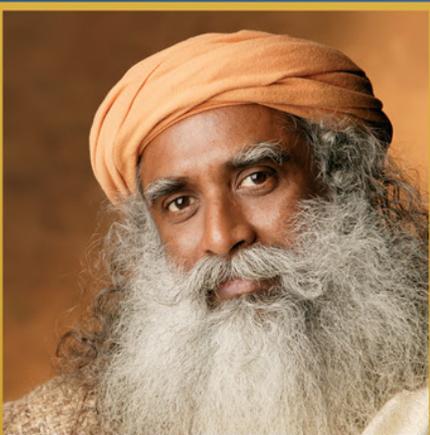




# JKYog International Festival of Yoga

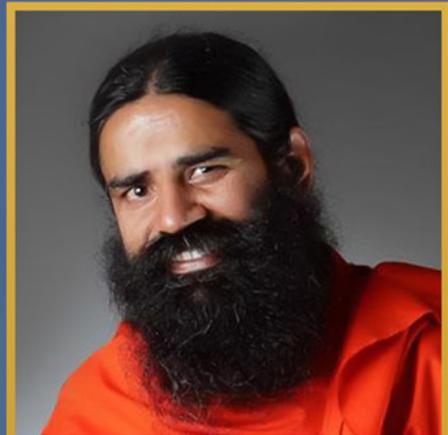
June 15th to 21st, 2021  
World Renowned Masters



**Sadhguru**



**Swami Mukundananda**



**Swami Ramdev**



**Dr. Nitaisevini Devi**



**Reverend Dr. Bhante Saranapala**



**Sadhvi Bhagavati Saraswati**

Details & Free Registration: [RadhaKrishnaTemple.net](http://RadhaKrishnaTemple.net)



yat karoshi yad ashnasi yaj juhoshi dadasi yat  
yat tapasyasi kaunteya tat kurushva mad-arpanam

Whatever you do, whatever you eat, whatever you offer as oblation to the sacred fire, whatever you bestow as a gift, and whatever austerities you perform, O son of Kunti, do them as an offering to Me.

Bhagavad Gita: Chapter 9, Verse 27

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# Jagadguru Shree Kripaluji Maharaj



योग वही योग है जो गोविंद राधे ।  
जीव ब्रह्म का संयोग करा दे ॥

Yog Vahi Yog Hai Jo Govind Radhey  
Jeev Brahm Ka Sanyog Kara De

- Radha Govind Geet: Doha 2423

**True Yog is that which unites the soul with God.**



Jagadguru Shree Kripaluji Maharaj, the fifth original Jagadguru in Indian history, the embodiment of the nectar of divine love, was one of the foremost rasik saints, who revealed the most sublime spiritual knowledge to souls the world over.

# MESSAGE FROM SWAMIJI

A warm welcome to you for joining the 2021 JKYog International Festival of Yoga! This extraordinary week-long program culminating on International Day of Yoga offers such a rich variety of knowledge and experiences to inspire, uplift and transform your life. We have put together hundreds of sessions all in one place under one roof, so easily accessible to you no matter where you are. I hope you will use this opportunity to its fullest to discover how yoga can make a difference in your own life.

The challenging times of this Covid pandemic health crisis have ever more heightened our awareness of the need to take control of our own personal wellbeing. No matter what part of the world we live in, yoga is mankind's greatest tool for managing holistic health, proven over the ages to impact not only our physical but our mental, emotional and spiritual wellbeing.

Now all over the world in all regions, regardless of creed or race or geography, we celebrate yoga together as an operating manual for human consciousness and integrated health and holistic wellbeing. We also celebrate that yoga brings unity to our lives on so many levels – from our physical, emotional and mental immunity, to community on a deeply inward and personal way. Through yoga we develop our connection and understanding of ourselves individually, as tiny parts of a greater community, and unity seeing each other as tiny parts of the same Divine Creator. Thus, 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 stop to think that regardless of all the new inventions for comfort and convenience that mankind has incorporated into the ever-evolving lifestyle over the ages, without hesitation we can all acknowledge the continually mounting and unprecedented stresses, challenges and pressures generation after generation nonetheless faces. Disease continues to take its toll, while turbulence and unrest in our communities wreak havoc on our minds.

Yoga gives us the answers in facing new unprecedented challenges, providing us with the tools to manage this with equipoise and ease. Through regular practice, we can gain a firm groundedness to overcome fear and stand up to these daunting challenges.

I would like to extend my humble appreciation and gratitude to all those who are sharing their knowledge in the various sessions offered as well as the many volunteers behind the scenes, all who have made this year's event possible.

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 Festival of Yoga, which connects the people of Allen with people interested in health and wellness with worldwide 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 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; and,
- WHEREAS,** the Allen City Council applauds the JKYog International Festival of Yoga as a valuable opportunity to unite the community, foster increased health awareness as well as individual and community unity, peace and harmony, which are 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, 2021, 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*  
\_\_\_\_\_  
Kenneth M. Fulk, MAYOR

JOHN CORNYN  
TEXAS



**United States Senate**  
WASHINGTON, D.C. 20510

June 15, 2021

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

Dear Friend:

I commend the efforts of JKYog, Swami Mukundananda and the Radha Krishna Temple of Dallas for organizing the 7<sup>th</sup> Annual JKYog International Festival of Yoga.

This festival is one of the largest events for wellness enthusiasts across the globe, bringing thousands of people to North Texas every year. The value of the programs offered at the festival by world-renowned experts is inestimable, and the variety of sessions provide something for people from all lifestyles. It brings the global community together to connect, experience, and transform through yoga, spreading health, wellness, and positivity.

My best wishes to JKYog for a successful International Festival of Yoga 2021.

Sincerely,

A handwritten signature in blue ink that reads "John Cornyn". The signature is stylized and written in a cursive-like font.

JOHN CORNYN  
United States Senator

# INTERNATIONAL YOGA DAY: YOGA FOR WELLBEING

JKYog and the Radha Krishna Temple of Dallas wish you a very Happy International Yoga Day 2021!

Recognizing the universal appeal of Yoga, the United Nations declared June 21 as International Yoga Day starting from 2015.

2021 Theme: Yoga for Wellbeing

As the world battles a raging pandemic, mental health has taken center stage with depression and anxiety on the rise. People are desperately looking for stress relief and ways to manage their minds amid severe challenges.

In such situations Yoga has emerged as a saviour not just to build immunity and provide physical and mental wellbeing but also in enabling us to find higher purpose through divine wisdom - and find our way back to health, peace and inner joy.

Let us reflect on the true spirit of Yoga on this day.

In the words of Swami Mukundananda:

“Yoga refers to two things. First is the state of the union of our consciousness with the complete and second, Yoga is also a set of transformative techniques and methodologies for us to harmonize our personality at the physical, mental, intellectual spiritual levels so that we may achieve this union. For that many tools are offered like the physical postures, the breathing exercises, meditation, mantras etc. Today millions and millions of people around the world are utilizing these offerings of yoga to enrich their life in many ways, like stress management, holistic health, fitness, peace of mind, happiness and spiritual growth. That is the real vision of Yoga.”

We hope that this weeklong celebration of Yoga helps you connect with divinity, experience healing and inner bliss and transform within!

# INSPIRING MESSAGE BY SADHVI BHAGAVATI SARASWATI

“Yoga is union, but it isn’t just a union as we always say of our nose to our knees; it is the union of ourself to the divine; and that is why yoga is the answer to all of that which ails us” - Sadhvi Bhagawati Saraswati (Sadhviji)

World renowned spiritual leader, best-selling author and motivational speaker, Sadhvi Bhagavati Saraswati ji, President of Divine Shakti Foundation, Parmarth Niketan Rishikesh, welcomes us to JKYog International Festival of Yoga with a beautiful message on the true meaning of Yoga.

Watch it [here](#).

*Click on the image below to watch the video.*





# SCHEDULE



# DAY 1 SCHEDULE: TUE, JUNE 15



CDT	IST	SESSION
10:00 AM	8:30 PM	<b>Opening Ceremony &amp; Swami Mukundananda Keynote</b>
11:15 AM	9:45 PM	<b>ATHA, YOGANUSASANAM! <i>Yoga Begins...</i></b> Learn dos & don'ts about Yoga
12:30 PM	11:00 PM	Office/Chair Yoga
1:30 PM	12:00 AM (WED)	BREAK
4:00 PM	2:30 AM	What is Yoga Nidra by <b>Julia Long</b>
5:30 PM	4:00 AM	<b>Yoga with ISHA FOUNDATION</b>
6:30 PM	5:00 AM	Yoga Nidra (Subtle Body Relaxation)
7:00 PM	5:30 AM	Diabetes by <b>Dr. Suman</b>
8:00 PM	6:30 AM	Patanjali Yog Sutra
9:00 PM	7:30 AM	Daily Gems from Yoga Fest

# DAY 2 SCHEDULE: WED, JUNE 16



CDT	IST	SESSION
6:00 AM	4:30 PM	Yoga for All
7:00 AM	5:30 PM	Pranayam with <b>Piyush</b>
7:30 AM	6:00 PM	<b>Meditation with Trudy Goodman</b>
8:00 AM	6:30 PM	Yoga for Youthful Energy with <b>Deviji</b>
9:15 AM	7:45 PM	JKYog Cooking
10:00 AM	8:30 PM	<b>Sadhvi Bhagavati Saraswati</b> Spiritual Leader
11:15 AM	9:45 PM	<b>Dr Leo Galland</b> World leader in Integrated Medicine
12:30 PM	11:00 PM	Yoga for Kids with <b>Marika</b>
1:30 PM	12:00 AM (THURS)	BREAK
4:00 PM	2:30 AM	Relationship with Money and the Spiritual path by <b>Michael Thomas</b>
5:30 PM	4:00 AM	Yoga for Back with <b>Maruti</b>
6:30 PM	5:00 AM	Yoga Nidra (Relaxation)
7:00 PM	5:30 AM	South Asians, Diabetes, and Heart Disease with <b>Dr. Rohtagi</b>
8:00 PM	6:30 AM	Patanjali Yog Sutra with Swamiji
9:00 PM	7:30 AM	Daily Gems from Yoga Fest



# DAY 3 SCHEDULE: THU, JUNE 17



CDT	IST	SESSION
6:00 AM	4:30 PM	Yoga for All with <b>Piyush</b>
7:00 AM	5:30 PM	Pranayam with <b>Marika</b>
7:30 AM	6:00 PM	<b>Meditation with Swami Mukundananda</b>
8:00 AM	6:30 PM	Yoga for Lungs
9:15 AM	7:45 PM	JKYog Cooking
10:00 AM	8:30 PM	<b>Reverend Dr. Bante Saranpala</b> World Civility Ambassador
11:15 AM	9:45 PM	<b>Ishi Khosla</b> Clinical Nutritionist
12:30 PM	11:00 PM	Office/Chair Yoga with <b>Ananda</b>
1:30 PM	12:00 AM (FRI)	BREAK
4:00 PM	2:30 AM	<b>Yin Yoga with Sasy Cacace</b>
5:30 PM	4:00 AM	Yoga with <b>Kishor</b>
6:30 PM	5:00 AM	Yoga Nidra (Relaxation)
7:00 PM	5:30 AM	COVID 19 Updates with <b>Dr Satish Mocherla</b>
8:00 PM	6:30 AM	Patanjali Yog Sutra
9:00 PM	7:30 AM	Daily Gems from Yoga Fest



# DAY 4 SCHEDULE: FRI, JUNE 18



CDT	IST	SESSION
6:00 AM	4:30 PM	Yoga for All with <b>Marika</b>
7:00 AM	5:30 PM	Pranayam with <b>Piyush</b>
7:30 AM	6:00 PM	<b>Meditation with Sadhvi Bhagavati Saraswati</b>
8:00 AM	6:30 PM	Yoga for Diabetes
9:15 AM	7:45 PM	JKYog Cooking
10:00 AM	8:30 PM	<b>Dr Nitai Sevini Mataji</b> Spiritual Leader
11:15 AM	9:45 PM	<b>Dr Deepak Sachdeva</b> on Medical Yoga
12:30 PM	11:00 PM	Yoga for Kids with <b>Maruti</b>
1:30 PM	12:00 AM (SAT)	BREAK
4:00 PM	2:30 AM	Yoga for Stress & Anxiety with <b>Crissy Luna</b>
5:30 PM	4:00 AM	Yoga with <b>Micheal Thomas</b>
6:30 PM	5:00 AM	Yoga Nidra (Relaxation)
7:00 PM	5:30 AM	Optimize Breathing: Pandemic era and beyond with <b>Dr. Nick Shroff</b>
8:00 PM	6:30 AM	Patanjali Yog Sutra
9:00 PM	7:30 AM	<b>Yoga Fest Gems with Swamiji</b>



# DAY 5 SCHEDULE: SAT, JUNE 19



CDT	IST	SESSION
6:00 AM	4:30 PM	Sleep more!
7:00 AM	5:30 PM	108 Surya Namaskar with <b>Deviji</b>
9:15 AM	7:45 PM	JKYog Cooking
10:00 AM	8:30 PM	<b>Dr. Sangeeta Pethkar</b> Nriya Yog Sutra
11:15 AM	9:45 PM	<b>Dr. Deanna Minich</b> Functional Medicine & Nutrition
12:30 PM	11:00 PM	Office/Chair Yoga with <b>Maruti</b>
1:30 PM	12:00 AM (SUN)	BREAK
4:00 PM	2:30 AM	Deepen your asana practice with <b>Deviji</b> (IN PERSON AVAILABLE)
5:30 PM	4:00 AM	Myofascial Roll & Relax Workshop with <b>Ananda</b>
6:30 PM	5:00 AM	Yoga Nidra (Relaxation)
7:00 PM	5:30 AM	Soulful Keertans by <b>LA Music Team</b>
8:00 PM	6:30 AM	<b>Patanjali Yog Sutra with Swamiji</b>
9:00 PM	7:30 AM	Daily Gems from Yoga Fest

# DAY 6 SCHEDULE: SUN, JUNE 20



CDT	IST	SESSION
6:00 AM	4:30 PM	Sleep more!
7:00 AM	5:30 PM	Pranayam with <b>Marika</b>
7:30 AM	6:00 PM	<b>Meditation with Dr Nitai Sevini Mataji</b>
8:00 AM	6:30 PM	Yoga Nidra (Relaxation)
9:15 AM	7:45 PM	JKYog Cooking
10:00 AM	8:30 PM	Yoga for Satsang with Deviji
11:15 AM	9:45 PM	<b>Father's Day Sunday Satsang with Swami Mukundananda</b>
12:30 PM	11:00 PM	Yoga for Kids
1:30 PM	12:00 AM (MON)	BREAK
4:00 PM	2:30 AM	Pranayam: Intentional Breath Hold with <b>Dr. Nick Shroff</b>
5:30 PM	4:00 AM	<b>Yoga with ART OF LIVING</b> - "Breathe light to Breathe right" with <b>Shreedhaji</b>
6:30 PM	5:00 AM	Yoga Nidra (Relaxation)
7:00 PM	5:30 AM	Soulful Keertans by <b>Bay Area Music Team</b>
8:00 PM	6:30 AM	Patanjali Yog Sutra
9:00 PM	7:30 AM	Daily Gems from Yoga Fest



# DAY 7 SCHEDULE: MON, JUNE 21

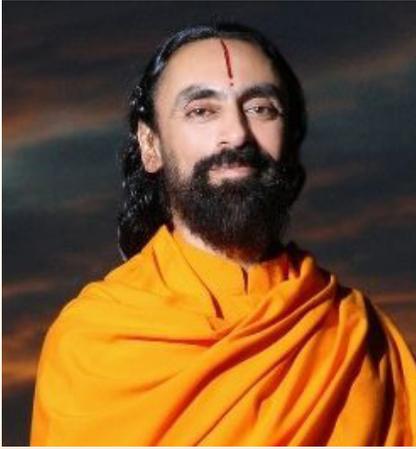


CDT	IST	SESSION
6:00 AM	4:30 PM	Yoga for All with <b>Deviji</b>
7:00 AM	5:30 PM	Pranayam with <b>Piyush</b>
7:30 AM	6:00 PM	<b>Meditation with Trudy Goodman</b>
8:00 AM	6:30 PM	<b>Baba Ramdev</b>
9:15 AM	7:45 PM	JKYog Cooking
10:00 AM	8:30 PM	<b>Dr. Smita Naram</b> Ayurvedic Leader
11:15 AM	9:45 PM	<b>Sadhguru</b>
12:30 PM	11:00 PM	Office/Chair Yoga with <b>Marika</b>
1:30 PM	12:00 AM (TUE)	BREAK
4:00 PM	2:30 AM	Yoga workshop with <b>Marika</b>
5:30 PM	4:00 AM	Yoga Practice
6:30 PM	5:00 AM	Yoga Nidra (Relaxation)
7:00 PM	5:30 AM	<b>Closing Ceremony &amp; Swamiji's Keynote</b>



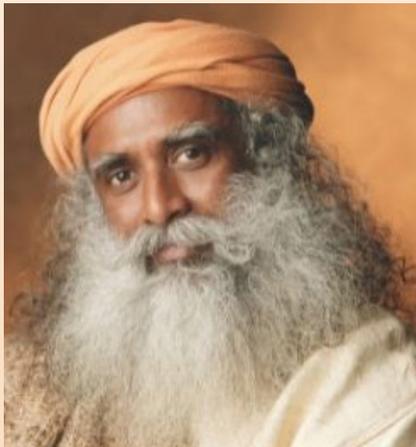
# SPIRITUAL MASTERS

## SWAMI MUKUNDANANDA - Global Spiritual Leader



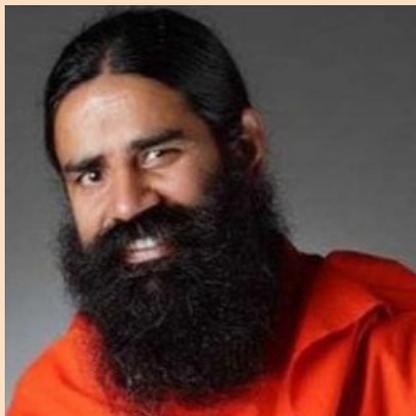
Swami Mukundananda, senior disciple of Jagadguru Shri Kripaluji Maharaj, is a global spiritual leader, best selling author, international authority on mind management and founder of JKYog. His distinguished technical background as an IIT/IIM alumnus, complements his profound spiritual wisdom. His lucid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

## SADHGURU - World Renowned Spiritual Leader



Sadhguru is a Yogi, Mystic and Visionary. Named one of India's 50 most influential people, Sadhguru's work has touched the lives of millions worldwide through his transformational programs. Sadhguru has a unique ability to make the ancient yogic sciences relevant to contemporary minds. His approach does not ascribe to any belief system, but offers powerful and proven methods for self-transformation. An internationally renowned speaker and author of the New York Times Bestseller Inner Engineering: A Yogi's Guide to Joy, Sadhguru has been an influential voice at major global forums including the United Nations and the World Economic Forum, addressing issues as diverse as socioeconomic development, leadership and spirituality. He is regularly invited to speak at leading educational institutions including Harvard, Yale, Oxford, Stanford, Wharton and MIT.

## SWAMI RAMDEV - Yoga Guru



Baba Ramdev needs no introduction. He is a Yoga Guru, spiritual leader, master of Ayurveda and founder of Patanjali Ayurveda and Patanjali Yogpeeth. He is credited with widely popularizing Yoga having organized large yoga camps since 2002 and broadcasting classes on various TV channels. He is a household name for those who look towards Yoga, Pranayama and natural remedies for holistic health. He has won several national and international awards and recognitions including being considered for the Padma Vibhushan, India's second highest civilian award.

## SADHVI BHAGWATI SARASWATI - Global Spiritual Leader



Sadhvi Bhagwati Saraswati, PhD is a renowned spiritual leader, motivational speaker and best-selling author. She is President of Divine Shakti Foundation, a charitable organization bringing education and empowerment to women and children. Originally from Los Angeles, and a graduate of Stanford University, Sadhvi has lived at Parmarth Niketan, Rishikesh in the Himalayas for 24 years, where she gives spiritual discourses, satsang and meditation, and leads myriad humanitarian programs. She has won several awards and been featured in CNN, NY Times, Discovery Channel, Travel Channel, BBC, NPR, Times of India, Dainik Jagran and many other renowned news networks.

## REVEREND BHANTE SARANPALA - World Civility Ambassador



Dr. Bhante Saranapala, known as the Urban Buddhist Monk, is a much sought after meditation teacher, and global public speaker. Born in Chittagong, Bangladesh, he received both his monastic and secular education in Sri Lanka and settled in Canada. Reverend Dr. Saranapala is a recipient of Spirit Award from the Government of Ontario for his humanitarian services. In 2017 and 2018, the Government of Canada recognized his spiritual services to Canadian communities by granting him "Canada 150 Medal and Sesquicentennial Community Award" and "The Canadian Charter of Rights and Freedoms."

## Dr. NITAI SEVINI MATAJI - Spiritual Leader



Her Grace Dr. Nitaisevini Devi Dasi is a Bhakti Yoga practitioner, trainer, motivational speaker and author. She was born in Mumbai in a Gujarati Business family, conventional followers of the Pushtimarg. Later she with her family shifted to Hyderabad in 1984, since then she was closely connected to ISKCON Secunderbad. Inspired by visits of many senior devotees, she later joined as a full time devotee in 1997 and took initiation in the year 1998 in Atlanta, USA from H.H. Jayapataka Swami. She is multilingual and delivers discourses in English, Hindi, Gujarati, Bengali and Telugu languages. Her lectures have been telecast on YouTube and various TV Channels. She is also the principal of the Divine Touch school.



# DISTINGUISHED SPEAKERS



Leo Galland, MD, a board-certified internist from New York City, is recognized as a world leader in integrative and functional medicine. Educated at Harvard University and the NYU School of Medicine, he won the Linus Pauling Award for his trailblazing vision that created a bold new approach toward healing for thousands of doctors. He has appeared in The New York Times, The Wall Street Journal, on the Dr. Oz Show, The Today Show, and Good Morning America, PBS, CNN, MSNBC, and Fox.

## Dr. SMITA NARAM - Founder Ayushakti Ayurveda Chain



Dr. Smita Naram is a global Ayurveda authority with 32 years of clinical experience. She has been honored worldwide with many prestigious awards for her contributions including KASHYAP AWARD. She is the founder of Ayushakti chain of clinics with 150 clinics worldwide. Ayushakti has helped 1.5 million people in 108 countries suffering from chronic diseases. Dr. Naram has also been featured on Radio/TV Shows and print media in 160+ countries.

## Ms. ISHI KHOSLA - Nutritionist



Ms. Ishi Khosla is a practicing clinical nutritionist, columnist, author, an entrepreneur and researcher. She is actively involved in clinical practice at the Centre For Dietary Counseling in Delhi. She founded 'Whole Foods', India's first health food company and initiated 'Celiac Society of India'. Ms. Khosla writes regular columns for national newspapers Indian Express, Hindustan Times, Times of India, Tribune and several magazines. She was listed among the 25 most powerful women in the country by the India Today Group.

## Dr. DEANNA MINICH - Nutritionist



Dr. Deanna Minich is an internationally-recognized teacher, author, scientist, speaker, and artist. She has more than 20 years of diverse, well-rounded experience in the fields of nutrition and functional medicine.. She has authored six books on health and wellness and over forty scientific publications. Currently, she is Faculty for the Institute for Functional Medicine and the University of Western States. She is a Yoga Alliance registered Yoga Teacher and Fellow of the American College of Nutrition.

## Dr. SANGEETA PETHKAR - Nrityayogsutra



Dr Sangeetha Pethkar is a trained Bharatnatyam and Odissi exponent who gave up her medical profession to pursue her passion of dance. She has trained under renowned exponents such as Padmavibhushan Pandit Kelucharan Mohapatra and Sangeeta Natak Akademi awardee C.V. Chandrasekhar. Dr. Pethkar also has a diploma in Yogic Science. She has brought about innovations in her field combining yoga and dance for Holistic Wellness. Dr. Sangeeta regularly conducts workshops of NrityaYogSutra explaining its spiritual and therapeutic value.

## Dr. DEEPAK SACHDEVA - Medical Yoga

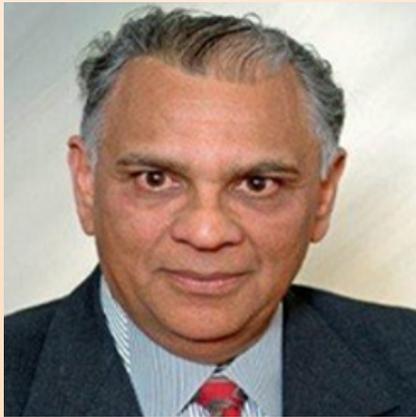


Dr. Deepak Sachdeva is the founder & director of Medical Yoga Centers. His understanding of the body bio-mechanics, muscles, bones, joints, movements, and their pathology & restoration with Medical Yoga Techniques make him the foremost expert of the subject. His analysis and instruction on various yogic postures is perhaps, unparalleled in the field of alternative medicine. His 15+ years of exceptional work in the field of Yoga therapy for Pain Relief has brought him numerous acknowledgments and awards including one from the President of India. He is one of the most sought after speakers on health related seminars. More than 12,000 patients have benefitted through his live seminars.



Anand Rohatgi, M.D., M.S.C.S., F.A.C.C., F.A.H.A., is an Associate Professor of Medicine in the Department of Internal Medicine's Division of Cardiology at UT Southwestern Medical Center. He specializes in preventive cardiology. Dr. Rohatgi earned his medical degree at the Duke University School of Medicine before completing an internal medicine residency at the University of Pennsylvania Health System and a cardiology fellowship at UT Southwestern. He also holds a master's degree in clinical science from UT Southwestern's Department of Clinical Sciences. He joined the UT Southwestern faculty in 2008.

**Dr. NICK SHROFF - Western Medicine & Holistic Living**



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.

Dr. Shroff is privileged to share his understanding of the science behind breathing practices as an adjunct to conventional medicine. He has fortified this transformational journey, connecting with many like-minded peers, sharing knowledge and experience with others. He is forever grateful for guidance and grace from Swami Mukundanandji and several revered Yoga masters.

**Dr. SUMANA GANGI**



Dr. Gangi, graduated from Sri Venkateswara Medical College Tirupati AP, India. She has been a Visiting Clinician at prestigious Mayo Medical Center, Rochester MN. She did her residency at Monmouth Medical Center, Long Branch NJ, an affiliate of Drexel University College of Medicine, Philadelphia. Dr Gangi has completed her Fellowship in Endocrinology from The University at Buffalo, Buffalo NY.

She is a member of American medical association, American college of physicians, Endo Society and American diabetic association. She will provide Endocrine consultative services at Dallas Regional Medical Center, Texas Regional Medical Center and Lake Pointe Medical Center. Her clinical interests include diabetes, obesity, thyroid and adrenal disorders.



# Y O G A

## INSTRUCTORS

## TRUDY GOODMAN, Ph.D. - Vipassana Teacher



Trudy Goodman, Ph.D., is a vipassana teacher in the Theravada lineage and the Founding Teacher of InsightLA. Trudy has trained in two fields: meditation and psychotherapy. She had the privilege of studying developmental psychology with Jean Piaget, Lawrence Kohlberg, and Carol Gilligan. For 25 years, in Cambridge, MA, Trudy practiced mindfulness-based psychotherapy with children, teenagers, couples and individuals. She teaches with Jack Kornfield, Kate Lila Wheeler, InsightLA teachers she has mentored (Beth Sternlieb, Christiane Wolf) Anam Thubten, and other beloved teachers. Trudy conducts retreats and workshops worldwide. She is a contributing author of *Clinical Handbook of Mindfulness, Compassion and Wisdom in Psychotherapy*, and *Mindfulness and Psychotherapy*. She's also the voice of "Trudy the Love Barbarian" on "The Midnight Gospel," Ep. 4, on Netflix.

## DEVIJI - Prem yoga & Meditation Teacher



Deviji grew up in Myanmar where she learnt the traditional values of wellbeing in a meditative society. She was actively involved in fitness training, gymnastics, dance, and several athletic sports. In her early years, she was also involved in activities such as aerobics, Tai Chi and gymnastics. 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 different lineages of yoga. She is a certified Ayurvedic Medicine educator, Prem Yoga Teacher Trainer (RYT200 & RYT500) & currently the owner of Prem Yoga Studio (formerly Yoga Remedy's Essential Wellness Center) in Harbor City, California.

## CRISSY LUNA - Trauma informed Yoga Instructor



Crissy is a FNLPT, CIHC, Functional Nutrition & Lifestyle Practitioner, Yoga & Yoga Nidra Meditation Teacher. She is a trauma-informed yoga teacher, nutritionist, and wellness coach. Her work focuses on helping those struggling with chronic stress and anxiety. Crissy teaches her clients how to build resiliency through targeted diet and lifestyle changes, as well as equipping them with tools to self-regulate their nervous system. For more information on her work, please visit [crissyluna.com](http://crissyluna.com) and follow her on social media.

## SASY CACACE - Author & Yoga Teacher Trainer



Author of "The Key to Happiness - A mindful life approach and meditation to declutter and master your mind". 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. 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 of value to paramedics, firefighters, police officers and front liners who put their lives at risk everyday on duty, and dispatchers who support them.

## MICHAEL THOMAS - Wealth Strategist & Yoga Instructor



Michael Thomas, Certified Estate and Trust Specialist, Wealth Strategist, Yoga Instructor, Vipassana Meditator.

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. He is skilled in how to ask transformational questions around relationships with money. Michael guides individuals and groups through a powerful process centered on how to live a balanced life around spirituality and money. He has a unique skill set in utilizing methods, strategies, and solutions for bringing families together around financial and estate planning, cultivating a healthy relationship with money, financial sustainability, and expression of purpose & abundance.

## THOMAS TAUBMAN - Yogaworks Senior Instructor & Teacher Trainer



Thomas Taubman has been teaching at Yoga Works for the past fifteen years and is part of the Teacher Training team as well. Thomas has taught workshops, trainings and classes for countless students of all different levels and walks of life. He has been to Dubai, New York, Las Vegas etc..... His extensive experience in Anatomy and Kinesiology allows him to teach the poses in the most efficient & effective way for each individual. Thomas prides himself on creating an atmosphere that is challenging, compassionate, fun and joyful!

## MARUTI GUDAVALLI - Certified Yoga Teacher



Maruti Ram Gudavalli, PhD, Professor at Keiser University, West Palm Beach, Florida and he is also a certified yoga teacher. Dr. Gudavalli has been involved in the teaching and research profession for more than 30 years.

He has traveled throughout the world to present his research at bioengineering conferences related to spine, low back pain, and neck pain. He received several awards for his research on spinal biomechanics. He has been teaching gentle integrated yoga based on sage Patanjali 8 limbs and incorporates gentle movements, pranayama, asanas, and meditation as well as relaxation.

## 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 been teaching and providing CCA Yoga Nidra sessions in groups and privately for many years. She is currently the only Classically-based Yoga Nidra Teacher Trainer in Canada (CCA-YN). She is also a certified Canadian Fitness Professional (CanFitPro). She has over 1000 hours of yoga training, including trauma-informed movement. She is co-author of F.R.Y. First Responders Yoga.

Julia is a Registered Yoga Alliance Instructor (RYT-500) and also a Yoga Alliance Continuing Education Provider (YACEP).

## KISHORE SONWANE - 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. Kishor would like to share his knowledge to help students understand how yoga can help grow one's awareness, and dig deeper in the various dimensions of human consciousness.



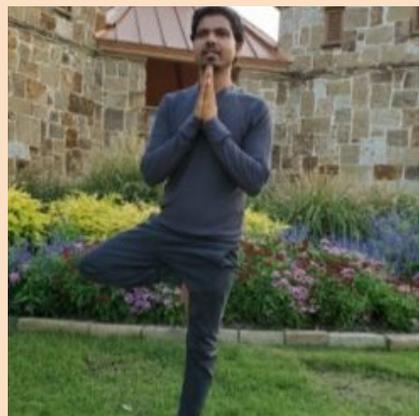
Andrew Oliver) is a local from Redondo Beach. He found passion in surfing, sports and the arts. As he got older he stuck with music and woodworking. He picked up on Yoga around 2012 from his personal trainer at the time and became inspired by her to the point where in a few years they together opened their own center for wellbeing. He was more so on the business end but recently became 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.

## MARIKA TOROK - Yoga Instructor



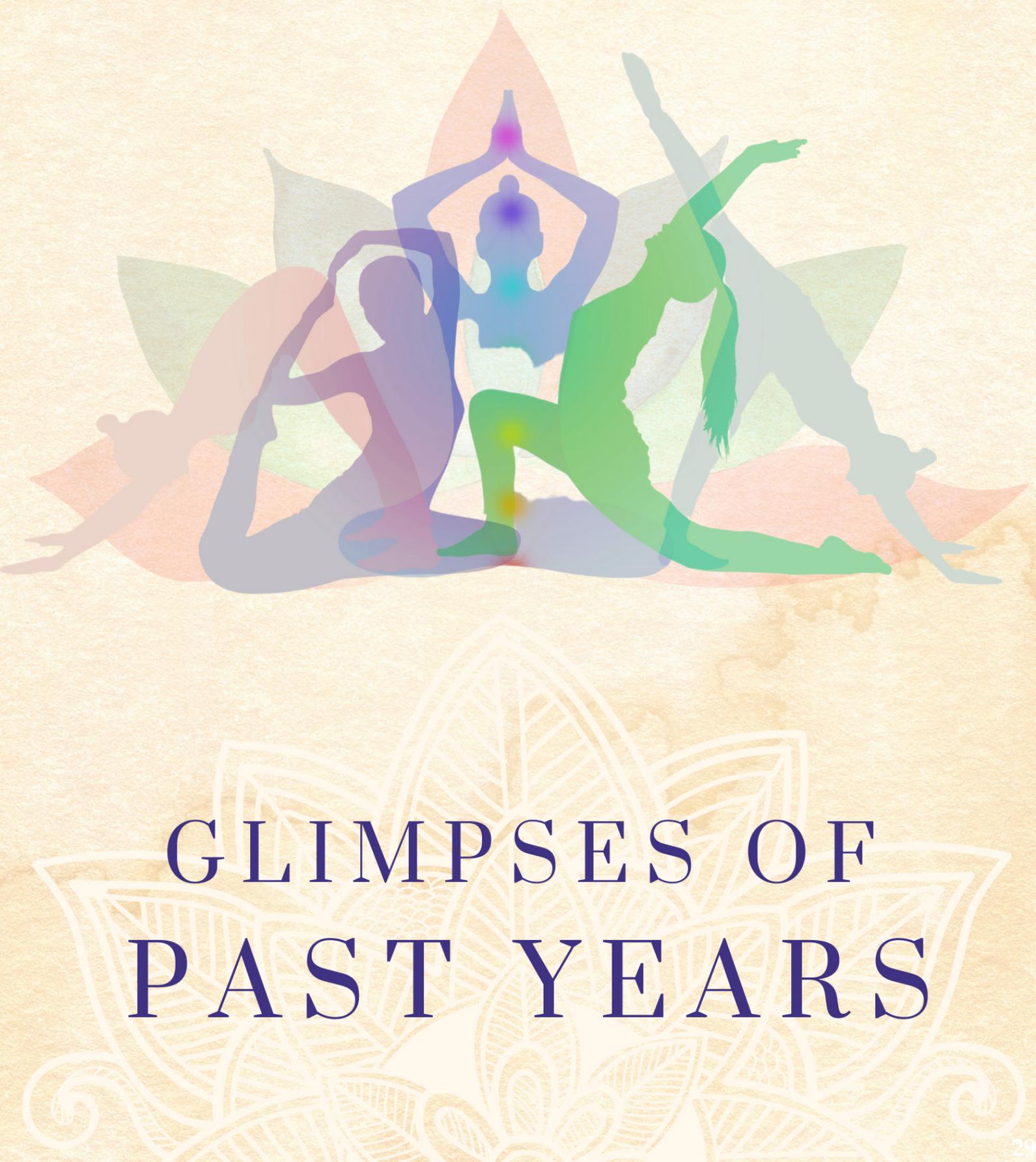
Marika received training in yoga and somatic from both US and Indian teachers, including Himalayan Institute and Center for Body, Mind and Movement. She strives to give each yoga student a holistic body, mind, and soul experience. Marika incorporates embodied anatomy and somatics along with the JKYog 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.

## PIYUSH VERMA - Yoga Instructor



Piyush received his Prem yoga training under the guidance of Swamiji and Devi ji. Swami ji's spiritual teachings enlightened him with this beautiful divine science of Yog to discover the true self and unfold the divinity.

Piyush's yoga practice of Asanas, Pranayam & meditation is truly aligned with the Ashtang Yog propounded by the Maharishi Patanjali. 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.



GLIMPSSES OF  
PAST YEARS

# JKYOG INTERNATIONAL FESTIVAL OF YOGA

## GIFT OF WELLNESS

JKYog offered seven action-packed days of free yoga and holistic wellness in the JKYog International Festival of Yoga from June 20 -26, 2020 which was an online event! Thousands of people registered to benefit from the over 100 sessions that were offered on body, mind, and spiritual health!

Today's hectic lifestyle demands that we multitask and therefore are forced to keep our body and mind engaged in multiple activities. Over time, this can take a toll on our physical and mental well-being — we can feel emotionally drained, tired, lack vitality, compromise our immunity, and be prone to both physiological and psychosomatic diseases. The ancient science of Yog has many techniques that are designed to bestow good health. One of the most powerful tools that has a whole-body holistic healing effect is — meditation or dhyana.



H.H. Swami Mukundananda



Dr Madhukar Trivedi



Dr. Mamta K. Jain



Dr. Smita Naram



Vasundhara Agrawal



Smita Sundararaman



Dr. Asmita Adsul



Dr. Funmi Apantaku-Onayemi



Dr. Nick Shroff

## 2020 HIGHLIGHTS

# JKYOG INTERNATIONAL FESTIVAL OF YOGA

## GIFT OF WELLNESS

Meditation works at many levels. If practiced regularly, meditation significantly improves our bodily health. Dr. Robert Keith of California University published his research in "Scientific American." He says, "When someone meditates, his heartbeat, blood pressure, movement of the veins, and breath come in harmony which is conducive for health." Further studies on the chemical changes due to meditation showed that the average heartbeat reduced up to five times a minute. Systolic and arterial blood pressure were also notably reduced after meditation. Scientists have also concluded that 15 minutes of meditation equals 6 hours of deep sleep.

The practice of meditation is a great boon for overcoming negative disturbances in the mind and enhancing our mental abilities. When the scattered mind is forced to rest on a single point or the object of meditation, its activity decreases and it naturally becomes calm and tranquil. Reduced anxiety helps us multitask with ease and better cope with high-pressure work environments. This increases our efficiency and output without much drain on our inner resources.

Many techniques on how to practice meditation and many other effective health and lifestyle tools/tips were offered at the online JKYog International Festival of Yoga. The global human community had a great opportunity to connect to a wealth of expertise and knowledge about yoga and other complementary and alternative medicine from the comfort of their home. Kids enjoyed a few sessions too! JKYog paired up with some of the most distinguished and well-known doctors/practitioners of western and alternative medicine, nutrition, and yoga, to bring a complete experience on wellness! *Click the play button on the image below to watch Swamiji's speech.*



**2020 HIGHLIGHTS**

# JKYOG INTERNATIONAL FESTIVAL OF YOGA

## GIFT OF WELLNESS

Prior to the pandemic, JKYog annually commemorated International Day of Yoga with Yoga Fest attended by thousands. One of the biggest events for wellness enthusiasts, it featured myriad offerings in Yoga, meditation, pranayama, alternative medicine, holistic wellness, and integrative medicine as well as a lively, much loved marketplace for wellness products. The JKYog International Festival of Yoga has put Dallas on the map for Yoga and wellness. Learn More [here](#).

In 2019, Yoga Fest featured a special live conversation on Yoga in the 21st century, between JKYog founder Swami Mukundananda and Bollywood Actress Sanya Malhotra. Click on image below to watch the video.



### 2019 HIGHLIGHTS



# ARTICLES



# THE SPIRITUAL SIGNIFICANCE OF YOGA

From being the subject of Maharishi Patanjali's well-known treatise to having its own international day (June 21), yoga has certainly come a long way. Yogic practices have traveled across time and transcended barriers of culture, race, and religion to provide an effective solution for healthy and stress-free living. What makes yoga popular is exactly this universal appeal – it is a one-stop shop for most of your physical and mental needs.

Our society is driven largely by external attributes, such as body image and corporate success. There is a powerful sense of validation attached with both of these things. Certainly, one needs an able body and a calm mind to face all the challenges that a successful career entails. However, today's fast-paced lifestyle has made it harder to address one's physical and mental wellness. We work long hours, consume meals irregularly, and barely exercise. Additionally, the internal push to meet deadlines for fear of losing that next big opportunity looms ever steadily on the horizon, causing stress. This prolonged stress has been proven to cause a host of problems, ranging from hypertension to strokes and heart disease.

Enter yoga.

Physically speaking, yogic poses or Asanas are powerful ways to cultivate muscular strength, flexibility, and cardiovascular fitness. An added incentive is the lean, toned physique that contributes to one's physical attractiveness. Anybody can do yoga at their personal pace. Meditation and breathing exercises that are part of yogic practices are proven powerful antidotes to stressful situations, owing to their visible effect on body physiology. In modern times, many businesses and health experts recommend mindfulness and meditative practices to boost productivity and performance. Yoga equips you to focus and relax at the same time, making it a powerful tool for those pursuing demanding careers. It is not hard to see why yoga is so appealing from the perspective of material satisfaction.

However, yoga is much more than a mere tool for physical and mental wellness. Yoga transcends the body and mind into the realm of the soul. The Sanskrit word Yog denotes union of the soul with God – in fact, there is no such word as yoga in Sanskrit terminology. Uniting the soul with God is upheld as the goal of human life by the Vedas. To attain this goal one needs to use the body and the mind for spiritual practice or Sadhana. Physical exercise, rest, mental relaxation, and proper diet are all essential for maintaining the body and mind as the vehicles for spiritual advancement. One cannot, after all, perform spiritual practice with a weak constitution.

The Bhagavad Gita states:

Yuktahara-viharasya yukta-cheshtasya karnasu  
Yukta-svapnavobodhasya yogo bhavati dukkha-ha  
– Bhagavad Gita 6.17

*"But those who are temperate in eating and recreation, balanced in work, and regulated in sleep, can mitigate all sorrows by practicing Yog."*

With such an esoteric spiritual significance, Yog is far from being just the physical drill that it has come to symbolize. When practiced under the proper guidance of a realized master, it is a way of life that ultimately leads to spiritual success and eternal happiness. Physical and mental wellness are just byproducts.

Jagadguru Shri Kripaluji Maharaj mentions in his work "Radha Govind Geet":

Hari ka viyogi jiva Govind Radhey, Sancho yoga soi jo hari se milade  
Hari se milave na jo Govind Radhey, vaha yoga yoga na kuyoga batade

*"True Yog is that which unites a soul separated from God, with God;  
All else is just the opposite of Yog"*

# MEDITATION TECHNIQUES TO PRACTICE AT WORK

Meditation is a great way to develop equanimity, compassion, and peace in fast paced environments. Today's corporate environment is such that one constantly strives to achieve tough goals in record time. It is important for employees to have a peaceful, productive, and motivated mindset when at work. Meditation has thus started trending in many companies such as Apple, Google, LinkedIn, Twitter, and Nike to name a few. These companies offer guided meditations and meditation rooms for their employees. Several meditation apps exist such as Headspace and Calm for those on the move.

There are many meditation techniques from various traditions around the world.

*Mindfulness meditation* is derived from Buddhist traditions. It involves focusing on the present without judgement. This technique helps develop a mindful attitude through the day and helps in responding rather than reacting to stressful situations.

*Transcendental meditation* involves the recitation of a mantra, but does not include control, concentration or emptying of the mind. Maharishi Mahesh Yogi propagated it.

There are also other forms of meditation such as – Chakra meditation, third eye meditation, Kundalini meditation etc. However commonly practiced meditation techniques are mostly mechanical outwardly activities or aim to control the mind. Our self-effort to control the mind is not long lasting as it is based on a limited resource – will power.

## Meditation Techniques - Easiest and Fool-Proof Way

In the Bhagavad Gita, Arjun says to Shree Krishna –  
chañchalaṁ hi manaḥ kṛṣṇa pramāthi balavad dṛiḍham  
tasyāhaṁ nigrahaṁ manye vāyor iva su-duṣhkaram

“The mind is very restless, turbulent, strong and obstinate, O Krishna. It appears to me that it is more difficult to control than the wind.”  
- Chapter 6 Verse 34, Bhagavad Gita

The mind cannot be without a thought for even a moment! Even if we do manage to control it for some time, the inherent tendencies of the mind will once again create thoughts of anger, greed, envy, lust, pride etc. Such thoughts are not fruitful especially in professional situations.

Shree Krishna responds by saying –  
asanśhayaṁ mahā-bāho mano durnigrahaṁ chalam  
abhyāsenā tu kaunteya vairāgyeṇa cha gṛihyate

“O mighty-armed son of Kunti, what you say is correct; the mind is indeed very difficult to restrain. But by practice and detachment, it can be controlled.”  
- Chapter 6 Verse 35, Bhagavad Gita

What does Shree Krishna mean by practice and detachment?

Detachment indicates the act of removing the mind from the direction it is habituated to running toward. Practice indicates resting the mind on the Lord. True mental control and purification can only be achieved when the impure mind is attached to the all pure God. This is also called “Yog” or union with God.

JKYog thus prescribes “Roop Dhyān” or meditation on the form of God. A few quick sample meditations are described [here](#) for your convenience, which can be performed in the privacy of your office cube. All you need to do is close your eyes for five to ten minutes and focus on the form of God that is most appealing to you. Enliven this mental image of God and serve Him or seek His blessings and grace. In time you will find yourself to be more peaceful and positive owing to the energy you receive in meditation from God. Every couple of hours you can take five to ten minutes to contemplate on God in this way. There are several short meditations available on YouTube.

# THE SCIENCE OF ROOPDHYAN

Third Method of Practicing Bhakti – Remembering and the importance of Roopdhyan. In this article, we dig deeper and attempt to understand the science of Roopdhyan or visualization and meditation upon the form of Radha Krishna.

In verse 5.5 of the Bhagavad Gita, Swamiji quotes multiple scriptures that highlight the importance of engaging the mind in any and all devotional practice. According to v4 of the Pañchadaśhī, “the mind alone is the cause of bondage or liberation.” Shree Maharajji also explains this concept in his Narad Bhakti Darshan by stating, “Bondage and liberation depend upon the state of the mind. Whatever form of devotion you choose to do, keep the mind engaged in meditation upon God.”

Now the question becomes how can we do Roopdhyan on the image of Radha Krishna when we have never seen them or heard their voice or spent any amount of time with them? It is easy to focus on the image of one with whom we have spent time or with whom we are in contact on a daily basis; we can replay their gestures or the conversation multiple times in our head. But how do we do this when we have never seen or talked to or joked or played with someone?

Here Lord Krishna guides us and says, “Make up my form! Think of any form that appeases you and I will accept it.” The Lord leaves this to our imagination. We can visualize Shree Krishna as a child stealing butter or as a young adult walking the streets of Mathura or as the King of Dwaraka or as the Guru of Arjun explaining the Gita in the middle of the battlefield. Whatever form we make up will be limited because our mind is material. God is divine and without his grace we will be unable to meditate upon his true form. So, until then, we must use our vivid imagination and do Roopdhyan of his form.

Shree Maharajji goes on to explain that we should do Roopdhyan on the Lord’s form in two ways – Milana, or the feeling of meeting him, or Viraha, the feeling of separation from him. Of these two forms, Viraha or separation, is the higher form of meditation. The pain of separation from the one we love makes us focus more intensely on him/her thereby growing our longing and love until this is the only desire left within us. So the meditation of Viraha pushes us to complete this journey quickly – perhaps, even in this lifetime!

As we alternate between these two forms – of the joy of meeting Radha Krishna and the pain of separation, it is also important to keep in mind four simple techniques. First, we must sit up straight. If we get too comfortable, we’ll fall asleep. Second, follow the principle of Tridha Bhakti i.e. engage the mind and the senses. Third, close the eyes in order to focus on the form, feeling, and to completely engage the mind. Fourth, sit in a place that is free from distractions. As beginners, there are many distractions that we need to be wary of.

By practicing on the two forms and keeping these four techniques in mind, our mind will slowly get attached to Radha Krishna. With constant practice that day will not be far off when it will always be engaged in their loving devotion! *All else is just the opposite of Yog*”

# RADHEY KRISHNA PRANAYAM

Pranayam has been derived from two words Pran and Ayam. It means, to expand the pranic energy of the body. Normally it is understood only as a respiration technique of inhaling and exhaling. It is true that the level of oxygen increases in the body through pranayam, but the meaning is not limited to this.

“Pran” is a life-giving energy which is subtler than oxygen and is present everywhere. In Pranayam, special breathing techniques are used to assimilate that vital force from the atmosphere and enhance it in the body.

Our lifestyle deeply affects our pranic force. Our actions, sleep, diet, thought, senses, etc all have an effect on our pranas. Irregularity and indiscriminate in our lifestyle depletes pranic energy and leads to pranic blockages. That is why people feel the loss of energy from time to time. The depletion of pranic energy leads to ailments in organs and muscles. The various Pranayam practices help expand this energy and balance the five types of pranas in the body. Pranayam should be practiced after asans.

## *Rules*

- It is necessary to follow some of the basic rules of pranayam for deriving its benefits, otherwise it can have an adverse effect. Therefore one needs to be aware of the rules of practicing pranayam.
- Pranayam should be done on empty bowels or at least four hours after meals. It should be practiced where adequate fresh air is available. One can sit in any meditative asana but the spine and neck should be straight.
- Remember God's name along with Pranayam. Say in your mind Ra... during inhalation and Dhey... during exhalation. You can remember any Name of God.
- Eyes should be closed so that mind does not get diverted.
- Keep a slight smile on your face while practicing Pranayam. Let there be no sign of tension in our face.
- You should not exhaust yourself while practicing Pranayam or it may affect adversely.

*Jai Radhey Pranayam* is the integration of Abdominal, Thoracic and Clavicular Breathing.

Sit in any meditative asana with the spine and head erect well.

Relax the shoulders and place the hands on the knees in any mudra.

Inhale (Ra...) slowly and deeply and using the bottom part of the lungs let the abdomen swell, then use the middle part of the lungs to expand the chest and then finally using the upper portion of the lungs, allow your shoulders and collarbones to move up.

Now exhale (Dhey...) slowly, depressing the shoulders, then your chest & finally relax the abdomen.

Breathe in and out equally and rhythmically.

Continue the process for 10 -20 rounds.

## *Benefits*

Maximum portion of the lungs is used in this Pranayam, enabling us to take more oxygen from the atmosphere. It works as a tonic for the body. It purifies the blood. It helps control high BP. Except these it tranquilizes and stabilizes the mind and, thus, easily helps control anger. This Pranayam can even be practiced in times when you feel tired or angry so that you can overcome them.

## *Limitations*

This Pranayam can be done in slow, medium, or fast pace. But initially it should be practiced only in slow pace.

# WHAT DOES BHAGAVAD GITA SAY ABOUT YOUR FOOD

- Nature of the Mind
- Sāttvic, Rājasic and Tāmasic food
- Effects of food on your mind

We all repose our faith somewhere or the other. Where we decide to place our faith and what we choose to believe in, practically shapes the direction of our life. Nature of our faith is also echoed in our lifestyle and the choice of food we like to eat. *Bhagavad Gita* says, “Every human being is born with innate faith, which can be of three kinds - sāttvic (mode of goodness), rājasic(mode of passion), or tāmasic(mode of ignorance).” (Bhagavad Gita 17.2) And the quality of our faith is decided by the nature of our mind. “The faith of all humans conforms to the nature of their mind. All people possess faith, and whatever the nature of their faith, that is verily what they are.” (Bhagavad Gita 17.3)

It is said that the good are drawn to the good and the bad to the bad. Those in tamo guṇa are drawn toward the evil. Those who are rājasic get drawn towards power, wealth, sensual enjoyment, revenge, and wrath. Those who are imbued with sattva guṇa become attracted to qualities of goodness. But even when some action might seem to suggest that one is engaging in good deeds and hence is sāttvic, it might not be the case all together. “Some people perform stern austerities that are not enjoined by the scriptures, but rather motivated by hypocrisy and egotism. Impelled by desire and attachment, they torment not only the elements of their body, but also I who dwell within them as the Supreme Soul. Know these senseless people to be of demoniacal resolves.” (Bhagavad Gita 17.5/6)

Way of living and most importantly the choice of food is a reflection of individual disposition. Foods in the mode of goodness are pure, illuminating, and serene, and create a sense of happiness and satisfaction. Such foods promote longevity and bestow good health, virtue, happiness, and satisfaction. They are juicy, naturally tasteful, mild, and beneficial. These include grains, pulses, beans, fruits, vegetables, milk, and other vegetarian foods. Hence, a vegetarian diet is beneficial for cultivating the qualities of the mode of goodness that are conducive for spiritual life.

When vegetarian foods are cooked with excessive chilies, sugar, salt, etc. they become rājasic. Such foods are very bitter, very sour, very salty, very hot, very pungent, very dry, very spicy, etc. They produce ill-health, agitation, and despair. Persons in the mode of passion find such foods attractive, but those in the mode of goodness find them disgusting. The purpose of eating is not to relish bliss through the palate, but to keep the body healthy and strong. As the old adage states: “Eat to live; do not live to eat.” Thus, the wise partake of foods that are conducive to good health, and have a peaceable impact upon the mind i.e., sāttvic foods.

Cooked foods that have remained for more than one yām (three hours) are classified in the mode of ignorance. Foods that are impure, have bad taste, or possess foul smells come in the same category. Impure foods also include all kinds of meat products.

The mind and body impact each other. The food people eat influences their nature and vice versa. The Chhāndogya Upaniṣhad explains that the coarsest part of the food we eat passes out as feces; the subtler part becomes flesh; and the subtlest part becomes the mind (6.5.1). Again, it states: āhāra śhuddhau sattva śhuddhiḥ (7.26.2) “By eating pure food, the mind becomes pure.” The reverse is also true—people with pure minds prefer pure foods.

Although we might like to have junk, oily and spicy food, it is not good for our health and invariably causes illness. To curb the tāmasic and rājasic nature of our mind and to follow a sāttvic regime is the only way to have healthy body and mind. “The pleasures that arise from contact with the sense objects, though appearing as enjoyable to worldly-minded people, are verily a source of misery. And such pleasures have a beginning and an end, and so the wise do not delight in them.” (Bhagavad Gita 5.22). Therefore, we should be in constant check of what we eat as it has direct effect on our body and our mind. To eat sāttvic food (as much as possible), not only aids healthy body and mind but is essential for spiritual health as well.

# JKYOG CENTER FOR INDIAN CULTURE & EDUCATION

The JKYog Center for Indian Culture and Education comprises Phase 2 of the expansion of the Radha Krishna Temple of Dallas - earlier this year a groundbreaking ceremony was performed, and construction has rapidly progressed since then. The 24,000 sq. ft. State-of-the-Art building will be a milestone for current and future generations to appreciate our Indian heritage. It will be a Center of Excellence to educate the community about the Indian culture, the practice of devotion, the language of our scriptures (Sanskrit), and so much more. This Center will be a nucleus for Indian arts, culture and education in the US.

Click image below to watch this [short video](#) to learn more.



View of the Cultural Center and the Radha Krishna Temple of Dallas

# 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 its 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 its 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

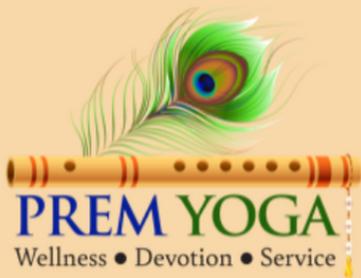
Access a large variety of regular LIVE online sessions in the following categories:

- 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](http://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!!





- Beginner/ Advanced Yoga
- Chair/ Office Yoga
- Pranayama & Meditation
- Myofacial Roll
- Subtle Body Relaxation/Yoga Nidra

# FREE YOGA SESSIONS

LIVE VIRTUAL CLASSES



Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Yoga</b> <b>6am</b> <i>Devi</i>	<b>Yoga</b> <b>6am</b> <i>Ananda</i>	<b>Yoga</b> <b>6am</b> <i>Devi</i>	<b>Yoga</b> <b>6am</b> <i>Piyush</i>	<b>Yoga</b> <b>6am</b> <i>Marika</i>	<b>VIRTUAL + IN PERSON</b> <i>On weekend!</i>	
<b>Pranayam</b> <b>7am</b> <i>Piyush</i>	<b>Meditation</b> <b>7am</b> <i>Marika</i>	<b>Pranayam</b> <b>7am</b> <i>Piyush</i>	<b>Meditation</b> <b>7am</b> <i>Marika</i>	<b>Pranayam</b> <b>7am</b> <i>Piyush</i>	<b>Yoga</b> <b>8am</b> <i>Marika</i>	
<b>Yoga 2</b> <b>9:15am</b> <i>Devi</i>	<b>Pranayam Workshop</b> <b>9:15am</b> <i>Dr. Nick Shroff</i>	<b>Yoga 2</b> <b>9:15am</b> <i>Devi</i>	<b>Yoga 2</b> <b>9:15am</b> <i>Ananda</i>	<b>Yoga 2</b> <b>9:15am</b> <i>Devi</i>	<b>Yoga</b> <b>9:15am</b> <i>Devi</i>	<b>Yoga</b> <b>9:15am</b> <i>Devi</i>
<b>Office Yoga</b> <b>12pm</b> <i>Marika</i>	<b>Chair Yoga</b> <b>2pm</b> <i>Maruti</i>	<b>Office Yoga</b> <b>12pm</b> <i>Marika</i>	<b>Chair Yoga</b> <b>2pm</b> <i>Ananda</i>	<b>Office Yoga</b> <b>12pm</b> <i>Marika</i>	<b>Subtle Body Relaxation</b> <b>10:30am</b> <i>Marika</i>	
<b>Yoga</b> <b>5:30pm</b> <i>Devi</i>	<b>Yoga</b> <b>5:30pm</b> <i>Guest Teacher</i>	<b>Yoga</b> <b>5:30pm</b> <i>Devi</i>	<b>Yoga</b> <b>5:30pm</b> <i>Kishorji</i> <b>Myofacial Roll</b> <b>8pm</b> <i>Ananda</i>	<b>Yoga 2</b> <b>5:30pm</b> <i>Devi</i>		
						



**SIGN UP TODAY**  
[www.radhakrishnatemple.net/prem-yoga](http://www.radhakrishnatemple.net/prem-yoga)



Subscribe to  
 Youtube channel



## FREE Daily ONLINE CLASSES FOR ADULTS

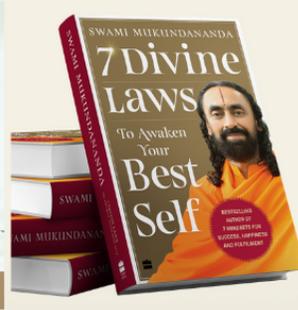


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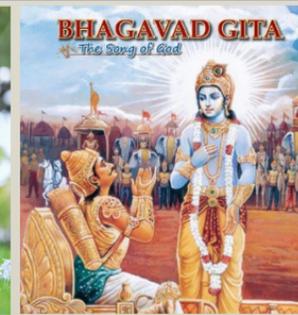
## ONLINE CLASSES FOR YOUTH & KIDS



Kids Bhajan Class



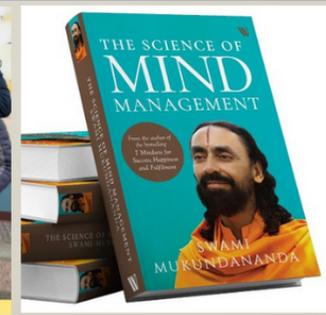
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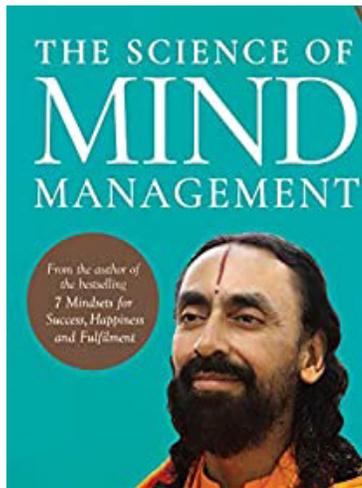
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# BOOKS ON THE BODY, MIND & SOUL

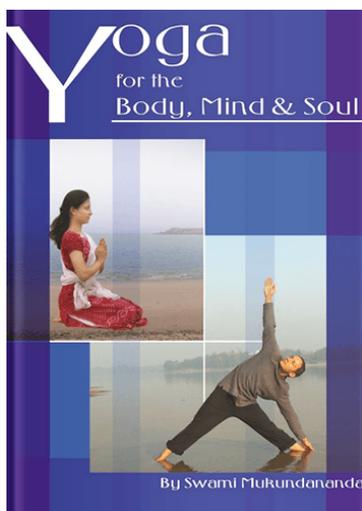
## THE SCIENCE OF MIND MANAGEMENT



The quality of our mind determines the quality of the life we lead. It can be our greatest ally or our worst adversary. A mind that runs amok could steal our inner peace and undermine every productive endeavour. Yet, with proper knowledge, training and discipline, it is possible to unleash the mind's infinite potential.

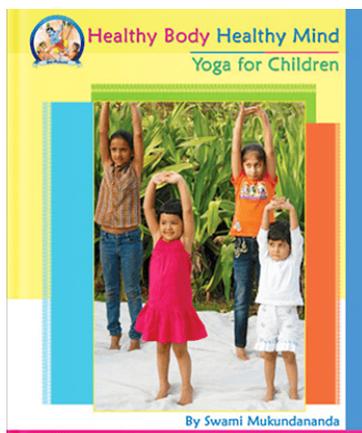
In *The Science of Mind Management*, Swami Mukundananda charts the four different aspects of the human mind and lays down a clear path towards mastering it. Through witty anecdotes, real-life accounts and stories from the Vedic scriptures, he gently guides readers on the road to winning their inner battle.

## YOGA FOR BODY, MIND AND SOUL



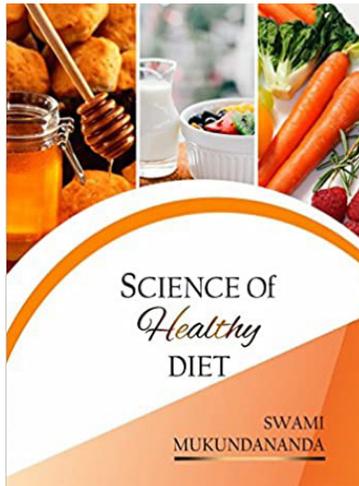
*Yoga for the Body, Mind & Soul* is a comprehensive treatise on Yoga, Meditation and Pranayam, incorporating all the five wings of unique and holistic system of Yog, Jagadguru Kripaluji Yog. With nearly 250 Yogasans, 13 pranayams and 24 mudras for complete protection of the body, subtle body relaxation and Roopdhyam 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.

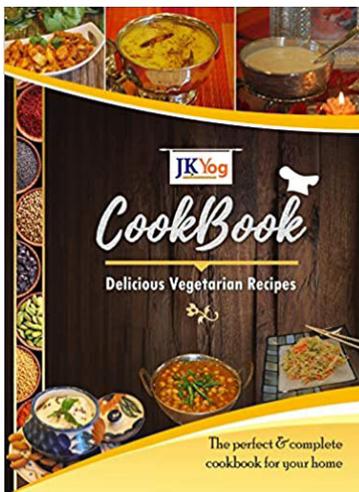
## SCIENCE OF HEALTHY DIET



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.

We are delighted to announce the launch of the [JKYog Cooking YouTube channel!](#) This will be your online resource for nutritious and delicious vegetarian recipes. You can look forward to an array of culinary dishes ranging from soups/salads, appetizers, mini-meals, condiments, entrées, desserts, and much more. This channel is tailored to help bring sumptuous and healthy meals to your table.

Our food choices have a significant impact on our wellbeing. While a healthy diet results in a healthy body, it also positively affects our mind. The Chhandogya Upanishad (7.26.2) states: "By eating pure food, the mind becomes pure." Such foods are juicy, naturally tasteful, mild, and nutritious. Food prepared with love and offered to God is a blessed way of partaking it. It is considered prasad and every morsel that is eaten is akin to divine nectar. It is nourishing and uplifting at the same time. In this way, culinary science is holistically connected to the wellbeing of our body, mind, and soul.

The JKYog Cooking channel is the latest initiative to bring holistic culinary art to your kitchen. This will be your portal to devotional and healthy cooking.



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