



# pūrṇa vidyā newsletter 05|24

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## Ammaji's Message

Dear Readers,

*anudvegakaram vākyaṃ satyaṃ priyahitaṃ ca yat  
svādhyāyābhyasanam caiva vāṅmayam tapa ucyate*  
(Bhagavad Gita, Chpt 15, Verse 15).

Words are a gift from the Divine. They are a powerful tool that we constantly use in our interaction with the world around us. They can either make, amend or break relationships. Our shastras have consistently emphasised on the importance of *vāk śuddhi* (purity of speech) and to avoid mechanical and impulsive talking. Sri Śankarācharya says in Vivekachudamani, verse 368 “*yogasya prathamadvāram vāṅnirodho 'parigrahaḥ*”; The first doorway to Yoga is discipline of speech. Sri Krishna in Bhagavad Gita, Chpt 15, verse 15 expounds on how one's quality of speech should be.

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Lord Krishna mentions that the first quality is *anudvegakaram* (verbal ahimsa) where one should ensure that the words uttered do not cause hurt or turbulence in another. There should be no bitterness in the speech that will make others despise us. The 2nd quality is *satyam* (speak the truth). Speech should be transparent; truthful and there should be no hidden or double meaning in what one says. The intent needs to be clear and there needs to be alignment of mind and words. 3rd quality is *priyam* (love) where choice of words, the way it is said, and the non-verbal language needs to be gentle. One needs to make an effort to present unpleasant news in a pleasant manner. The fourth quality is *hitam* (usefulness) where one needs to observe that their speech is beneficial to the other and one needs to refrain from gossip.

In today's world, social media has changed the way we are able to communicate and behave with each other. Speech now refers to not just face to face interactions but to words expressed via social media and technology such as whatsapp, twitter, facebook, email etc. Are we alert to how one's language is when it is expressed through these various platforms and the consequences it produces? We must ensure that we are responding and not reacting to conversations, situations or people and that we are aligned with our thoughts and speech. How one speaks is as important as what one says! May we not abuse this divine gift that has been bestowed upon us.



Love and Blessings,

*Ammaji*

# Lingāṣṭakam

## > Part 3



Over the last couple of sessions, we have been discussing the introduction of *Lingastakam*, a set of eight verses, in prayers to Lord Shiva in the form of Lingam. We have explored various forms in which one can use symbols to pray to the infinite being. There are anthropomorphic forms, which are characterized by human traits. These forms are part of our tradition, passed down through the Puranas, the Rishis, and the Agama traditions .

These forms provide us with different ways to connect with the divine, depending on our needs and circumstances. When we seek blessings from a higher altar in our specific journey, we have specific invocations, not broad ones. This specificity is akin to using a specific antibiotic for a particular ailment, instead of a broad-spectrum one. Similarly, in our prayers, we can address the Cosmic Being in a formless manner or through specific forms tailored to our needs. These forms include the *yogamurti* which is conducive to yogis, *sadhakas*, and spiritual aspirants, as well as the *bhogamurti*, which portrays the divine with their family, allowing us to relate by asking for protection and care akin to how the divine cares for its universal family. Examples include Rama Parivara and Siva Parvati. We also have *Veeramurti* forms like Durga, embodying fierce aspects, representing the need to address adharma and negative forces when they increase.

These forms remind us of the varied ways the energy of the universe can manifest—gentle, loving, healing, or fierce. We also discussed aniconic worship, where the divine is worshipped without a specific form. This form of worship looks at the physiomorphic or topomorphic aspects, considering the landscape and its energies. Sacred places are often associated with high energy phenomena and mythological manifestations, such as rivers like the Ganga, mountains like Kailas, and hills like Arunachala. Worship of this aniconic form involves using stones from these sacred places to represent different deities.

Adi Shankaracharya is credited with introducing this form of worship, where specific stones symbolize different deities from the Saivaagama, Vaishnavaagama, Saaktaagama, Souraagama, and Gaanapatyaagama traditions. Each deity corresponds to a unique stone, sourced from specific locations. For instance, Aditya, the Sun deity, is worshipped using quartz crystals from near Tanjore, and Ambika, the Shaktaagama deity, is worshipped using special crystals from the Swarnamukhi River near Kalahasthi temple.

## 4 Power of Prayers – Lingāṣṭakam

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Vishnu, represented by the Saligrama stone, is worshipped using stones from the Gandaki River in Nepal, near Muktinath temple. Ganapathi is worshipped using red stones from the Sonabhadra River, where it meets the Ganga in Bihar. Lastly, Lord Shiva, in the form of Banalinga, is worshipped using stones from the Narmada River near Omkareshwar in Madhya Pradesh. This form of worship, known as Panchayathanapuja, involves revering the natural world and the creator. These traditions have been passed down through generations, ensuring the continuity of worship practices. While traditional methods involve passing down these stones through generations, modern practices sometimes involve purchasing them from shops, with less knowledge about their origins. Despite these variations, the core idea remains—aniconic worship that honors the divine without anthropomorphic representations, emphasizing devotion above all.

लंपृथिव्यात्मने गन्धंसमर्पयामि।  
हंआकाशात्मने पुष्पंसमर्पयामि।  
यंवाय्वात्मने धूपंसमर्पयामि।  
रंवह्न्यात्मने दीपंसमर्पयामि।  
वंअमृतात्मने अमृतमहानैवेद्यं निवेदयामि॥  
*laṃ pṛthivyātmane gandhaṃ samarpayāmi.  
haṃ ākāśātmane puṣpaṃ samarpayāmi.  
yaṃ vāyvātmane dhūpaṃ samarpayāmi.  
raṃ vahnyātmane dīpaṃ samarpayāmi.  
vaṃ amṛtātmane amṛtaṃ mahānaivedyaṃ  
nivedayāmi..*

With the use of mudras through each finger, we offer flowers, incense, a lamp, naivedyam, and fragrance. Thus, even if materials are unavailable, such as in the North Pole or South Pole, you can perform mudras. However, until then, it is advisable to stick to a proper minimum pancho-pachara puja. Here, the Infinite is manifest in the universe through the five elements.

Even today, there are temples dedicated to these elements. For example, in Konark, Orissa, there is a sun temple, and in Tamilnadu, there is a temple dedicated to space. In the Chidambaram temple, the Infinite is worshipped as space, and the sanctum only shows a beautiful golden garland, symbolizing the formless nature of space. This temple holds the secret of Chidambaram Rahasyam, which is revealed by a guru, indicating the Infinite Being as the formless space, the first element. Space's presence is known through sound, and it is considered sacred, as the whole universe fits within it. Similarly, the Kalahasthi temple in Andhra Pradesh worships the Lord as Vayurlingam, representing air. Air is revered for its role in maintaining balance on Earth, as described in the Vedas. Vayu is seen as a friend, a healer bringing medicinal herbs, and a protector, as seen in the Agnihotra ritual and the conservation of forests. Our respect and reverence for the five elements are crucial, as they sustain life and require our humility and gratitude. Air, in particular, is highlighted for its importance, as seen in recent events where the lack of air led to dire consequences. Fire is another essential element, represented at the Thiruvannamalai temple in Tamilnadu. The Lingam at this temple radiates heat, symbolizing the power of fire, as seen in the movie "Towering Inferno," which illustrates the intense heat of fire. Water is also a significant element, extending from the clouds to interstellar space, existing even before the solar system. The Jambukeshwara Temple in Tamilnadu worships water, showcasing its divine power. These temples and practices remind us of the sacredness and power of the five elements.

# Yin Yoga ♥<sup>2</sup>

## Yin Yoga - a form of Hatha Yoga

*In the last months newsletter, we introduced Yin Yoga as a particularly slow and static form of Hatha Yoga - tracing back to both Taoist yoga principles and to the Hatha yoga tradition. We talked about the Practice of Yin Yoga and its benefits for both the body and mind, such as increased flexibility, stress relief, enhanced circulation, improved joint health and its benefits as a practice of mindfulness and self-awareness. In this newsletter and over the coming months, we will explore the so called archetypes of Yin Yoga. Today we ll start with the introduction to the theme.*

### First of all: why does Yin Yoga work with archetypes?

Paul Grilley is the one prominent figure who made the practice known as Yin Yoga right now popular in the world of Yoga again. I m saying 'again', as the static and slow practice was a traditional part of Hatha Yoga practiced for decades – if not centuries – alongside with also some quite more physically demanding Hatha Yoga postures. Paul Grilley background includes extensive training in anatomy, particularly in the context of yoga and movement, which informs his innovative teachings in Yin Yoga – drawing from his studies in both Eastern and Western approaches to the body. With this background he introduced the concept of archetypes to help practitioners understand that there are variations in skeletal structures. And those variations will influence individual yoga poses and practices. Grilley's exploration provides valuable insights into the diversity of human anatomy and underscores the importance of adapting yoga poses to suit individual needs.

#### 1. Compression vs. Tension:

Paul Grilley highlights the inherent differences in skeletal structures, particularly in terms of compression and tension. Compression refers to areas of the body where bones come into close contact with each other, such as the hip joints or the vertebrae of the spine. Tension, on the other hand, refers to areas where bones are separated by a gap, such as the knee joints or the spaces between vertebrae.

Understanding the compression and tension points in your body is crucial for practicing Yin Yoga safely and effectively. For example, individuals with more compression in their hip joints may need to modify certain Yin Yoga poses (such as Butterfly or Swan) to avoid excessive strain on the joints. Conversely, those with more tension in their knees may benefit from using props or variations to support the knees (e.g. in poses like Dragon or Shoelace).

## 2. Skeletal Variations:

Grilley emphasizes that each person's skeletal structure is unique, influenced by factors such as genetics, lifestyle, and past injuries. These skeletal variations can impact range of motion, flexibility, and comfort in yoga poses. By recognizing and honoring individual differences, practitioners can adapt their practice to suit their body's needs and limitations.

Grilley identifies several key skeletal variations, including differences in bone shape, joint structure, and ligament length. For example, some individuals may have naturally shallow hip sockets, while others may have deeper sockets or wider hips. These variations can influence the alignment of the pelvis and the degree of hip opening achievable in poses like Butterfly or Square.



Foto 1) Helga teaching on anatomical variations.



Foto 2) Two different femur bones with two extremes of femoral torsion. Looking down on the neck/head of two left femurs. "Feet parallel" would require completely different femoral rotations for the two specimen.

## 3. Functional vs. Aesthetic Alignment:

In Yin Yoga, Grilley distinguishes between functional alignment, which prioritizes safety and effectiveness, and aesthetic alignment, which focuses on achieving a particular "ideal" shape or form in a pose. While aesthetic alignment may be visually pleasing, it doesn't always take into account individual anatomical differences or functional considerations.

Grilley encourages practitioners to prioritize functional alignment over aesthetic alignment, meaning that the emphasis should be on finding a position that feels safe, stable, and sustainable for your body, rather than striving to replicate a specific shape or posture. This approach promotes a more inclusive and accessible practice that can be adapted to accommodate a diverse range of bodies and abilities. The area which is addressed in a pose is therefore called the "target area".



Foto 3)

#### 4. English Names of Yin Yoga

Paul Grilley chose English names for Yin Yoga poses to ensure accessibility and clarity for practitioners from diverse linguistic backgrounds. This is especially important since Yin Yoga often lacks extensive alignment cues, as it works with functional alignment and “target areas”. By using familiar language, he aimed to demystify the practice and facilitate understanding and communication within the global yoga community, regardless of language proficiency or familiarity with Sanskrit terminology.

#### 5. Archetypes: a first glimpse

In his functional approach Paul Grilley identified 7 archetypal poses, each of which serves a specific purpose and targets different areas of the body. Through this approach, practitioners will learn how to adapt these poses to suit the unique needs and anatomy of each individual practitioner and stress the target areas of the body. These archetypes of Yin Yoga offer a valuable framework for understanding the complexities of human anatomy and how they influence yoga practice. By embracing individual differences and honoring the unique needs of their bodies, practitioners can cultivate a more mindful, sustainable, and empowering yoga practice.

#### 5. Archetypes: a first glimpse

The archetypes specify e.g. as poses such as forward bends, back bends, inversions, twists and sidebands as well as poses that stress the the hip rotator muscles or the hip flexors or the shoulder / chest area etc. I myself have added two more archetypal poses into the range, and from the next newsletter onwards, we will discuss one archetype each month.



Foto 4)

• Text and model: Helga Baumgartner • Fotocredits: Foto 1) Simone Leuschner / Focus on yoga. Foto 2) Paul Grilley [www.paulgrilley.com](http://www.paulgrilley.com). Foto 3.) Moritz Attenberger for Goldwerk Schliersee • Support: Kerstin, Judit, Alexandra, Gela, Birgit, Nina.

## 8 Ongoing Weekend Sessions



### Ongoing Weekend Sessions in June 2024 with Ammaji



#### Saturday

#### The Power of Prayers Series

#### Sri Lingastakam

Starting Date : 1st June' 24

Every Saturday at 12 Noon IST ( 1 hour session)

Join with Zoom Meeting ID: 849 4938 5815; Passcode: PURNAVIDYA



#### Bhagavad Gita Satsang with Ammaji

3rd Saturday, 15th June, 2024, 5:00 to 6:30 p.m. IST

Join with Zoom Meeting ID: 865 9548 2491 | Passcode : Gita#001



#### Sunday

#### katopanisad

Started Date : 19th Nov'23

Every Sunday at 12 Noon IST ( 1 hour session)

Join with Zoom Meeting ID: 815 8491 1952 | Passcode : 123456



Register for our weekend classes and make your weekends a learning weekend!.

<https://purnavidya.org/upcomingevents>

Donations are welcome. Click here to Contribute.

<https://purnavidya.org/education#education>



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# The Power of Prayers Series

## Sri Lingastakam

-A Hymn on Lord Shiva

STARTING DATE: 1 JUNE, 2024  
EVERY SATURDAY, 12 NOON IST  
TOTAL 12 SESSIONS



ARE YOU A SEEKER, A DEVOTEE DESIRING  
TO CONNECT WITH THE DIVINE?  
IF YES, THEN

JOIN US ON ZOOM LINK

MEETING ID: 849 4938 5815; PASSCODE: PURNAVIDYA

[HTTPS://BIT.LY/3BXW3PH](https://bit.ly/3BXW3PH)

- by Swamini Pramananda (Ammaji)

For further information on books, donations for course, please follow the link below:

Books purchase: <https://purnavidya.org/shop>

Charity Contribution : <https://purnavidya.org/education#education>

Puja Contribution: <https://purnavidya.org/ashram>

Program Registration: <https://purnavidya.org/vedicwisdom>

For More Information:

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# Upanisad Bhasyam

## Swamiji's Bhasyam Classes

- 1. *Atmabodha* (24 hours / 24 Classes)
- 2. *Kenopanisad* (with Bhasyam) (63 hours / 63 Classes)
- 3. *Mundakopanisad* (with Bhasyam) (96 hours / 96 Classes)
- 4. *Mandukyopanisad* (with Bhasyam) (136hours / 136 Classes)
- 5. *Prasnopanisad* (with Bhasyam) (61 hours / 61 Classes)
- 6. *Taittiriopanisad - Siksa Valli*(with Bhasyam)  
(24 hours / 24 Classes)
- 7. *Taittiriopanisad-Bhrgu Valli* (with Bhasyam)  
(27hours / 27Classes)

*Swami Siddhabodhananda has a 45 years history as a teacher of Vedanta and Sanskrit. Sri Swamiji is a master in handling the Sankara-bhasyam, of the terse Vedanta texts such as Upanisads, Bhagavad Gita and Brahmasutras. Swamiji's scholarship and mastery of Paniniyan Sanskrit Grammar allowed him to create the pedagogy and structural tools for the residential Vedanta Courses in Purna Vidya Foundation in the online space.*



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**Learn from Swamiji. A series of talks given by Swami Siddhabodhanandaji are available as audio classes for interested students. Mail us at [helpdesk@punavidya.org](mailto:helpdesk@punavidya.org) to enroll for the course of your interest and more details.**

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## Upcoming Programs/ Events June - Nov



### Ganga Dasahara Retreat

June 12 - 18, 2024



### *Suparivāra* - the generation link program

June 22 -23, 2024 (Saturday - Sunday)



### Hatha Yoga and Vedanta Retreat

Nov 2 - 9, 2024



### 100 Hour Vedanta and Yin-Yoga Teacher Training

Nov 14 - 28, 2024



*Course of the month: Who am I?*

*(To join, please visit <https://friendsofpurnavidya.org/>)*

*To register for the programs, please visit: <https://purnavidya.org/upcomingevents>  
(Select upcoming programs registration)*

*Online course registration: <https://purnavidya.org/vedicwisdom>*



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# GANGA DASAHARA RETREAT



Wouldn't it be great if you are able to spend your time at the bank of the sacred Bhagirathi-Ganga during Ganga Dasahara, the festival that celebrates the descent of Ma Ganga on earth?

On the banks of the sacred Ganges River, Tapasyalayam offers the spiritual seeker an opportunity to enjoy not only the rich culture of the Ganga Belt but the spiritual truth behind their own inner longing.



- Meditation
- Yoga and Pranayama
- Village Treks

- Workshops on "Vision of the Gita"
- Satsangs
- Gangotri Yatra (additional payment)

📍 TAPASYALAYAM, UTTARKASI  
UTTARAKHAND

📅 JUNE 12 - 18, 2024

*Journey to the Banks of the Ganges and Himalayas;  
An essential for every seeker!!*

*Reserve your seat now to attend the Ganga Dasahara Retreat!*



Scan the QR code  
to register  
Avail early bird discount by  
registering on or before  
May 15 2024!!

**PURNA VIDYA FOUNDATION**

Molapalayam, Pooluvapatti Panchayat,  
Off Siruvani Main Road, Coimbatore - 641 101

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# Suparivāra – the happy family



Wouldn't it be great if we could nurture the bonding of generations within the family by awakening the individuals to universal values and cultural ethics ?

## SUPARIVĀRA

The Happy Family program helps you to reflect upon how the shared experiences, traditions and values that transcend generations create a rich tapestry of memories, laughter and enduring connections that stand the test of the time.

## KEY TAKEAWAYS

- Understand short-term and long-term goals of life and how to implement as a family.
- Get awakened to universal values and cultural ethics
- Learn to recognize what is success
- Recognize the role of Divine as a friend and member of one's family



**LIMITED SPOTS AVAILABLE - RESERVE NOW!**



Avail early bird offer and register your interest for the program by scanning the QR code

📍 Purna Vidya Foundation, Coimbatore

👤 Family members of two or more generations

📅 Schedule: June 22 - 23, 2024

🕒 Duration: Overnight retreat  
Day 1- 4 pm to Day 2 - 4 pm with overnight stay

**PURNA VIDYA FOUNDATION**

Molapalayam, Pooluvapatti Panchayat,  
Off Siruvani Main Road, Coimbatore - 641 101

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## 14 Upcoming Courses : July 12 – 13, 2024

# इुकरमा - the good corporate



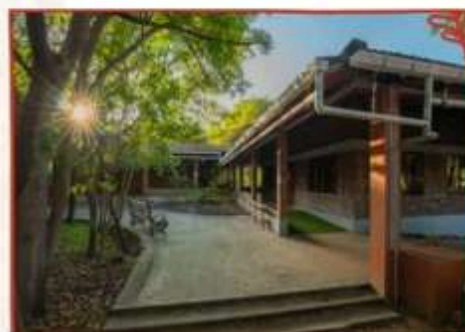
Wouldn't it be great if we could enable academia and business enterprises with proven frameworks to help them navigate the landscape with integration of the concept of Dharma in their management practices?

Dharma means to perform one's role with utmost sincerity and effort to achieve a secured harmony. Every one of us have a duty to be a contributor to the society and not just a consumer. Sukarma, the good corporate program guides the corporate world blending the traditional and contemporary approaches to create the future.



### Key Takeaways

- Corporate Dharma
- Consumer Vs Contributor
- Leadership and Vision
- Innovation management
- Decision-making
- Strategic thinking
- Problem-solving skills
- Effective Communication



Surrounded by breath-taking mountains, Purna Vidya Foundation offers a quiet, contemplative and learning environment free from the hustle and bustle of daily life. Escape the ordinary! Join Us for a Day of Learning, Upskilling, and Relaxation in Nature's Embrace!"

📍 Purna Vidya foundation or preferred venue\*

🕒 Duration: 9.30am - 4.30pm

## PURNA VIDYA FOUNDATION

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## HATHA YOGA AND VEDANTA RETREAT

This is a eight-day retreat which brings you traditional Hatha Yoga, Pranayama and Kriyas (Cleansing techniques). The retreat includes sessions on Vedanta (Gita in daily life) and meditation, chanting of mantras.

- Sun Salutation
- Asanas that help you for sitting postures
- Pranayama and Meditation
- Cleansing techniques
- Gita in daily life- Transformational workshops
- Chanting / recitation of Mantras

**TEACHERS : SWAMINI PRAMANANDA (AMMAJI) AND BHOOMA CHAITANYA**



**Purna Vidya Foundation**

**TARGET AUDIENCE : YOGA PRACTITIONERS - BEGINNERS AND INTERMEDIATE**

You may be requested to share the medical history if you are on any specific treatment.

**NOV 02 to  
NOV 09, 2024**

**PURNA VIDYA FOUNDATION,  
COIMBATORE , INDIA  
RESIDENTIAL RETREAT**



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## HATHA YOGA AND VEDANTA RETREAT

TEACHERS : SWAMINI PRAMANANDA (AMMAJI) AND BHOOMA CHAITANYA



**Swamini Pramananda** (fondly known as **Ammaji**) is a Vedanta teacher and a Sanskrit scholar. Her scholarship is grounded in the timeless teachings of Rishi tradition and her direct experience of the truth they reveal. She has been sharing the vision of Oneness and Harmony with seekers around the world for about a period of 40 years. As a result, she has become one of the clearest and most eloquent teachers of the Vedic vision of Oneness and Happiness.



**Bhoomaji** started practicing yoga in 1988. He has 20 years experience of teaching yoga. Born and educated in Kerala (South India), Bhoomaji entered into the monastic life of renunciation & spirituality at the age of 18. From the Sivananda Tradition, Bhoomaji completed the Yoga Teachers Training Course and Advanced Teachers Training Course (ATTC) in 1996 and has also completed three Sadhana Intensive courses since then. He has been traveling across the globe and delivering Yoga training. He is registered with Yoga Alliance as an Expert Yoga Teacher.

NOV 02 to  
NOV 09, 2024

PURNA VIDYA FOUNDATION,  
COIMBATORE, INDIA  
RESIDENTIAL RETREAT



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## HATHA YOGA AND VEDANTA RETREAT

PROGRAM SCHEDULE: (SUBJECT TO MINOR CHANGES\*)

TIME	PROGRAM
•6.15AM - 6.45AM	GUIDED MEDITATION
•6.45AM - 7:15AM	GINGER TEA
•7.15AM - 9:30AM	ASANA , PRANAYAMA CLASS
•9:45AM - 10:30AM	BREAKFAST
•11:00AM - 12PM	VEDANTA CLASS
•12:15PM - 01:15PM	CHANTING MANTRAS
•1:15PM - 2:00PM	FRUITS
•4:00PM - 6:00PM	ASANA , PRANAYAMA CLASS
•7:00PM - 8:00PM	DINNER
•8:00PM - 8:30PM:	SATSANG

**Recommended arrival and departure:**  
Arrival on Nov 1, Fri eve - Departure on Nov 10, Sunday

### Retreat Fee:

For Indian nationals, Rs. 15,000/- (Course Fee) + stay and Sattvic Food on additional cost based on the accommodation type opted for.  
To avail the **early bird price offer**, reserve your seats on or before August 15, 2024  
Foreign nationals are requested to write to [info@purnavidya.org](mailto:info@purnavidya.org) for more details.

NOV 02 to  
NOV 09, 2024

PURNA VIDYA FOUNDATION,  
COIMBATORE , INDIA  
RESIDENTIAL RETREAT



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## 18 Upcoming Events : Nov 14 – 28, 2024



### 100 HOUR VEDANTA & YIN-YOGA TEACHER TRAINING

**PRE-REQUISITE : YOGA PRACTITIONERS WITH A MINIMUM OF 2 YEARS OF CONSISTENT PRACTICE**

**THE TRAINING IS ACCREDITED BY YOGA ALLIANCE AND COUNTS TOWARDS MINDFUL YIN+YOGA MODULES COVERING THE BELOW.**

- **40 HOURS OF PHILOSOPHY:**

Learn Vedic Yoga philosophy from Bhagavad Gita and Patanjali Sutras, Sanskrit Phonetics and Mantra / Stotram recitation.

- **50 HOURS OF YIN YOGA:**

Module 2(chakras and meridians) - Understand the Meridian system as a concept of an energy supply to the body, Discuss the chakras as coordinating centers of the meridian system and as a springboard to a higher consciousness through meditation, Explore Chi/Prana, chakras and Meridians/Nadis with Yin Pranayama and meditation practices.

- **10 HOURS OF TEMPLE PRAYERS AND VISITS.**

**TEACHERS : SRI SWAMIJI , AMMAJI AND HELGA BAUMGARTNER**



**VEDANTA . YOGA . CHAKRAS . ASHRAM LIFE . TEMPLE VISITS**

**NOV 14 to  
NOV 28, 2024**

**PURNA VIDYA FOUNDATION,  
COIMBATORE, INDIA  
15 DAYS RESIDENTIAL RETREAT**



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## 100 HOUR VEDANTA & YIN-YOGA TEACHER TRAINING

### ABOUT OUR TEACHERS

**Sri Swami Siddhabodhanandaji** has a rich 40 years history as a teacher of Vedanta and Sanskrit. A student of Pujya Swami Dayananda Saraswati, Swamiji's scholarship and mastery of Paniniyan Sanskrit grammar allowed him to create the pedagogy and structural tools for residential Vedanta courses in Arsha Vidya.

**Swamini Pramananda** (affectionately known as Ammaji) is the Spiritual Leader and Visionary behind the organization, Purna Vidya, based in Coimbatore, India. For the past 40 years, she has been sharing the vision of Oneness and Harmony with seekers around the world.

**Helga** is one of the few teachers in the world who have completed a 650-hour Yin Yoga training with Paul Grilley in California (**Yoga Alliance 500-hour ERYT certified**). After a total of more than 850 hours of training in Yin Yoga, she has been training Yin Yoga teachers herself since 2014 and is a sought-after lecturer for Yin Yoga at yoga conferences. She is the author of the book 'Yin Yoga', published by BLV Verlag in 2015, and teaches yoga and mindfulness at the University of Regensburg.

#### COURSE FEE:

For Indian nationals, Rs. 50,000/- (Course Fee) + stay and Sattvic Food (based on accommodation type). To avail the early bird registration price offer, reserve your seats on or before June 30, 2024.

Foreign nationals are requested to write to [office@yinplusyoga.de](mailto:office@yinplusyoga.de)

VEDANTA . YOGA . CHAKRAS . ASHRAM LIFE . TEMPLE VISITS

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## 20 Upcoming Events : Nov 14 – 28, 2024



# 100 HOUR VEDANTA & YIN-YOGA TEACHER TRAINING

PROGRAM SCHEDULE: (SUBJECT TO MINOR CHANGES\*)

TIME	PROGRAM	INSTRUCTOR
06:15 AM	MORNING TEA	
06:30 – 8:30 AM	ASANA-YANG & YIN YOGA (PRANAYAMA, MEDITATION)	HELGA
08:30 – 9:15 AM	BREAKFAST	
09:15 – 10:00 AM	VEDANTA SESSION 1	SWAMIJI
10:10 – 10:55 AM	VEDIC CHANTING/PRAYERS (SAMSKRTAM PHONETICS)	AMMAJI
11:05 – 11:50 AM	VEDANTA SESSION 2	
11:50 – 12:10 PM	TEA BREAK	
12:10 – 01:00 PM	YIN YOGA THEORY & ANATOMY	HELGA
01:00 – 1:30 PM	LUNCH	
01:30 – 3:00 PM	REST & FREE TIME	
03:00 – 05:00 PM	YIN YOGA THEORY & ANATOMY	HELGA
05:00 – 05:45 PM	AFTERNOON TEA & REST	
05:45 – 06:30 PM	TEMPLE PRAYERS	AMMAJI OR HELGA
06:30 – 07:30 PM	SATSANG OR YIN YOGA	
07:30 PM	DINNER	
08:00 PM	PERSONAL TIME / REST & SLEEP	

Arrival day Thursday, November 14th by 11:00 am (or according to incoming flight)

Departure day Thursday November 28th by 11:00 am (or according to outgoing flight)

NOV 14 to  
NOV 28, 2024

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## 100 HOUR VEDANTA & YIN-YOGA TEACHER TRAINING

### HIGHLIGHTS

- Daily Vedanta lecture, chanting and Sanskrit classes.
- Daily practice of Yin & Yang Yoga, Pranayama & Meditation.
- Yin Yoga theory, focused on the subtle body, the chakras and meridians.
- Community time and experiencing ashram life.
- Daily temple visits & prayers, sacred fire rituals(Yajna),organic farm visit.
- Delicious south Indian food (idly, dosas, chutneys etc) and chai.

**TEACHERS : SRI SWAMIJI , AMMAJI AND HELGA BAUMGARTNER**



VEDANTA . YOGA . CHAKRAS . ASHRAM LIFE . TEMPLE VISITS

**NOV 14 to  
NOV 28, 2024**

**PRE-REQUISITE :  
YOGA PRACTITIONERS WITH A MINIMUM  
OF 2 YEARS OF CONSISTENT PRACTICE**



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## 22 Launching "Thought for the Day" series!!

### Launching "Thought for the Day" series!!

How about gifting yourself peace and vedantic learning daily amidst the "busyness" of the world? Sign Up!!

**Namaste all!**

Hope you are enjoying the daily video snippets that are being on hosted <https://www.youtube.com/@PurnaVidya/videos> and gifting yourself time for you finding inner balance and peace amidst the hustle and bustle of today's world..

We are initiating the "Thought for the Day" series soon. Your input matters!! You can subscribe for your preferences to receive snippets in form of Ammaji's quotes, short videos and insightful information by visiting the below link.

<https://purnavidya.org/poll-response-handler>

You will receive the snippets on prescribed days via Whatsapp only for signed users. Together, let's explore how timeless wisdom can guide us towards greater peace and harmony in our lives.

Embark on a journey of enlightenment and inspiration with us!

Warm regards,  
Suresh Ramamurthi  
Trustee



#### For More Information:

✉ [info@purnavidya.org](mailto:info@purnavidya.org)  
📘 <https://facebook.com/purnavidyapage>  
📺 <https://youtube.com/purnavidya>



#### Contact Us at :

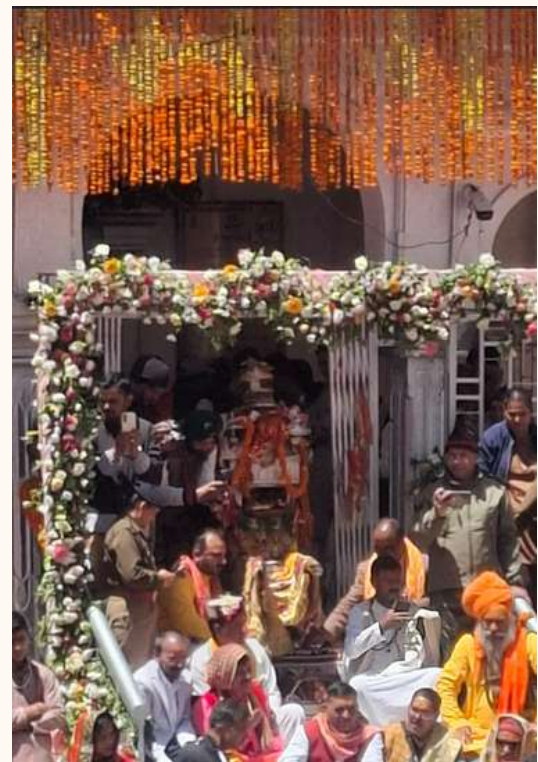
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please visit: <https://purnavidya.org/poll-response-handler> or mail us at [info@purnavidya.org](mailto:info@purnavidya.org)



*Gangotri temple*

A visit to Gangotri temple on Akshaya Tritiya Day





*Gangotri yatra*

Coimbatorians with Siddha doctor  
Vivenanandan on a yatra to Gangotri







Tapasyalayam Vegetable Garden

Beans, Peas, Curry leaves, Coriander, Mint, Mustard leaves....beginnings of fresh organic vegetables at Tapasyalayam



Pretty colorful flowers blooming at Tapasyalayam





# Gita Satsang

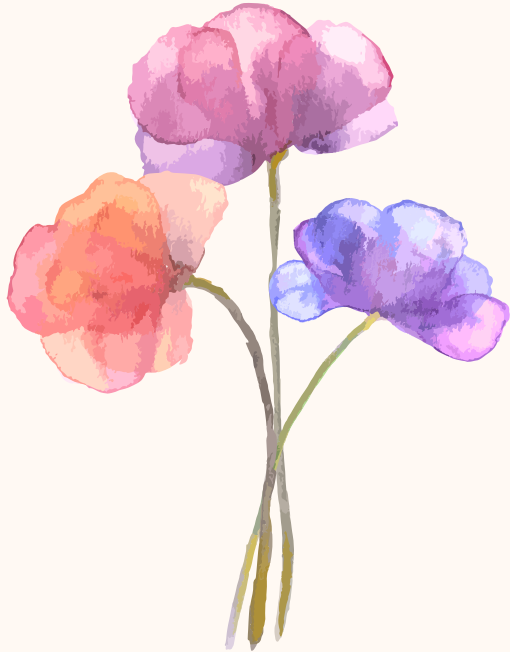


Satsangs on  
Bhagavad Gita  
chapter 10 and  
introduction to  
Himalayan culture of  
the Ganga Valley





Ammaji with the Astadasa-mahapurana samiti of Uttarkashi



## 28 Past Events



Meeting with Sadhus and Village heads from the 'Uttar Prayag' region for cultural and socio-economic development of the Ganga valley



Purna Vidya Vedic Heritage Teaching Program April 2024

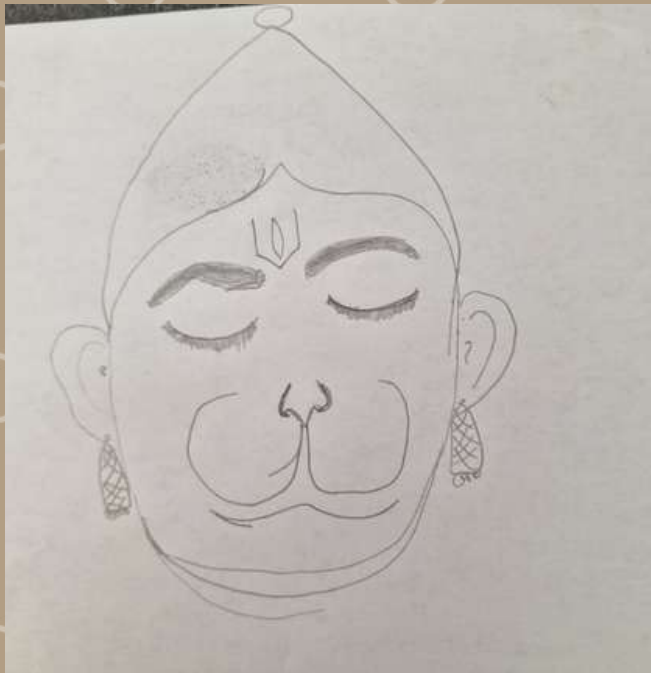
Purna Vidya Vedic Heritage Teaching Program hosted online Satsang on 12 April 2024. Audience was introduced to the 'Vision of Vedas' by Ammaji. Ammaji clarified the relevance of teaching of Vedas even in this modern life. We also learnt need to move our values and focus in life from shifting our focus and values of measuring success based on possession, productivity and popularity.

The follow up on this series of talk would be on Saturday 11 May 2024, 5 PM IST in our next Satsang for Parents and teachers.

Heritage Program children enjoyed their learning this month, listening to stories of Rama and Hanuman, during festive occasion of Ramanavami and Hanuman Jeyanthi.

Purna will soon be launching Heritage courses for the Young in June 2024. Details of course and registration will be posted on website and Purna Vida media platforms.





Tejasvini



Virat and Ayra



Aarnavi



Pranav



let's extend our gratitude  
and support the Ashram!



## Gift A Day



Dear Well Wisher,  
Hari Om!

we are pleased to announce Gift-a-day campaign for supporting the Ashram's one day expense. Mark a birthday, anniversary day, etc. as your annual support to ashram's sustenance and receive the blessings of prayers at our Lord Vanalingesvara and Ma Ganga Temples.

With Ammaji's wisdom, unconditional love, tireless effort of sharing the sacred teachings, let us extend our gratitude to Purna Vidya by offering to support the cost of running the Ashram for at least one day.

**Sponsor 21,000 INR for one day**

Thank you all for your generosity and support.

For any additional information

Contact Us at :

+91 91503 19999

+91 78128 91579

programs@purnavidya.org

There is only one Giver - the Lord, as everything we have in life is given by Him! We can only be instruments in sharing with others, what has been given to us! Share and discover the joy of giving!

-Swamini Pramananda (Ammaji)

### Namaste Dear Friends!

In today's context, one needs to be more cautious and mindful of vāk śuddhi as our communication mode has changed drastically through the use of social media, whatsapp, email etc. Let us recollect, reflect and examine our interactions with those around us. We have to ask ourselves if our interactions have been filled with anudvegakaram (verbal ahimsa), satyam (truth), priyam (love) and hitam (usefulness). These parameters are even more needed by people due to the greater sense of freedom of expression when using social media to express themselves. One needs to be mindful that they are not abusing this freedom.

The following filters can be considered when expressing oneself. They are:

- 1) Is what we are saying in keeping with what actually is?
- 2) Is what we are saying useful to the other person?
- 3) Is what we are saying causing pain to the other person?

If anything, we say does not pass these three filters, it is not worth saying. May we keep this points in mind when we interact next and may our language be peaceful, gentle, soft and pleasant.

*We hope that you have enjoyed this volume of our newsletter.*

*We warmly welcome your feedback and contributions through*

*[purnavidya.newsletter@gmail.com](mailto:purnavidya.newsletter@gmail.com)*

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