rameshbhai Oza of Sandipani Vidyaniketan, and Pujya Swami Chidananda Saraswati of Parmarth Niketan.

I would like to express my humble appreciation to the renowned experts who are sharing their wisdom in the various sessions, and to the many hardworking volunteers behind the scenes who have toiled day and night to make this event a success.

I offer my heartfelt prayers at the feet of Jagadguru Shri Kripaluji Maharaj, who tirelessly shared spiritual wisdom of true Yog for the benefit of the souls, to grace all who attend this event with inner healing, peace, and spiritual transformation.

Thank you all for your participation and I wholeheartedly and personally wish each of you a blissful and joyous journey to holistic health, happiness, and success!

In the service of the Lord,
Swami Mukundananda

*Office of the Mayor
City of Allen*

Proclamation

WHEREAS, the Radha Krishna Temple hosts the International Festival of Yoga which connects Allen residents with people worldwide who are interested in health and wellness through high-quality learning opportunities. This event not only benefits the physical, mental and emotional health of individuals and families but benefits our community overall; and,

WHEREAS, Yoga has become a fundamental and natural path for health and wellness for people of all cultures, faiths, and backgrounds; and,

WHEREAS, to celebrate the International Day of Yoga, the International Festival of Yoga seeks to teach participants of all experience levels to explore, discover and gain knowledge and know-how about wellness leading up to this day on June 21st; and,

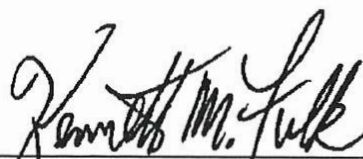
WHEREAS, the Allen City Council applauds the JKYog International Festival of Yoga as a valuable opportunity to unite the local and global communities and foster increased health awareness as well as individual and community unity, peace, and harmony, which are an inherent aspect of yoga.

NOW, THEREFORE, I, KENNETH M. FULK, MAYOR OF THE CITY OF ALLEN, COLLIN COUNTY, TEXAS, do hereby proclaim June 15-21, 2022, as:

“Yoga and Holistic Health Week”

in Allen, Texas, and I urge all citizens to take cognizance of this event and participate in all the events related thereto in this community.





Kenneth M. Fulk, MAYOR

JOHN CORNYN
TEXAS



United States Senate
WASHINGTON, D.C. 20510

June 15, 2022

Radha Krishna Temple Of Dallas
1450 North Watters Road
Allen, Texas 75013

Dear Friends:

I commend the efforts of the Radha Krishna Temple of Dallas for organizing the 8th Annual JKYog International Festival of Yoga. This is a significant accomplishment in which you and your entire community can take pride.

I am pleased to join your family and friends in commending you on this fine achievement, and I send my best wishes to JKYog for a successful International Festival of Yoga 2022.

Sincerely,


JOHN CORNYN
United States Senator

Sage Patanjali



**“Success in meditation and conquest of the mind
will come by surrendering to God.”**

Īśhvarapranidhānāt (Yog Darśhana 1.23)

INTERNATIONAL YOGA DAY: YOGA FOR HUMANITY

JKYog and the Radha Krishna Temple of Dallas wish you a very Happy International Yoga Day 2022! The JKYog International Festival of Yoga has grown leaps and bounds from its humble beginnings, to becoming the world's premier Yoga and holistic health event, offered completely free in virtual and in person formats to improve global health and well-being. By the grace of God and Guru, this festival is a key piece in the mission of JKYog to transform humanity through the knowledge of Yog for spiritual, mental and physical upliftment as per the Vedic scriptures.

Yoga is not just a physical exercise but a holistic health practice designed to help us function at our best, effectively utilizing our mental and physical resources. International Day of Yoga has been adopted since 2014 by the United Nations, in recognition of its universal appeal in improving physical, mental and spiritual health and well-being. However Yoga is more than the sum of its parts.

The Sanskrit word Yog means Union with God in loving devotion.

Yoga changes our perspective of happiness from selfish gain, to selfless love, putting others before ourselves and learning to see the joys and sorrows of all beings as our own. It engenders the spirit of service to all in recognition of our interconnectedness with God and with all living entities. It helps us align our thoughts, words and actions for a higher purpose, refining our character and transforming us to not just express our divine potential in this life, but also attain ultimate bliss of God. It is the end and the means - Yog helps us find meaning and joy...and even God... in the daily rigmarole of life - and when we truly practice it, we attain equanimity, self control and peace amid the most challenging circumstances.

We thank you for your support of this festival over the years - together we can heal the world one person at a time, starting with ourselves. Join us on this beautiful week-long journey from Jun 15-21, featuring over 100+ hours of expert sessions in yoga and holistic health, talks by world renowned spiritual masters, devotional chanting, wellness expo, food festival, family fun activities and much more. Wellness begins with you and spreads! Heal your body, mind and soul.

CONNECT. EXPERIENCE. TRANSFORM.

INSPIRING WELCOME MESSAGE BY SWAMI SARVAPRIYANANDA

World renowned spiritual leader Swami Sarvapriyananda of Vedanta Society welcomes us to the JKYog International Festival of Yoga with a beautiful message about the purpose of the four Yogas and how we can practice a Yogic path that is right for us to achieve wellness and ultimate bliss.

“People are living longer and longer and yet it is a struggle to live well. The ancient Yogic spiritual heritage of India was designed exactly to answer this question...how to have human wellness throughout one’s life?”

Click on the image below to watch the video.





SCHEDULES

Day 1


Wed, June 15

7 PM to 9 PM CDT
(In-Person and Online)

Grand Inauguration Ceremony

1 *Inaugural*
KEYNOTE
by Swami Mukundananda

2 PROCLAMATION BY
MAYOR OF ALLEN
KEN FULK



3 Cultural Program



Swami
Mukundananda

9 PM to 10 PM CDT
(Online)
Daily Gems of Yoga Fest

CDT	IST	SESSION	<i>White Rows: Online Only</i>	INSTRUCTOR
6:00 AM	4:30 PM	How To Enhance Your Yoga Practice		Devi Prem Yoga Instructor
7:00 AM	5:30 PM	Patanjali Yog Sutra		Madhan Thirukonda JKYog Online Facilitator
8:00 AM	6:30 PM	Meditation With Masters		Sadhvi Bhagawati Saraswati, PhD
8:30 AM	7:00 PM	Optimize Breathing: Relax/Recharge		Dr. Nick Shroff
9:30 AM	8:00 PM	JKYog Cooking		JKYog Chefs
10:00 AM	8:30 PM	Wake-up To Sleep		Dr. Himanshu Garg Physician
11:00 AM	9:30 PM	Lifestyle Modification For Weightloss & Diabetes Reversal		Dr. Jagannath Dixit Professor
Noon	10:30 PM	How Can We Love People Better?		Ashley Jones Counsellor
4:00 PM	<u>Next day</u> 2:30 AM	Yoga For All		Devi Prem Yoga Instructor
5:00 PM	3:30 AM	Breathe Right		Marika Prem Yoga Instructor
5:00 PM	3:30 AM	Kids Yoga		Piyush Verma Prem Yoga Instructor
6:00 PM	4:30 AM	Yoga & Mindful Breathing		Preet Kaur Yoga Instructor
7:00 PM	5:30 AM	Bhakti-Fest		Art of Living
8:00 PM	6:30 AM	Gems of Patanjali Yog Sutra		Swami Mukundananda Spiritual Leader
9:00 PM	7:30 AM	Daily Gems of Yoga Fest		Mohit Goyal JKYog Online Facilitator

CDT	IST	SESSION	<i>White Rows: Online Only</i>	INSTRUCTOR
6:00 AM	4:30 PM	Sampoorna Yoga		Rama Yoga Instructor
7:00 AM	5:30 PM	Patanjali Yog Sutra		Madhan Thirukonda JKYog Online Facilitator
8:00 AM	6:30 PM	Meditation With Masters		Trudy Goodman
8:30 AM	7:00 PM	Yoga for Neck & Shoulder Tension		Devi Prem Yoga Instructor
9:30 AM	8:00 PM	JKYog Cooking		JKYog Chefs
10:00 AM	8:30 PM	Helping Kids During Times of Stress and Uncertainty		Dr. Anirudh Behere Psychiatrist
11:00 AM	9:30 PM	Living Yoga 24 hours a Day		Swami Chidananda Saraswati , Spiritual Leader
Noon	10:30 PM	Role of Traditional foods & Cooking Techniques In Chronic Disease Prevention & Reversal		Deepa Deshmukh Dietitian
4:00 PM	<u>Next day</u> 2:30 AM	Yoga for Women's Health: Pre-natal/ Post-natal Yoga		Preet Kaur Yoga Instructor
5:00 PM	3:30 AM	Yoga for Strength & Concentration & Balance		Devi Prem Yoga Instructor
5:00 PM	3:30 AM	Kids Yoga		Ranga Yoga Instructor
6:00 PM	4:30 AM	Yoga Vinyasa Flow: Improve your Focus & Energize		Sagar Prem Yoga Teacher
7:00 PM	5:30 AM	Bhakti-Fest: RKT Soulful Fusion		RKT Team
8:00 PM	6:30 AM	Swami Mukundananda in conversation with Allen City Mayor Ken Fulk & Amy Gnad		Swami Mukundananda Spiritual Leader
9:00 PM	7:30 AM	Daily Gems of Yoga Fest		Dr Smita Mehta and Harish Rangacharya JKYog Online Facilitator

CDT	IST	SESSION	<i>White Rows: Online Only</i>	INSTRUCTOR
6:00 AM	4:30 PM	Yin Yoga		Sasy Yoga Instructor
7:00 AM	5:30 PM	Patanjali Yog Sutra		Madhan Thirukonda JKYog Online Facilitator
8:00 AM	6:30 PM	Meditation With Masters		Swami Mukundananda Spiritual Leader
8:30 AM	7:00 PM	Prem Yoga		Ananda Prem Yoga Instructor
9:00 AM	7:30 PM	Health Fair		Physicians TIPS
9:30 AM	8:00 PM	JKYog Cooking		JKYog Chefs
10:00 AM	8:30 PM	Power of Yoga: Understanding it through Modern Science & Medicine		Dr. Indranil Basu-Ray Physician
11:00 AM	9:30 PM	Swami Mukundananda with Youth Q&A		Swami Mukundananda Spiritual Leader
Noon	10:30 PM	Yoga, Therapy for Neuropsychological, Musculoskeletal & Medical diseases		Dr. Sunil Thummala Physician
1:00 PM	11:30 PM	Full-Filled, Optimized Chair Yoga		Dr. Nick Shroff Physician
2:00 PM	<u>Next day</u> 12:30 AM	Peace & Abundant		Micheal Thomas Yoga Instructor
4:00 PM	2:30 AM	Yoga Anatomy		Piyush Verma Prem Yoga Instructor
5:00 PM	3:30 AM	Kids Yoga		Karla Prem Yoga Instructor
6:00 PM	4:30 AM	Yin Yoga, Pressure Pionts, Roll & Relax		Devi and Prem Yoga Team
7:00 PM	5:30 AM	Bhakti-Fest Concert		Harry Anand Music Director
9:00 PM	7:30 AM	Daily Gems of Yoga Fest		Meenu & Gagan Nanda JKYog Online Facilitator

CDT	IST	SESSION	<i>White Rows: Online Only</i>	INSTRUCTOR
6:00 AM	4:30 PM	Yoga Nidra		Julia Long Yoga Instructor
7:00 AM	5:30 PM	Patanjali Yog Sutras		Madhan Thirukonda JKYog Online Facilitator
8:00 AM	6:30 PM	108 Surya Namaskar		Preet, Devi and Prem Yoga Team
9:30 AM	8:00 PM	JKYog Cooking		JKYog Chefs
10:00 AM	8:30 PM	Transforming Physical Health Through Nutrition		Dr. Smita Sundaram Dietician
11:00 AM	9:30 PM	RKT Satsang: Father's Day Satsang with Swamiji		Swami Mukundananda Spiritual Leader
1:00 PM	11:30 PM	Asana: Establishing the 4 Foundations of Awareness		Micheal Thomas Yoga Instructor
2:00 PM	Next day 12:30 AM	Learn How to Use Yoga Props		Preet and Devi Prem Yoga Instructors
4:00 PM	2:30 AM	Miracles with Yoga: Prevent Aging & Stay Healthy		Dr. Indranil Basu-Ray Physician
5:00 PM	3:30 AM	Proper Breathing: Restoring Sleep		Dr. Nick Shroff Prem Yoga Instructor
5:00 PM	3:30 AM	Kids Yoga		Prakruti Yoga Instructor
6:00 PM	4:30 AM	Family Yoga (Father's Day Special)		Preet and Devi Prem Yoga Instructors
7:00 PM	5:30 AM	Sound Healing Concert		Suren Shrestha Sound Therapist
9:00 PM	7:30 AM	Daily Gems of Yoga Fest		Lata and Gayathri JKYog Online Facilitators

CDT	IST	SESSION	<i>White Rows: Online Only</i>	INSTRUCTOR
6:00 AM	4:30 PM	Yoga for Body, Mind & Soul		Anu Prem Yoga Instructor
7:00 AM	5:30 PM	Patanjali Yog Sutra		Madhan Thirukonda JKYog Online Facilitator
8:00 AM	6:30 PM	Meditation with Masters		Trudy Goodman
8:30 AM	7:00 PM	Yoga for Hip Flexibility		Devi Prem Yoga Instructor
9:30 AM	8:00 PM	JKYog Cooking		JKYog Chefs
10:00 AM	8:30 PM	Obesity, Physical Activity, Diabetes in South Asian		Dr. Anand Rohatgi Physician
11:00 AM	9:30 PM	Spiritual Wellness Through the Four Yogas		Swami Sarvapriyananda Spiritual Leader
Noon	10:30 PM	Voluntary Intermittent Breath-Hold Practice		Dr. Nick Shroff Physician
4:00 PM	<u>Next day</u> 2:30 AM	Yoga for All		Devi Prem Yoga Instructors
5:00 PM	3:30 AM	Deep Stretch		Devi and Preet Prem Yoga Instructors
5:00 PM	3:30 AM	Kids Yoga		Ranga Prem Yoga Instructor
6:00 PM	4:30 AM	Yoga		Marika Prem Yoga Instructor
7:00 PM	5:30 AM	Bhakti-Fest: RKT Blissful Kirtan		RKT Team Organization
8:00 PM	6:30 AM	Conversation: Harry Anand and Swami Mukundananda		Swami Mukundananda Spiritual Leader
9:00 PM	7:30 AM	Daily Gems of Yoga Fest		Nitin Kaushal JKYog Online Facilitator

CDT	IST	SESSION	<i>White Rows: Online Only</i>	INSTRUCTOR
6:00 AM	4:30 PM	Yoga Inspiration and Demonstration from Myanmar		Nan Mo Yoga Instructor
7:00 AM	5:30 PM	Patanjali Yog Sutra		Madhan Thirukonda JKYog Online Facilitator
8:00 AM	6:30 PM	Meditation with Masters		Swami Mukundananda Spiritual Leader
8:30 AM	7:00 PM	Yoga for All		Preet Prem Yoga Instructor
9:30 AM	8:00 PM	JKYog Cooking		JKYog Chefs
10:00 AM	8:30 PM	3 Steps to Help Your Entire Family Sleep Better Tonight		Katie Pitts Sleep expert
11:00 AM	9:30 PM	योग: कर्मसु कौशलम् : How to Strive for Yoga- The Art of All Work		Rameshbhai Oza Spiritual Leader
4:00 PM	<u>Next day</u> 2:30 AM	Yoga for Spinal Health & Back Pain Relief		Maruti Prem Yoga Instructor
5:00 PM	3:30 AM	Yoga		Marika Prem Yoga Instructor
5:00 PM	3:30 AM	Family Yoga		Devi Prem Yoga Instructor
6:00 PM	4:30 AM	Yoga Gala		Prem Yoga Instructors
7:00 PM	5:30 AM	Concluding Ceremony, Swamiji's Keynote, Cultural Program		Swami Mukundananda Spiritual Leader



SPIRITUAL MASTERS



Swami Mukundananda

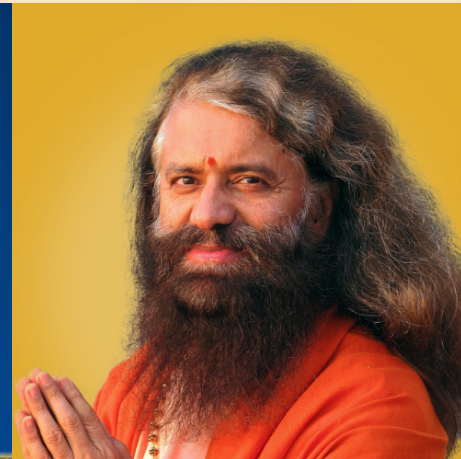
JKYog

Swami Mukundananda, senior disciple of Jagadguru Shri Kripaluji Maharaj, is a global spiritual leader, best selling author and international authority on mind management and founder of JKYog. His distinguished technical background as an IIT /IIM alumnus, complements his profound spiritual wisdom. His lucid style of presenting ancient Vedic wisdom in the modern context for inner transformation has inspired people from all walks of life. He has been featured on several national and international media including Sanskar, Times of India, Hindustan Times, Indian Express, TV Asia, Aaj Tak etc.

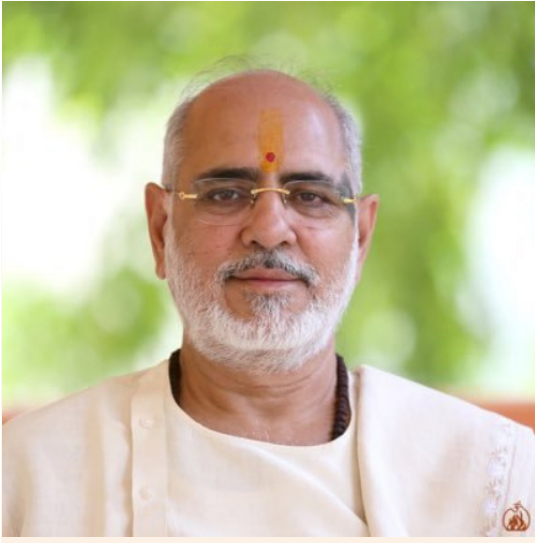
Swami Chidananda

Saraswati

Parmarth Niketan



Pujya Swami Chidananda Saraswati is one of India's most revered spiritual masters. He is the President of Parmarth Niketan Ashram in Rishikesh, one of India's largest and most renowned spiritual institutions. He is the Founder/Chair of the Global Interfaith WASH Alliance, the world's first alliance of religious leaders for Water, Sanitation and Hygiene, as well as founder of numerous charitable organizations. Pujya Swamiji is the recipient of innumerable international awards for His unparalleled service to humanity.



Pujya Bhaishri Shri Rameshbhai Oza *Sandipani Vidyaniketan*

Pujya Bhaishri Shri Rameshbhai Oza has inspired thousands of people through his heart-melting, divine discourses on the nectarines Ramcharitmanas and Srimad Bhagavatam. He established the Sandipani Vidyaniketan to propagate the wisdom of the Vedic scriptures among the younger generations. Across the world, - in the United States, Canada, the UK, Portugal, Africa, Australia and New Zealand, Bhaishri has captivated audiences of all ages and cultures.

Swami Sarvapriyananda *Vedanta Society*



Swami Sarvapriyananda is the minister and spiritual leader of the Vedanta Society of New York since January 2017. He was a Nagral Fellow at the Harvard Divinity School in 2019-20. Swami Sarvapriyananda is a well-known speaker on Vedanta and his talks are popular with the internet audience. He has been a speaker on various prestigious forums such as TEDx, and SAND.

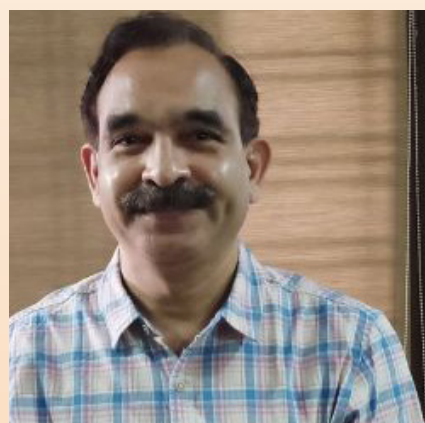


DISTINGUISHED SPEAKERS



Dr. Basu Ray (MBBS, MD (MED), DNB (CARD), FACP, FACC), is a Cardiologist and Cardiac Electrophysiologist at the Memphis VA Hospital and an Adjunct Professor at The University of Memphis, Memphis, TN. He is also a Visiting Professor of Cardiology and Head of Integrative Cardiology at the All India Institute of Medical Sciences, Rishikesh, UK, India. Dr. Basu Ray started meditation at the age of six and was initiated into kriya yoga by the great kriya yoga master and a disciple of Sri Yuktेश्वar Giri, Swami Hariharananda. He has been practicing kriya under the guidance of many kriya yoga masters.

**Dr. Jagannath V. Dixit - Professor Community Medicine,
B.J. Government Medical College, Pune**



Dr. Jagannath V. Dixit (MD(PSM), PGDHA, PGDHRM, FISCD, FIAPSM, FIPHA) is Brand Ambassador for the 'Fight Obesity' campaign of the Government of Maharashtra. He is chairman of Association for Diabetes and Obesity reversal (ADORE) trust which he founded for with the aim of a world free from obesity and diabetes. He was invited by Hon. Prime Minister of India, Narendra Modi to deliver lectures for the Prime Minister's Office, Special Protection Group and Members of Parliament, under the Fit India campaign in December 2019. He has received 3 national and 5 state level awards for his commendable contribution in the field of health education. He has published 55 research articles in National and International medical journals and worked as consultant for WHO and UNICEF.

Dr Himanshu Garg, Respiratory, Critical care & Sleep disorders Physician



Dr. Himanshu Garg is an experienced Respiratory, Critical care & Sleep disorders Physician with expertise in disease conditions like Asthma, COPD, Tuberculosis, Pneumonia, Sleep Apnea, Respiratory failure Sepsis etc. He has been extensively trained in India and Australia. He was entrusted with the responsibility of setting up Respiratory & Sleep Medicine service at Medanta. He is one of only a few physicians outside of North America to be certified in Behavioral sleep Medicine by the American Board of Sleep Medicine. He is the founder of South East Asian Academy of Sleep Medicine. He is currently heading the Respiratory Critical care and Sleep Medicine service at Artemis Hospitals.

He is also the Director at Respiratory and Sleep Cure Solutions. He has won several national and international awards including: 'Times Achievers award' by Times of India for achieving excellence in Respiratory & Sleep Medicine in Nov 2018; "Young achiever" by the World Leadership Federation at Middle-East Asia Leadership Summit in Dubai February 2017 for exceptional entrepreneurship.

Ms. Smita Sundraraman, Founder NatureHealz



Smita Sundararaman is the Founder & Managing Director of NatureHealz, a firm that helps transform physical health by using nutrition and lifestyle changes as medicine. Smita has a Masters in Marketing Communications from MICA, Ahmedabad, and a Masters in Industrial Engineering from University of Michigan, Ann Arbor. For her outstanding work in the field of Naturopathy, Smita was awarded the Best Woman Entrepreneur of the Year by ASSOCHAM in 2018.

Dr. Aniruddh Behere, MD, College of Human Medicine's Department of Pediatrics and Human Development and Psychiatry



Aniruddh P. Behere, MD is an Assistant Professor and has joint appointments in the College of Human Medicine's Department of Pediatrics and Human Development and Psychiatry. He specializes in working with medically complex children who have psychiatric/psychological needs. He is board certified in adult, child and adolescent psychiatry, and addiction medicine. He has a passion for Global Health and was elected as co-chair of the Workforce Capacity Building Subcommittee of the Consortium of Universities for Global Health. In addition, he also directs an international elective for medical students to India. He has won several awards including Helen Beiser Award in Child Psychiatry.

Deepa Deshmukh, Dietitian, Lifestyle & Integrative Nutrition Specialist



Deepa Deshmukh (MPH, RDN, CDCES, BC-ADM) is a co-founder of Dupage Dietitians LLC and Sunev Health Inc, a nutrition focused digital app that helps people reduce their blood glucose, cholesterol, blood pressure and weight. Over the last 17 years Deepa has helped hundreds of people to lose weight reverse and manage their diabetes, reduce their cholesterol and blood pressure levels so they can be productive and have energy to enjoy life without depending on medications. In 2020, Deepa was recognized as one of the Top 10 Dietitians in the country by Today's Dietitian Publication for her innovative approach to health and wellness.

Dr. Nick Shroff, MD, Founder and President of the American Prostate Cancer Foundation



Dr. Nick Shroff is a urologist, cancer surgeon, healthcare consultant, and yoga-alliance teacher. He practiced conventional Western/allopathic medicine for over 45 years while integrating traditional, modern therapy experiences and skills. His philosophy embraces a combination of yoga, mindful breathing, and holistic living to improve individuals' health and well-being.

Ashley Jones, TEDx speaker, Founder and Executive Director of Love Not Lost Non Profit



Ashley Jones is the founder and executive director of Love Not Lost, a nonprofit on a mission to revolutionize the way we heal in grief. From losing her daughter to a terminal illness to growing Love Not Lost, Ashley has a lot of experience in death and grief; something she never thought would be in her bio. Yet, she's learned how to process, heal, and grow through the pain and wants to help others do the same. She's a TEDx speaker on 'How we heal in grief' and has been featured by various media outlets, including the BBC.

Katie Pitts, Founder Sleep Wise Consulting



Katie is a member of the Association of Professional Sleep Consultants and the International Association of Child Sleep Consultants, two of the leading organizations that promote the highest standards of practice for the professional sleep consulting industry worldwide. Sleep Wise has experienced growth every year since its inception due to Katie's visionary leadership and passion.

Harry Anand, Award Winning Bollywood Music Director



Harry Anand has won 13 Awards including 3 MTV Immies. His creations have been sung by Sukhwinder Singh, Rahat Fateh Ali Khan, Arman Malik, Ankit Tiwari, Sonu Nigam, Sunidhi Chauhan and many more artistes. He is known as the Remix King and he has composed music for 23 films. He has collaborated on JKYog Music with Swami Mukundananda, and Bollywood musicians like Amit Mishra, Harshdeep Kaur, Richa Sharma, to create mesmerizing devotional music, meditation music and yoga music tracks for the current generation.

Suren Shrestha, Sound Healing Specialist



Suren Shrestha is a sound healing expert. In his village in Nepal, people were healed by herbalists, monks, and medicine men using shaman's drums, gongs and mantras. He studied and completed an apprenticeship about singing bowls under several different teachers in Asia and Nepal. After learning about the singing bowls, he wished to share this knowledge with others. He began teaching and wrote the book, How to Heal with Singing Bowls. Suren came to the United States as a teenager, attended college and received a B.S. in Civil Engineering. Along with his wife Ruby Shrestha, he works in the field of alternative medicine.

Dr. Anand Rohatgi, M.D. Cardiovascular Director of Academic Development



Dr. Rohatgi is a Preventive Cardiologist at UT Southwestern Medical Center. He is currently the Director of Academic Development, supervising the scholarly, non-clinical phase of fellowship, the clinical cardiology T32 program, and advising junior faculty in academic development. Dr. Rohatgi was promoted to Associate Professor in 2015 and has been supported by funding from the NHLBI, the AHA, and industry to support his endeavors.



Y O G A

INSTRUCTORS

Devi, Yoga Instructor, Prem Yoga Wellness Center, RKT Dallas



Devi is a JKYog Prem Yoga & Meditation teacher, Ayurveda medicine educator, teacher trainer E-RYT, and personal trainer. Devi grew up in Myanmar where she learnt the traditional values of wellbeing in a meditative society with a profound eastern culture. She started teaching Yoga in 2009. Her studies carried over to India, where she acquired instruction under well-known gurus. Her accomplished training includes contemporary health, personal training, kinesiology, nutrition, exercise therapy, silent courses, meditation training, and many different lineages of yoga. She is an experienced 200 RYT & 500 RYT in yoga and meditation, certified as an Ayurvedic Medicine educator, Prem Yoga Teacher Trainer, currently the owner of Prem Yoga Studio. By understanding both eastern and western aspects of lifestyle, she embraces a compassionate approach to everyone's needs.

Marika Torok, Yoga Instructor



Marika received training in yoga and somatic from both US and Indian teachers, including Himalayan Institute and Center for Body, Mind and Movement. She strives to give each yoga student a holistic body, mind, and soul experience. Marika incorporates embodied anatomy and somatics along with the JKYog system of yoga, founded by Swami Mukundananda. Marika specializes in experiential Yoga for the Body Mind & Soul to help people across all age groups holistically transform themselves. She is passionate about using yoga as a Toolbox for Holistic Future of Excellence of youth including using Yoga to help special needs kids excel.

Sasy Cacace, Yoga Instructor



Sasy is a former Italian Police Detective and chief who has spent 20 years serving the Italian Government in the field of crime and narcotics. He is now an Experienced Registered Yoga Alliance Instructor (E RYT-500) and a Yoga Alliance Continuing Education Provider (YACEP) and also the author of "The Key to Happiness" and "Yin Yoga", both available on Amazon. Knowing very well the stress and all the consequences that First Responder service can bring into the personal life of every single officer or member, Sasy was also inspired to offer training for First Responders. Drawing on his past in law enforcement and the knowledge he developed since 2005 in the fields of meditation, stress reduction, Yoga and trauma-informed movement, Sasy co-founded F.R.Y. First Responders Yoga Canada - offering value to paramedics, firefighters, police officers and front liners who put their lives at risk everyday on duty, and dispatchers who support them.

Rama, Yoga Instructor



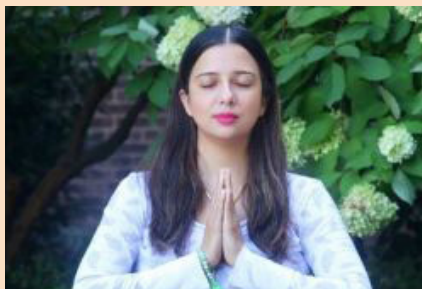
Rama was born and raised in Germany. He is a family man and former head of sampurna yoga center in Oldenburg. His daily spiritual practice gives him the authenticity and devotion that inspires his yoga classes. He is one of the foremost disciples of Shri Yoga Hari and he spends most of his time at his Guru's ashram in Florida.

Nan Mo, Yoga Instructor



NANG MO (Nan Mo Yoga) is a Registered Yoga Teacher (RYT) with Yoga Alliance, which acknowledges the completion of a yoga teacher training with a Registered Yoga School (RYS).

Preet Kaur, Yoga Therapist



NANG MO (Nan Mo Yoga) is a Registered Yoga Teacher (RYT) with Yoga Alliance, which acknowledges the completion of a yoga teacher training with a Registered Yoga School (RYS).

Julia Long, Advanced Sivananda Yoga Teacher



Julia (Dharma Gian Kaur) is an Advanced Sivananda Yoga Teacher, certified California College of Ayurveda (CCA) Yoga Nidra Teacher Trainer, and a Kundalini Yoga Teacher based in Ottawa, Canada. She has over 1000 hours of yoga training, including trauma-informed movement. She is co-author of „F.R.Y., First Responders Yoga along with Sasy Cacace.

Michael Thomas, Yoga Instructor



Michael combines the insights and wisdom from his own dedicated spiritual practices in the Bhakti & Vipassana traditions with his over two decades of experience as an estate and financial planner. Michael guides individuals and groups through a powerful process centered on how to live a balanced life around spirituality and money.

Piyush Verma, Yoga Instructor



Piyush's yoga practice of Asanas, Pranayama & meditation is truly aligned with the Ashtang Yog propounded by the Maharishi Patanjali. He received his Prem yoga training under the guidance of Swami Mukundananda and Devi. Piyush is very passionate to share this wonderful gift of wellness with the community and has been volunteering to teach the adult and kids yoga at the Radha Krishna temple of Dallas.

Kishor Sonawane, Yoga Instructor



Kishor started his yoga journey 18 years ago when his office offered a yoga asana class. The study of Yoga enabled him to understand other aspects of yoga like Yamas, Niyam, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. Over the last 15 years, Kishor has been practicing Asanas, Pranayam, Meditation. He has learned yoga from various teachers as well as through self-study. He completed a 200-hour prem yoga session conducted by JKYog Prem Academy.

Ananda (Andrew Oliver), Yoga Instructor



Ananda co-founded Yoga Remedy. He is certified as a 200 hr RYT yoga instructor and has been teaching since September of 2018. He has also completed 600 hours in first level Ayurveda as a certified educator in Ayurveda (eastern medicine). In September 2020 Ananda also completed the 200 YTT training as a Prem Yoga instructor. His big endeavors are to travel to countries and regions deprived of access to knowledge of health, well-being, Ayurvedic healing, eco-farming, eco-construction, and so much more to help assist in educating and building schools, clinics, universities

SPECIAL BHAKTI CONCERT BY HARRY ANAND

Dance your heart out to the tune of the divine name at a scintillating, exhilarating Bhakti Concert by Award Winning Music Director Harry Anand only at the JKYog International Festival of Yoga. Feel the bliss, forget your cares and experience the joy of Bhakti

Harry Anand has won 13 Awards including 3 MTV Immies. His creations have been sung by Sukhwinder Singh, Rahat Fateh Ali Khan, Arman Malik, Ankit Tiwari, Sonu Nigam, Sunidhi Chauhan and many more artistes. He is known as the Remix King and he has composed music for 23 films.



**JKYog
International
Festival of
Yoga**

**Bhakti Concert
by
HARRY ANAND**

**JUNE 18TH, SATURDAY
7 PM CDT**

CONNECT | EXPERIENCE | TRANSFORM

HEALTH FAIR

Don't Wait to Take Control of Your Health!

Date and Time
Saturday, June 18th
9 am – 12 pm

Radha Krishna Temple of Dallas,
1450 N. Watters Road, Allen, TX 75013
(Dallas–Fort Worth Metroplex)

Featured Doctors



Dr. Nikhil K. Bhayani
MD, FIDSA, Texas Health Infection Prevention/Epidemiology Physician Advisor



Dr. Amit Guttigoli
MD FACC, Cardiologist and Cardiac Electrophysiologist, President, Premier Cardiovascular Care of Dallas



Dr. Srilakshmi Vallabhaneni
MD, Cardiologist at UT Southwestern Medical Center



Dr. Priya Kalyam
MD, Oculofacial plastics & Reconstructive surgeon



Dr. Sujatha Krishnan
MD, Infectious Disease Specialist



Dr. Vijay Nama
MD, Family Physician Specialist



Dr. Sunitha Pudhota
MD, Gastroenterology Specialist

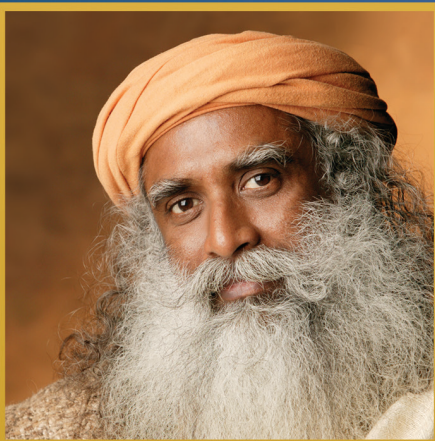


**GLIMPSES FROM
2021 FESTIVAL**

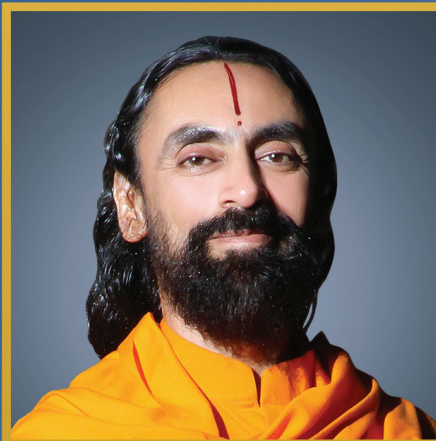
JKYOG INTERNATIONAL FESTIVAL OF YOGA

JKYog International Festival of Yoga 2021 was privileged to feature for the first time ever world renowned spiritual masters and yoga gurus : Sadhguru, Baba Ramdev, Sadhvi Bhagavati Saraswati, Rev. Dr. Bhante Saranapala, Nitai Sevini Mataji and Swami Mukundananda. It was watched by over 100000 people worldwide and offered numerous sessions in yoga, meditation, wellness, healthcare, nutrition and alternative medicine. Renowned yoga instructors taught different styles of Yoga for children, adults and seniors. It was an unprecedented gathering of yogis and wellness enthusiasts that provided much needed succor, inner healing and relief amid a world still recovering from the COVID pandemic.

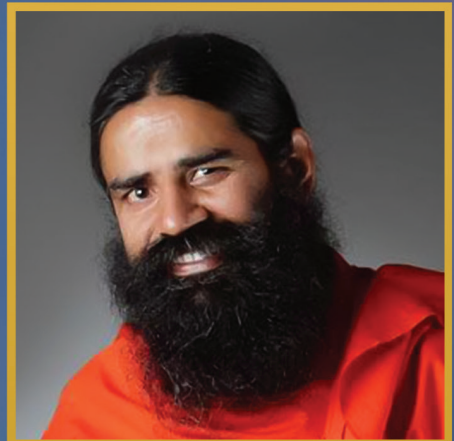
June 15th to 21st, 2021
World Renowned Masters



Sadhguru



Swami Mukundananda



Swami Ramdev



Dr. Nitaisevini Devi



Reverend Dr. Bhante Saranapala



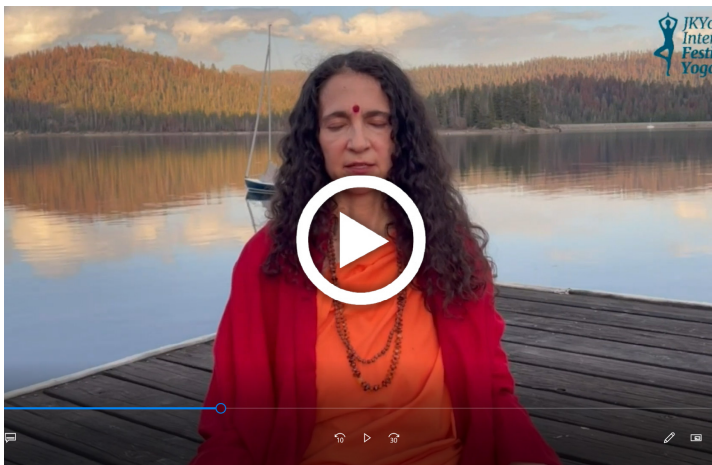
Sadhvi Bhagavati Saraswati

JKYOG INTERNATIONAL FESTIVAL OF YOGA

People worldwide expressed their gratitude to JKYog and RKT Dallas for organizing such an event for global healing at a critical moment in time – to heal and uplift through the power of Yoga.



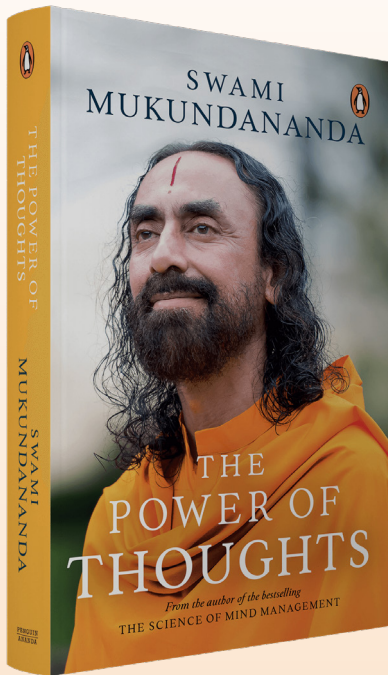
Watch the beautiful Glimpses of JKYog International Yoga Fest 2021





ARTICLES

THREE STEP PROCESS TO MENTAL WELLNESS



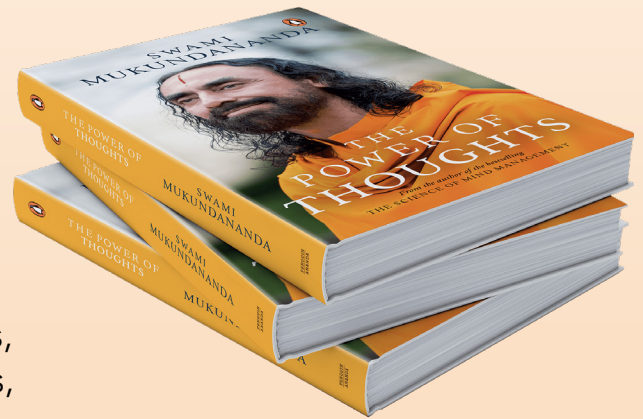
We think a variety of thoughts throughout the day. Some thoughts work to our benefit but many times the reverse happens. Our thoughts go out of control and cause us immense harm. These are thoughts of lust, anger, greed, hatred, and illusion. This is a very common phenomenon that most people grapple with.

Why do negative thoughts arise? Sometimes incorrect beliefs are the cause. At times, it results from an erroneous way of looking at the world. While other times, it happens because of incomplete knowledge of things.

Maharshi Patanjali in his Sutras stated erroneous knowledge leads to negative thinking. That's because erroneous knowledge creates incorrect beliefs. Examples of negative beliefs include having unreasonable expectations, blaming others, harboring self-sabotaging beliefs, finger-pointing, and so on.

How to combat negative thoughts? Follow the Three-Step System to control them.

- 1) **Dilution** - distance yourself from the thought. Treat the negative thought, not like an assailant, but as a little child. Choose not to associate with the thought and reduce your attention towards it.
- 2) **Substitution** - assert a positive thought. If a negative thought is disturbing you, then try to focus your mind on an opposite, positive thought. The idea is to switch the harmful with the beneficial. This is called "pratipaksh bhavna" (opposing sentiment).
- 3) **Sublimation** - build a positive thought-stream. Having turned your attention to positive thoughts, now focus on building that thought chain further. Cultivate in your mind wholesome thoughts of inspiration, optimism, cheerfulness, etc. You can access many such gems of wisdom in Swami Mukundananda's book, *The Power of Thoughts*. You can now pre-order on Amazon US and Amazon India



QA WITH SWAMI MUKUNDANANDA: GYAN YOG VS BHAKTI YOG

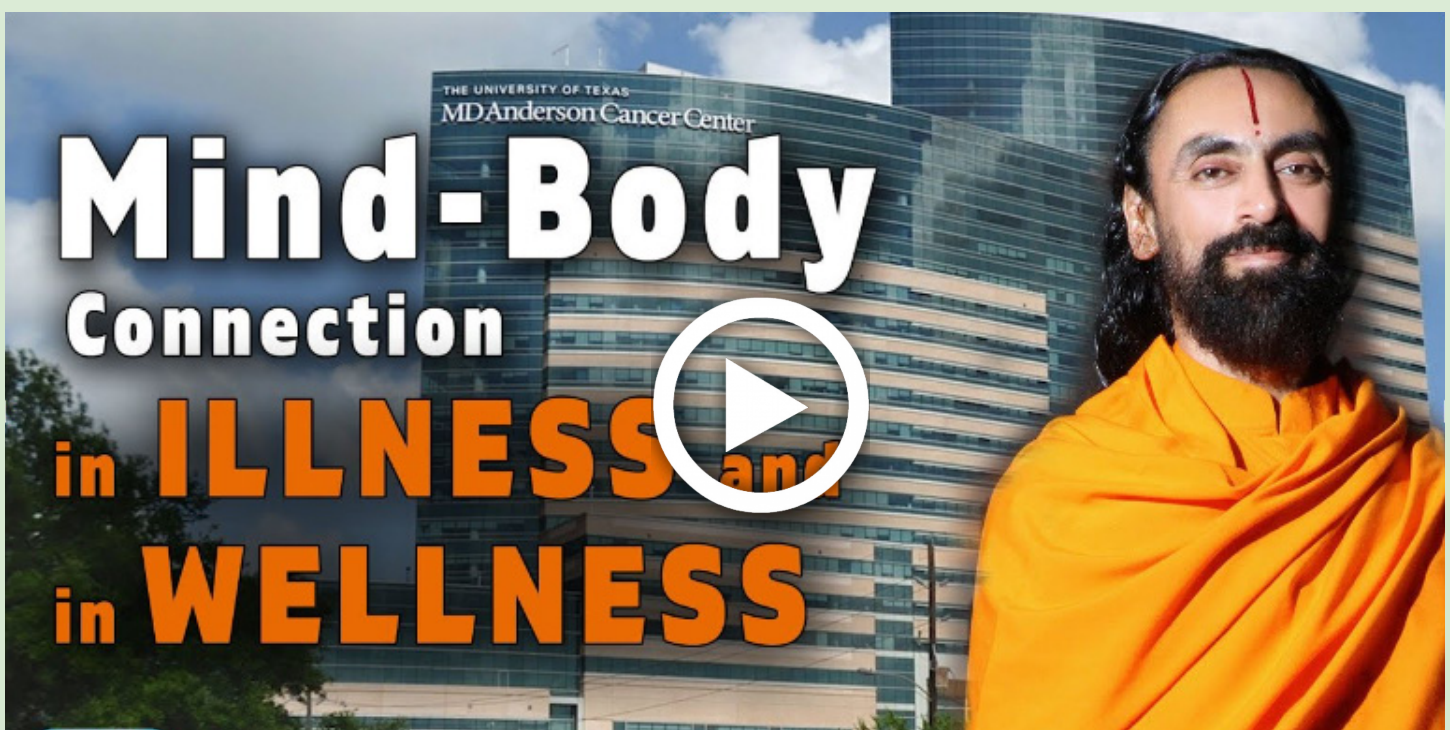
Question: In one of your lectures you said that without knowing God one cannot love him, and again without loving him one cannot know him. Knowing is related to knowledge (jñāna) and loving is related to devotion (bhakti). So which is more important for a seeker—jñāna or bhakti?

Answer: The topic “jñāna vs bhakti” is one of the most intensely debated topics in Indian philosophy, and followers of Advait vād, Dwait vād, Vishisht Advait vād, Viśhuddh Advait vād, Dwait Advait vād, Achintya Bhedābhed vād, all hold strong opinions on either sides of the topic. It is difficult to do justice to this topic in brief. Jnana and bhakti are definitely interrelated. For example, if someone gives us a piece of jewelry, and we have no knowledge of its worth, we will have no love for it either. But if we come to know that the gold is 24 carats, and the diamond studded in it is worth a million dollars, we will immediately develop immense love for it. Similarly, as we get knowledge of the glory of God and our relationship with him, our devotion toward him will also increase. True knowledge definitely leads to bhakti. Conversely, as we engage in bhakti, God seated within the heart gives us deeper and newer realizations. Thus, bhakti in-turn leads to jñāna. They are both intimately interrelated: jñāna increases bhakti, and bhakti increases jñāna. However, jñāna yog is not the same as jñāna. Jñāna yog is a path of sādhanā based on a particular philosophic viewpoint. It suggests that the soul itself is God, and by situating oneself in the knowledge of the ātman (self), one will attain liberation. Consequently, the meditational styles of the jñāna yogī and the bhakti yogī are quite different. The bhakti yogī meditates on the supreme, all-powerful God, and relates to him in a personal form as his Ishta Dev. On the other hand, the jñāna yogī considers meditation on God as inferior, and aims to still the mind by meditation on the breath, a void, or the eyebrow center, etc. Such meditations, aimed at stilling the mind, are not only exceedingly difficult; they are also bereft of God’s grace. The mind is a product of the material energy, and it cannot be conquered without divine grace, no matter for how many ages we may endeavor. As a result, Sage Patanjali, mentioned thrice in his brief treatise: Īśhvarapranidhānāt (Yog Darśhana 1.23) **“Success in meditation and conquest of the mind will come by surrendering to God.”** Thus, bhakti is essential in the path of jñāna yog as well. There is yet another kind of knowledge, called Śhābdik Jñāna, which means dry intellectual knowledge, without concomitant practice. Such jñāna, which is without realization, leads to pride, and does more harm than good. Consequently, it has been criticized by the scriptures. The knowledge of the jñāna yogī is incomplete without the understanding that the soul is only a tiny fragment of God, it has an eternal relationship with God, and that it needs to surrender to God to attain his grace. We must acquire the right knowledge of our eternal relationship with God, and then endeavor to put it in practice. That knowledge will then help us increase our devotion, and devotion will increase our knowledge, and knowledge will increase our devotion, and devotion will increase knowledge, and so on... in a cyclical manner.

THE MIND BODY CONNECTION - SWAMI MUKUNDANANDA SPEAKS TO DOCTORS AT MD ANDERSON CANCER CENTER

Swami Mukundananda in this talk to doctors at MD Anderson Cancer Center explains in detail about the Mind-Body connection behind illness and wellness. The Mind has a huge impact on our Health. Swami Mukundananda presents us with many facts from scientific studies to relate the connection between Mental Health and Physical Health. For example, when doctors reassure their patients of the outcome of their treatments, they get cured much faster. However, when doctors don't express complete confidence in the outcome of their treatments, the patients take longer to recover even when they are treated well. Sometimes the very fact that we approach a doctor when we are ill makes us believe that we will get better. Watch the video to find out the connection between Mind-Body and our Health.

CLICK THE IMAGE TO WATCH:



VEDIC PSYCHOLOGY PERSONALITIES - WHICH ONE ARE YOU?

The Bhagavad Gita outlines the three types of Gunas or modes of material nature - Sattva (mode of goodness), Tamas (mode of ignorance), Rajas (mode of passion). All these Gunas exist in objects of the senses consuming which our mind and body get tainted with material thinking. Simultaneously due to our inclinations of past lives, or sanskaras, we are impacted by these material modes of nature arising from within that define our personality - these inclinations have been acquired over lifetimes of practicing material patterns of thinking. It is valuable, therefore, to understand our inherent inclinations and use the practice of Yog or union with God in thought, word and deed, to transcend them for wellness and ultimate bliss. Understanding the modes of nature also helps us eschew objects of the senses that will lead to destructive mental and physical habits and develop beneficial lifestyles to facilitate inner growth and daily wellbeing.

Vedic Psychology allows us to examine our current tendencies and inclinations and moderate our actions accordingly. Our Karmas influenced by the modes of material nature determine our destiny in this life and future lives, including the body we get. This excerpt from Swami Mukundananda's commentary to the Holy Bhagavad Gita (Chapter 14), recently published on Amazon throws light on this topic. Use it as a guide to figure out your own personality and how to rise above it through beneficial karmas, to discover your inherent blissful soul nature.

Sattva Guna - Mode of Goodness

Sattva guna engenders virtue in one's personality and illuminates the intellect with knowledge. It makes a person become calm, satisfied, charitable, compassionate, helpful, serene, and tranquil. It also nurtures good health and freedom from sickness. While the mode of goodness creates an effect of serenity and happiness, attachment to them itself binds the soul to material nature.....Yet, even sattva guna is within the realm of material nature. We must not get attached to it; instead, we must use it to step up to the transcendental platform.

Rajo Guna - Mode of Passion

The Patañjali Yog Darśhan describes material activity as the primary manifestation of rajo guna. Here, Shree Krishna describes its principal manifestation as attachment and desire. The mode of passion fuels the lust for sensual enjoyment. It inflames desires for mental and physical pleasures. It also promotes attachment to worldly things. Persons influenced by rajo guna get engrossed in worldly pursuits of status, prestige, career, family, and home. They look on these as sources of pleasure and are motivated to

undertake intense activity for the sake of these. In this way, the mode of passion increases desires, and these desires further fuel an increase of the mode of passion. They both nourish each other and trap the soul in worldly life. The way to break out of this is to engage in karm yog, i.e. to begin offering the results of one's activities to God. This creates detachment from the world, and pacifies the effect of rajo guna.

Tamo Guna - Mode of Ignorance

Tamo guna is the antithesis of sattva guna. Persons influenced by it get pleasure through sleep, laziness, intoxication, violence, and gambling. They lose their discrimination of what is right and what is wrong, and do not hesitate in resorting to immoral behavior for fulfilling their self-will. Doing their duty becomes burdensome to them and they neglect it, becoming more inclined to sloth and sleep. In this way, the mode of ignorance leads the soul deeper into the darkness of ignorance. It becomes totally oblivious of its spiritual identity, its goal in life, and the opportunity for progress that the human form provides.

How Our Personality Oscillates

Shree Krishna now explains how the same individual's temperament oscillates amongst the three gunas. These three gunas are present in the material energy, and our mind is made from the same energy. Hence, all the three gunas are present in our mind as well. They can be compared to three wrestlers competing with each other. Each keeps throwing the others down, and so, sometimes the first is on top, sometimes the second, and sometimes the third. In the same manner, the three gunas keep gaining dominance over the individual's temperament, which oscillates amongst the three modes. Depending upon the external environment, the internal contemplation, and the sanskars (tendencies) of past lives, one or the other guna begins to dominate. There is no rule for how long it stays—one guna may dominate the mind and intellect for as short as a moment or for as long as an hour.

If sattva guna dominates, one becomes peaceful, content, generous, kind, helpful, serene, and tranquil. When rajo guna gains prominence, one becomes passionate, agitated, ambitious, envious of others success, and develops a gusto for sense pleasures. When tamo guna becomes prominent, one is overcome by sleep, laziness, hatred, anger, resentment, violence, and doubt.

Beyond these three, is śhuddha sattva, the transcendental mode of goodness. It is the mode of the divine energy of God that is beyond material nature. When the soul becomes God-realized, by his grace, God bestows śhuddha sattva upon the soul, making the senses, mind, and intellect divine.

- Swami Mukundananda,
Commentary to Holy Bhagavad Gita, Chapter 14.

PREM YOGA & WELLNESS CENTER

The Grand Inauguration of Prem Yoga & Wellness Center at JKYog Worldwide headquarters, Radha Krishna Temple of Dallas took place on Jun 12-13, 2021, by the grace of God and Guru in the divine presence of JKYog Founder, global spiritual leader, Swami Mukundananda.

Prem Yoga has rapidly grown in a span of just a year to become one of the nation's best Yoga teacher training programs on account of it's rigorous coverage of physical, mental and spiritual aspects of Yoga and for underlining the core purpose of Yoga - loving union in service to God.

The Prem Yoga and Wellness center will be a state of the art institution with inspiring teachers, modern fitness equipment combined with ancient yogic principles and provide a serene atmosphere conducive to inner growth for anyone who takes advantage of it's programs. Situated on the pristine spiritual grounds of the Radha Krishna Temple of Dallas in the presence of Shree Radha Krishna and Jagadguru Shri Kripaluji Maharaj, it will be a source of healing and well-being to all.



PREM YOGA & TEACHER TRAINING PROGRAM

The JKYog Prem Yoga training brings together the essence of Bhakti, Gyan and Karm Yog into a single yogic system to keep oneself healthy in all aspects of life and to instill in the heart divine love to serve humanity through devotion. The training program is ideal for people who want to:

- Improve their physical health and well being of the mind.
- Start teaching yoga as a profession.
- Want to enhance their spiritual life.
- Students begin with the 200 hour teacher training and have the option to advance onto 300 hours teacher training and more!

Prem Yoga is a combined practice of Gyan, Bhakti & Karm Yog to find a balanced way of living and to find the expression of divine love. A Prem Yogi practices humbleness, strength of mind, peace and love for humanity in pursuit of a strong healthy body for seva, a devotional heart for compassion and a clear understanding of the essence of divine mother nature.

The word “Prem” means “Divine love.” Our heart yearns for love that is unbroken, evergreen, free from self-seeking. We spend a lifetime searching for it and yet it remains a distant dream. The Vedas inform us that a truly wealthy person is one who possesses the treasure of divine love. To cultivate such love in our hearts is the supreme goal of human life.

Prem Yoga Teacher’s Training Program launched its inaugural certification course on August 4th, 2020. Due to the global pandemic, the training utilizes a hybrid (online and limited in-person) format, spanning across 5 time zones in various countries and regions. Participants are completing a 200-hour Registered Yoga Teacher certification, and upon completion will be internationally accredited with Yoga Alliance. The training is headed by Los Angeles instructor Devi, under the close guidance and direction of Swami Mukundananda. The Prem Yoga methodology and curriculum is designed to invoke the divine sentiments at the heart of yogic practices - union of the soul and individual consciousness with God in a loving reciprocal relationship. The asanas (postures) are a carefully refined set of traditional poses, with opening and closing prayers and breathing cues designed to keep God at the center of the practice - a welcome revival from the frivolous permutations found in the modern yoga market.

Swami Mukundananda, senior disciple of Jagadguru Kripaluji Maharaj, infuses this yoga teacher’s training with a scriptural authenticity and traditional integrity generally missing from most training programs. Participants are engaged in his live lectures, given personal attention and interactions, and have special Q&A sessions with the world-renowned teacher. Participants learn the history and origin of yoga, explore the paths of Bhakti, Karma and Gyan, engage in Kirtan (devotional singing), and explore the vast philosophical system of Yoga. Devi, from her Los Angeles studio, utilizes more than a decade of teaching experience to inspire and guide students in their personal practices and refine their teaching skills to enrich their local communities.



PREM YOGA COMMUNITY

Why Become a Member of Prem Yoga Community?

Prem Yoga Community (PYC) has launched as a new platform for seekers who are interested in improving their holistic health through the practice of Prem Yoga. PYC was formed by Swami Mukundananda to provide education and training and support in Prem Yoga, serve as a resource for all knowledge related to Prem Yoga. PYC's core mission is also to provide its community members exceptional high-quality programs for personal growth, transformation, and optimum health through the practice of Prem Yoga.

Why Join PYC?

Prem Yoga offers much more than physical exercise. Prem Yoga is a holistic yoga practice nourishing body, mind & soul. PYC offers a myriad of sessions with expert teachers. PYC will be your constant companion, inspiration, and support along your own personal journey to achieve holistic health. Prem Yoga Community is a place to nurture and nourish body mind and soul. Joining PYC offers you a personal path to inner joy and overall experience.

PYC Membership Features

Access a large variety of regular LIVE online sessions in the following categories:

- Yoga
- Office Yoga
- Guided Meditation
- Pranayam
- Subtle Body Relaxation
- Priority Invitation to Special Workshops (workshop fees, timings, offerings will vary)
- E-Magazine with great tips to keep you motivated, learning, and focused on your holistic health
- Community Forum would give you access to communicate with like-minded individuals in the Prem Yoga community. Grow and develop your interests and make friends with others who support the Prem Yoga Community.

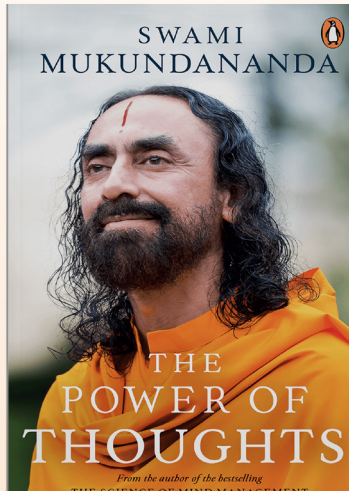
For membership types and pricing, visit www.jkyog.org/prem-yoga

While we support you in your personal journey, PYC is only beginning its journey and intends to continue to grow its offerings and services. Come and grow with us!!



BOOKS ON THE BODY, MIND & SOUL

THE POWER OF THOUGHTS

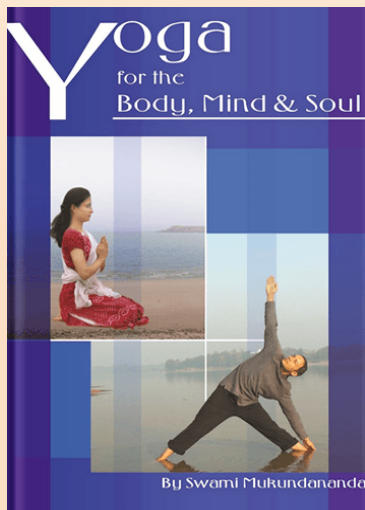


Incredibly, the ingredients of a hugely successful life cost nothing at all. In fact, we mass-produce 60,000 of them every day. These are the thoughts that our mind creates. They are responsible for the happiness and distress we experience. They are the precursors of all we do. We grapple with improving our actions, only to find our attempts undone by impure thinking.

If we focus on transforming our thoughts instead, incredible results will accrue from a fraction of the efforts. Since all aspects of our life are so strongly linked to our thoughts, we have much to gain by deepening our understanding of them.

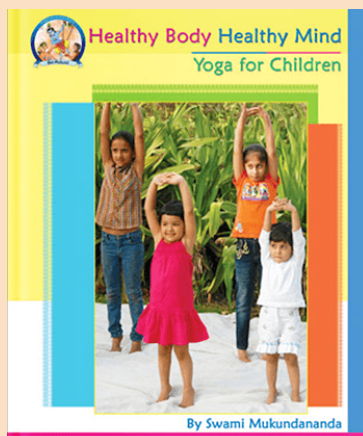
In this book, Swami Mukundananda, a world-renowned spiritual teacher from India and an internationally acclaimed mind-management authority, will teach you about watching your thoughts, directing them, dismantling harmful thought structures, creative thinking, meditation and much more.

YOGA FOR BODY, MIND AND SOUL



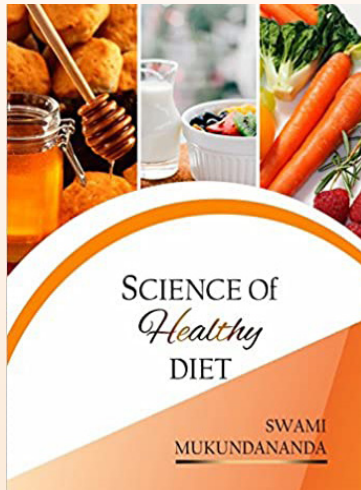
Yoga for the Body, Mind & Soul is a comprehensive treatise on Yoga, Meditation and Pranayam, incorporating all the five wings of unique and holistic system of Yog, Jagadguru Kripaluji Yog. With nearly 250 Yogasans, 13 pranayams and 24 mudras for complete protection of the body, subtle body relaxation and Roopdhyan meditation for your mind & soul, this book is a must have for aspirants who practice Yoga, Pranayam and Meditation. It also has a dedicated section on the science of healthy diet.

HEALTHY BODY HEALTHY MIND – Yoga for Children



Healthy Body Healthy Mind is a specially designed Yoga book for children. It is illustrated with simple instructions for youngsters to read and maintain a very healthy and fit body. With photographic representation of each asan and the meditation exercises, it comes along with breathing exercises and Pranayam. It also has meditation and Mudras that help build a solid foundation for youngsters to lead a long life of purity and supreme health.

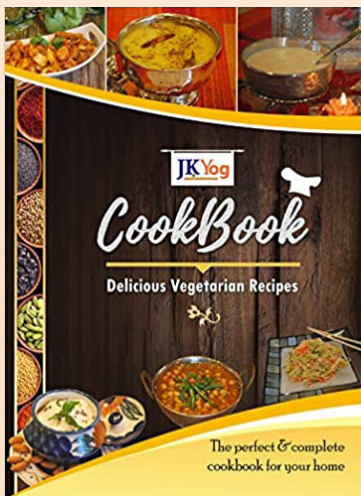
SCIENCE OF HEALTHY DIET



A healthy body and a calm composed mind-these are the basis for a fulfilling life. Without these, life becomes a painful experience. Realizing the truth of this, we should consider investing some time and effort to learn about the science of healthy living. For a novice wishing to learn the science of healthy diet, the plethora of studies in the market create a confusing scenario. This creates the compelling need for hearing the Vedic perspective on this topic, based on scientific facts, and practical experience.

This book aims at fulfilling this need. Combining the wisdom of the ancient scriptures with modern scientific knowledge, this book teaches the science of a healthy diet needed for optimal functioning of the body and mind.

JKYog COOKBOOK : DELICIOUS VEGETARIAN RECIPES



JKYog cookbook brings to you a rich & diverse collection of vegetarian recipes drawn from various Indian cuisines. It includes some fusion and popular international foods as well. There is a mix of nourishing , wholesome, and festive items, with easy-to-follow steps to prepare them. Flavored with spices and herbs, the recipes have been carefully tested and honed to delightful perfection. The book offers an array of choices of beverages, snacks, entrees, breads, condiments, and deserts that can be prepared for everyday meals or special occasions. With something to appeal to every palate, the recWipes in this collection are a culinary delight to the senses and the soul.



THANK YOU

Sponsors

Platinum Sponsors



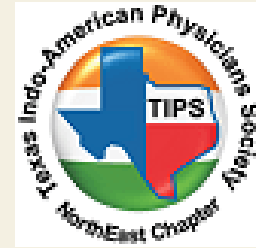
Dr. Nick Shroff





THANK YOU

Community Partners



ఉత్తర అమెరికా తెలుగు సంఘము
Telugu Association of North America

A 501(c)(3) Certified Nonprofit Organization - Tax ID: 36-3060732

