



pūrṇa vidyā newsletter 06|24

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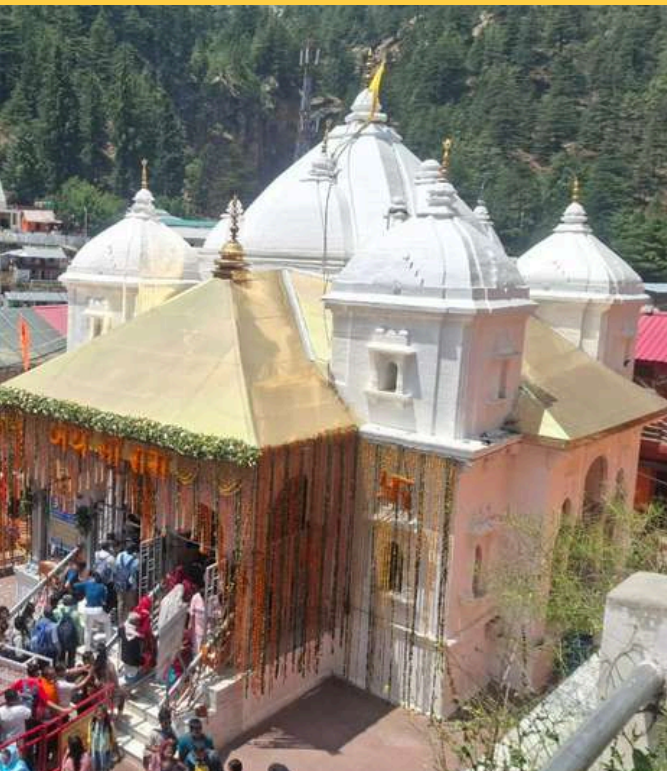
Ammaji's Message

Dear Readers,

Ganga is mere water for those who lack faith and devotion. But for those filled with faith and devotion, Ganga is Mother, Ma Ganga! Our Vedic scriptures say that the mere sight, remembrance or drop partaken of Mother Ganga purifies her devotee. It is she who leads her devotee to Liberation, as *Jnana-ganga*.

The story of how Mother Ganga arrived on Earth is wellknown. It was due to **King Bhagirath Raja's** intense prayer and penance to the Gods that She finally arrived after many trials and tribulations. She is the liberating supreme consciousness infused with the power to cleanse the mind and body and transform it into a vehicle of light and delight.

>>>





She descended from heaven to liberate the beings from the cycle of births and deaths. Therefore, the descent of Mother Ganga is an allegory about the liberation of the soul from the sins, suffering, and limitations of mortal life, and about the descent of higher knowledge or the knowledge of Brahman (brahmadeya) into the mind and body, through austerities, penance, and spiritual practices.

The day She descended on earth is known as **Ganga Dasahara**. In Sanskrit, dasa means ten and hara means destroy. Thus on Ganga dasahara day, a sacred dip into her holy waters, removes the ten afflictions caused by wrong actions.

Action is done at three levels: Physical, Speech and Mental. We tend to commit three types of sins at the physical level, 4 types at the speech level and 3 types in the mental level.

At the Physical level:

- 1) Manipulation (forcibly taking from people or manipulating situations to favor oneself).
- 2) Violence (killing).
- 3) Adulteration (attraction and engaging in wrong).

At the Speech level:

- 4) Harsh utterances.
- 5) Lies.
- 6) Gossip.
- 7) Lamenting.

At the Mental level:

- 8) Scheming thoughts.
- 9) Thinking wrong for the others;
- 10) Entertaining thoughts of non-existence of God.

Her arrival from higher regions is for us to be aware of our conditionality, our ego based life, our fears and insecurities that drive our activities, and so on. With faith and devotion in **MaGanga**, the three dips in her sacred waters bring self purification from the physical, verbal, and mental afflictions. This is the sraddha of the people of Bharat in **MaGanga**.



Love and Blessings,

Ammaji



विज्ञानराम

> Part 4



We have been considering the introduction of **Lingastakam**, a set of eight verses dedicated to the worship of the Lord through a **Shiva Lingam**. In this context, I discussed the nature of the Infinite Being, explaining that it transitions from formlessness in its higher nature to manifestation in its lower nature. The higher nature is formless, while the lower nature is the phenomenon of creation, or coming into form—manifestation. The transition from unmanifest to manifest begins with space, followed by air, fire, water, and finally earth. Thus, the cosmic intelligence, the divine being, the infinite consciousness, and the infinite light are present and felt through all these five elements.

I mentioned that there are temples in India dedicated to the divine representation of each of these **five elements**. Today, in Tamil Nadu, we have five such temples, although one is in Andhra Pradesh, **Kalahasthi**. The others are ancient temples in Tamil Nadu, over a thousand years old. We see **Chidambaram**, where the Lingam is the Akasha Lingam (the Lingam representing space), Kalahasthi with the Vayu Lingam (the Lingam representing air), and **Thiruvannamalai—Arunachaleshwara**, where the Lord is represented as fire. The fourth one is **Jambukeshwara**, located in **Thiruvanaikaval** near **Tiruchirapalli**, Tamil Nadu, where Lord Shiva is represented as water. It is said that in the sanctum, there has been a continuous water flow for hundreds of years, symbolizing the divine power of water.

Water should never be underestimated. It is considered the basis of the universe and life itself. The Vedas refer to water as **upajiva**, a god of medicine, emphasizing its medicinal and life-giving properties. Water is present everywhere: in the earth, the atmosphere, the sky, and the clouds. It is the only element that exists in three forms: solid, liquid, and gas. The **Atharva Veda** describes water as **Hiranyavarna**, meaning golden in color. Water becomes golden when the rays of the sun touch it, heating it and infusing it with fire, making it highly medicinal and life-giving.

This is why, according to the Vedas, there is no place for hydroelectric projects. We cannot afford to build dams across rivers or push water through tunnels, as these dark passages cause water to lose its life-giving subtlety.

Hence, it is important to understand that the manifestation of sun and fire in water makes water pure. This is why we say, never interfere with the flow of water; allow rivers to follow their natural course. Rivers often have herbs growing on their banks, and the essence of these herbs flows into the water, making it pure and nourishing. In Ayurveda, we have a treatment called **Jala Chikitsa**.

4 Power of Prayers – Lingāṣṭakam

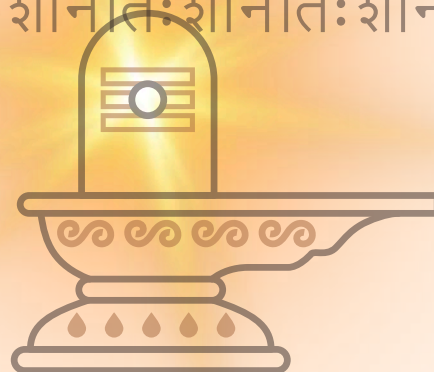
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The Vedas truly show us how to revere the divine being as water. The **Rigveda** discusses water conservation, including how to make tanks, wells, and lakes, and how to use water for agriculture. Water is very special to us; it is a unique, healing, and powerful element. For example, a **hurricane** generates energy that is ten times more powerful than an atomic bomb in every second of its formation. Water also has electro energy and is present in the earth's atmosphere. The energy of lightning passes through dust and water particles in the atmosphere. The tail of a **comet** contains water particles, and it is said that meteors, when they fall to Earth, can shatter and some particles reform into ice crystals.

So, water is everywhere. Our bodies are composed of **90%** water, and plants and animals contain **60%** water by volume. Life cannot exist without water. It is the water content that allows Earth to maintain her temperature, making life possible. **Seventy percent** of Earth's surface is covered by water, which absorbs the heat of the sun.

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शानतिःशानतिःशानतिः



Yin Yoga

Yin Yoga - a form of Hatha Yoga

In the first newsletter on Yin Yoga, 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. Last newsletter we talked about the why Yin Yoga works with archetypes. We looked into the profound understanding of individual skeletal variation of the human body, that Paul Grilley – the outstanding expert of Yin Yoga – integrated into the wholesome approach of the Yin Yoga practice. Looking at limiting concepts like tension and compression, as well as the functional vs. the aesthetic alignment, and into why English names were given to Yin Yoga poses, to distinguish this very passive, relaxed version of Hatha Yoga from an more active form of Hatha Yoga.

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.

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, the hip flexors, the hip adductors or the shoulder / chest area etc. ***From this newsletter onwards we will explore one archetype of Yin Yoga after another, starting today with the forward bends in Yin Yoga.***

Forward bend or caterpillar archetype, as described by Paul Grilley:

This archetype is characterised by poses that involve standing with a forward bend, or sitting with the legs stretched out forward, folding forward in the upper body and possibly resting the chest toward or on the legs. These poses typically stretch or create space in the back of the legs (hamstrings), lumbar spine, thoracic spine and cervical spine, and are often used to help improve flexibility and / or relaxation in these areas. We are giving two examples. Please always consult with your doctor and / or therapist before practicing any yoga pose, making sure the practice is adequate for you.

Before we start with the poses, I would like to introduce ***the concept of the rebound*** to you: The rebound in Yin Yoga is essential for allowing the body to integrate the effects of the pose, helping to release any residual tension and promoting energy flow. It provides a moment of stillness and awareness, enabling practitioners to observe and feel the changes in their body and mind, enhancing the meditative aspect of the practice. >>>

1. CATERPILLAR

Yin Yoga version of pascimottanāsana

पश्चिमोत्तनासन

Target area of the pose: hamstrings, erector spinae, middle layer of thoracolumbar fascia.

How to enter the pose:

To enter the Yin Yoga pose Caterpillar start by sitting on the floor with your legs extended straight in front of you. Sit on a thin cushion or a folded blanket to elevate your hips slightly and to reduce strain on the lower back. Place a folded blanket under your knees to reduce strain on the hamstrings. Slowly fold forward from your hips, first maintaining a long spine, and then gradually letting your spine round naturally. Let your head hang free, or rest your forehead on a block or a bolster placed on your shins or thighs, ensuring your upper body is supported as needed and you can relax into the pose without any strain. Maintain a completely natural, even breath as you stay the pose for 3-5 minutes, allowing your body to releasing and relaxing tension gradually, sinking deeper and deeper into the pose.

How to leave the pose:

To leave the Caterpillar pose slowly and carefully, gently lift your head and torso, allowing your spine to naturally lengthen and straighten. Use your hands to push against the floor for support, gradually bringing your body back to an upright seated position, and then take a few breaths to reorient yourself before moving onto your back or on your belly to rest one or two minutes feeling the effect of the pose. This is called 'rebound' in Yin Yoga.

Effects of the pose:

- Stretching of the thoracolumbar fascia and the ligaments in the back and spine
- Stretching from toes to eyebrows, the entire back of the body
- Compression of the digestive organs, which supports their function
- Stimulating the kidneys - according to B.K.S. Iyengar (Light on Yoga, p.170) this posture is very good for impotence and for controlling sexual drive.
- If you have very tight hamstrings, the upper body won't lean forward and you won't get a stretch in the back – a block under the knees will help to tilt the pelvis and reach the back
- Very flexible yogis lean the upper body between their legs to maximise the stretch on the back line



Contraindications to the pose:

- with sciatica problems, try positioning your pelvis higher than your knees, by sitting on a blanket or cushion
- With issues in lower back or with slipped disks: do not bend too deeply or keep your back straight. In that case always rely on your doctors / therapists advice. In case of doubt, leave it out! However, this pose is helpful for complaints that originate in stiffness of back fascia (thoracolumbar fascia).
- With knee injury, feel free to tense the quadriceps every now and then.

Please always consult with your doctor and / or therapist before practicing any yoga pose, making sure the practice is adequate for you.

2. DANGLING

Yin Yoga version of *uttānāsana*

उत्तानासन

Target area of the pose: whole back of the body, especially hamstrings, erectors spinae.

How to enter the pose:

To enter the Yin Yoga pose of Dangling from Down Dog using props, start from a kneeling position into Downward Facing Dog with your hands and feet firmly grounded. Walk your hands back towards your feet, bending your knees generously to protect your lower back.



Optionally place a vertical standing bolster or stacked blankets under your chest and forehead for support as you fold forward, allowing your head and neck to relax completely. Let your arms hang down or rest them on the props, ensuring your body is fully supported. Arm variations include holding elbows, resting the hands on the back of the legs, or resting your hands on the back of the head to intensify the neck stretch.

Maintain a completely natural, even breath as you stay the pose for 2-3 minutes, allowing your body to releasing and relaxing tension gradually, sinking deeper and deeper into the pose.

**Effects of the pose:**

- Stretching of the fascia in the back area
- Stretching from toes to eyebrows, the entire back of the body
- Strong stretching along the back of the legs and possibly also the calves for people who do not feel any stretch there in Caterpillar.
- Inverted posture, thereby stimulating the diaphragm and digestive organs.



Contraindications to the pose:

- with high blood pressure, high intra-ocular pressure, glaucoma, diabetes, migraines/headaches, don't let your head sink lower than your heart. Otherwise an excessive feeling of pressure can arise in the head area.
- Same counts when having a temporary head cold, cough, etc - there might be a unpleasant pressure in the head
- If your blood pressure is low, slowly roll up from the posture to avoid feeling dizzy. Alternatively, continue straight into a squat.
- If you have back pain, bend your knees a little more if the pain is coming from the intervertebral discs. If you have fascia pain, slowly approach the posture.



Please always consult with your doctor and / or therapist before practicing any yoga pose, making sure the practice is adequate for you.

• Text and model: Helga Baumgartner

• Fotocredits: Ankit Sharma Yogaphotography Rishikesh

• Support: Kerstin, Judit, Alexandra, Gela, Birgit und Nina



Ongoing Weekend Sessions in July 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, 20th July, 2024; 5:00 to 6:30 p.m. IST

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



Sunday

Isavasyopanisad

Started Date : 28th July'24

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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10 Ongoing Weekend Sessions

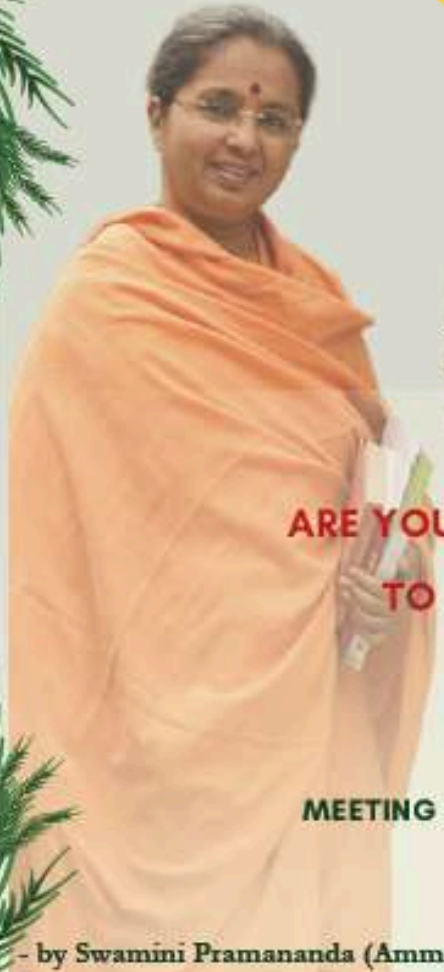
The Power of Prayers Series Sri Lingastakam

-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>

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Isavasyopanishad

- BY SWAMINI PRAMANANDA (AMMAJI)

Starting on : July 28, 2024

Every Sunday, 12 noon - 1:00 p.m. IST

Join Zoom link with:

Meeting ID: 815 8491 1952; Passcode: 123456

<https://bit.ly/3urHDsN>



Swamini Pramananda is a well known international Vedanta Teacher and a Sanskrit Scholar. She has been sharing the Vedantic Wisdom in her simple eloquent teachings for over forty years.

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

Link for puja contribution: <https://purnavidya.org/ashram>

Link for Program registration: <https://purnavidya.org/vedicwisdom>

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12 Special Event



Guru Purnima Celebrations



An offering to our Guru
Puja Sri Swami Dayananda Sarsaswati

21 July, 2024

Online Via Zoom



Program Schedule

Welcome & Opening Prayers	10:30 A.M. to 10:40 A.M. IST
Guru-Paduka-Puja by Sri Arulji	10:40 A.M. to 11:30 A.M. IST
Guru Purnima Message by Ammaji	11:30 A.M. to 11:55 A.M. IST
Closing Prayers	12 Noon IST

Donations are welcome

For Indian nationals: How to donate?

Option 1: If you have already created your user profile with required details in Purna Vidya website (<https://purnavidya.org>), please log in and visit <https://www.purnavidya.org/education#education> to contribute the amount of your choice.

Option 2: Visit <https://www.trusteddonations.com/ngoDetails/TN-2021-0277856> and opt for general donation or to project of your choice.

Foreign nationals, please mail us at helpdesk@purnavidya.org to know the donation process.

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VEDIC HERITAGE TEACHING PROGRAM
FOR YOUNG GENERATION

Vedic Knowledge

(30 sessions)

Starting from June 22, 2024 onwards (Saturdays)

Time : 2.30pm - 03.30pm IST

For Ages 14 to 17



The word "Veda" is derived from the Sanskrit root "vid" meaning "to know". The Vedas refer to a body of knowledge that reveals different means and ends available to a human being. Purna Vidya introduces you to this body of knowledge in a simple, exciting and a rewarding way.

Syllabus Plan

- The fourteen-fold Vedic knowledge
- The Vedas as a Means of knowledge
- The six Vedangas
- The Four Upangas
- The four Upavedas
- Other Literary works
and more

Donations in form of Gurudakshina and your contribution to sustain the charitable activities of the Trust is requested.*

To register, please visit the upcoming program section in our website by clicking the below path:

<https://www.purnavidya.org/upcomingevents>

Choose the program of your choice and submit the required details.

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14 Upcoming Heritage Courses – August



VEDIC HERITAGE TEACHING PROGRAM FOR YOUNG GENERATION



RĀMĀYAṆA

(30 sessions)

Starting from August 04, 2024 onwards (Sunday)

Time : 01.30 pm IST

For Ages 7 to 13

- Rāmāyaṇa, is not just the story of Lord Rāma. It presents the life of Lord Rama as a role model for a child. Lord Rama is an ideal son, brother and an ideal friend.
- He is the embodiment of righteousness. Understand the values Sri Rama stood for by looking into this historical poem as presented in the Valmiki Ramayana.
- Gift your child a fun, interactive live online learning experience to learn about their rich cultural heritage.
- 1 hour session includes sloka chanting, story of Lord Rama and fun interactive activities.

Program Includes

- Listening to stories from Rāmāyaṇa
- Learning to chant shlokas
- Sing Bhajans

Syllabus Plan

- Bala Kanda - Birth of the four sons
 - Episode of Visvamitra
 - Sita's marriage to Rama
 - Ayodhya Kanda - Manthara counsels Kaikeyi
- and more

Donations in form of Gurudakshina and your contribution to sustain the charitable activities of the Trust is requested.*

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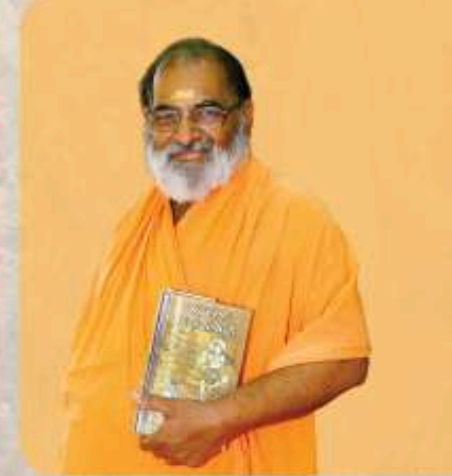


Upanisad Bhasyam

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 to enroll for the course of your interest and more details.

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16 Online Learning – NEW available

Who am I?



About 'Who am I'

We are all seekers in life.
We keep seeking things that bring us happiness, joy
and peace.

This seeker in ourselves leads us to seek something
beyond the ordinary, beyond the struggles for survival
and we end up in asking "Who am I?". This is the most
central question to one's spiritual journey.

In this course, Ammaji unfolds the answers to this
question in an eloquent manner and guides our
journey of self-realization.

Details

- 4 hours self paced video course.
- Access for 8 weeks from the time of enrollment.
- Limited time: only available until July 31
- Cost: 25 €



by Swamini Pramananda (Ammaji)



Swamini Pramananda (fondly known as **Ammaji**) is a
Vedānta 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. She unfolds the answers to the
question "Who am I" in an eloquent manner for us and
guides us to focus on our journey of self-realization.

Register now here:

friendsofpurnavidya.org

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by email: info@purnavidya.org





Upcoming Retreat / Courses Aug to Nov, 2024



Tamizh Vedanta Anmiga Mughaam (in Tamil)

Aug 11 to 15, 2024



Navaratri Retreat

Oct 03 to 13, 2024



Hatha Yoga and Vedanta Retreat

Nov 2 to 9, 2024



100 Hour Vedanta and Yin-Yoga Teacher Training

Nov 14 to 27, 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)



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18 Upcoming Retreats & Courses – August



தமிழ் வேதாந்த ஆன்மீக முகாம்

தலைப்பு : கடோபநிஷத்

ஆகஸ்ட் 11-15, 2024

ஞாயிறு முதல் வியாழன் வரை

(வருகை: 10-8-24 மாலை; புறப்பாடு: 15-08-24 மாலை அல்லது 16-08-24 காலை)

கடோபநிஷத், கிருஷ்ண யஜுர் வேதத்தில் இருக்கக்கூடிய உபநிஷத்பகுதி நசிகேதசுக்கும் எமதர்மராஜருக்கும் இடையே நடைபெறுகின்ற குரு-சிஷ்ய சம்வாதமாக அமைந்திருக்கின்றது. இதில் குறிப்பாக மரணத்துக்கு பிறகு மனிதனுடைய நிலை, மனிதனுடைய பிறப்பு இறப்பு சுழற்சி, எதை நோக்கி அமைகின்றது என்பதை பற்றியும் மேலும் அனைத்துக்கும் ஆதாரமாக இருக்கக்கூடிய பரம்பொருளை பற்றியும் விளக்குகிறது.

ஆச்சார்யாரை பற்றி :

ஸ்ரீ அருள்ஜி அவர்கள் பூஜ்ய ஸ்ரீ சுவாமி தயானந்த சரஸ்வதியின் சீடர். மேலும் சுவாமி சித்தபோதானந்தா அவர்களிடமும், சுவாமினி பிரமானந்தா (அம்மாஜி) அவர்களிடமும், பயின்றவர். ரிஷிகேஷ ஆர்ஷவித்யா பீடத்திலும், ஆனைகட்டி ஆர்ஷவித்யா குருகுலத்தில் குருகுலவாசமாக இருந்து, வேதாந்த பாடங்கள், சமஸ்கிருத பாடங்கள் மற்றும் ஆன்மீககிரந்தங்களை முறையாக கற்றவர்.

மேலும் தமிழ் திருமுறைகள், திருமந்திரம், தேவாரம், திருவாசகம் போன்ற தமிழ் நூல்களை முறையாக கற்றவர். தற்போது பூர்ண வித்யா ஆசிரமத்தில் ஆச்சாரியராக இருந்து, வேதாந்த வகுப்புகளை கற்பித்துக் கொண்டு இருக்கின்றார்.

To register for the Course, please visit the below link and choose: "Tamizh Vedanta Mughaam" and enroll.

<https://purnavidya.org/upcomingevents>

இடம்:

பூர்ணா வித்யா டிரஸ்ட்,
பூலுவப்பட்டி அஞ்சல்,
சிறுவாணி மெயின் ரோட்டில்,
மோளப்பாளையம்,
கோயம்புத்தூர் - 641101.



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<https://facebook.com/purnavidyapage>

<https://youtube.com/purnavidya>

<https://purnavidya.org/>

'O Devi!' A Call Of The Soul

Offerings on Navaratri Days:
Oct 03 to 13, 2024



Those devotees who cannot personally attend the 10 day Retreat, may participate in the Pujas through their offerings and donations for the following:

Join with us in our prayers, with your personal Sankalpa, which will be read with your name, gotra and nakshatra everyday, as we pray for your family's well-being.

Navaratri Retreat at
Tapasyalayam Ashram
Oct 03 to 13, 2024



A Call from Uttarkashi, Himalayas!

- Spend 10 days with Sri Swamiji, Ammaji and the most sacred of rivers, Goddess MaGanga in Contemplative Practices during Navaratri!
- Revel in Ganga Temple Pujas, Chantings, Yoga, Reflectiions, Bhajans, Satsangs and an opportunity to meditate on the banks of MaGanga.
- Yatra to Gangotri Temple (optional).

Registration for ten days Rs. 21,000/-
see link below

Link for Program registration:

<https://purnavidya.org/vedicwisdom>

Navaratri Programs Include

- | | |
|---|--------------|
| • Puja dravya offering for 9 days | Rs. 5,001/- |
| • Mahasankalpam for 9 days (family of 4) | Rs. 5,001/- |
| • Nava-Kanya Puja (offering to young girls) | Rs. 10,001/- |
| • Annadanam (Charity of Food) | Rs. 2,001/- |
| • Balika Vidya Danam (Girl Child Education) | Rs. 15,001/- |

Join Us by making your Offerings to MaGanga, during Navaratri

Link for puja contribution: <https://purnavidya.org/ashram>

20 Upcoming Retreats & Courses



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**



PLEASE SCAN THE
QR CODE TO
REGISTRATION

**more informations: purnavidya.org/upcomingevents
or mail us: info@purnavidya.org**



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**



PLEASE SCAN THE
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REGISTRATION

WWW.PURNAVIDYA.ORG

**more informations: purnavidya.org/upcomingevents
or mail us: info@purnavidya.org**

22 Upcoming Courses & Retreats



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

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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please visit: <https://purnavidya.org/upcomingevents> or mail us at info@purnavidya.org

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
📘 <https://facebook.com/purnavidyapage>
📺 <https://youtube.com/purnavidya>



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🌐 <https://purnavidya.org/>

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

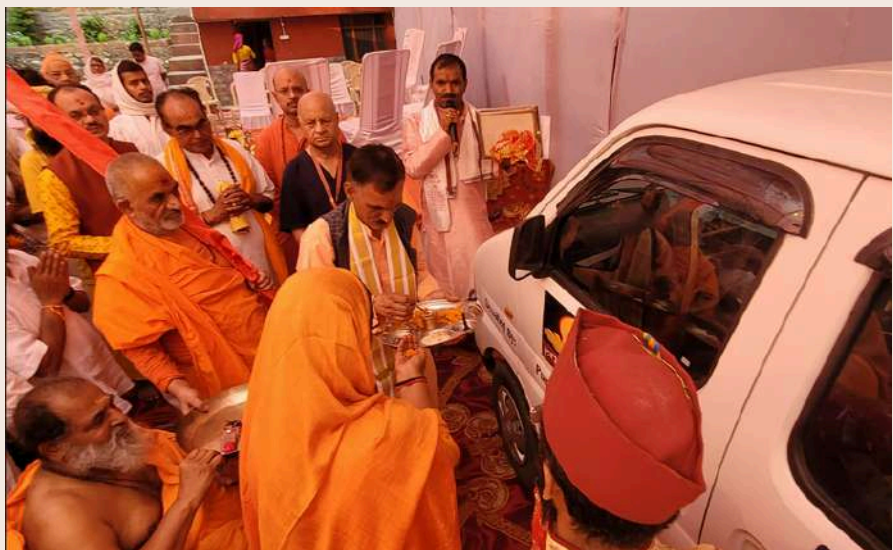




Purna Vidya Trust Donates a Medical Van to a rural hospital in Ganga Valley

During the sacred **Ganga Dasahara Puja** Event this year, in the presence of Lord Vasuki Nagdevata, **Purna Vidya Trust** donated a gift of a Medical Van to **Shri Maharshi Bhrgu Dharmartha Chikitsalaya, in Uttarkashi**. The Rural Hospital in Uttarkashi is run by **Vivekananda Health Mission Society**, which is serving the sadhus and villagers of the Ganga valley in the field of health.

The new hospital had started last year in Uttarkashi, and a great need was felt for the weekly village visits of the doctors, in remote mountain heights where medical help is unavailable. **Purna Vidya trust** is grateful to its donors, the generous Medical doctors, who spontaneously came forward to do the needful charity for the sadhus and villagers of the Ganga Valley.



Ganga Dasahava Puja-Event





Our retreat was a soulful experience in all aspects, and the Ganga aarti was the highlight. Ammaji made me to view Ganga river in a different angle. Her teaching about **Nirvana Shatakam** and the Gita versions were mind blowing. I was completely mesmerized and hooked into that situation. We love to hear that chantings in her voice again and again. And of course, my new friends whom I met in retreat, made it so cozy that I felt very comfortable. Thanks to all helpers and caretakers in the ashram, who kept the premises neat at all times and taking care of us.







HariOm.

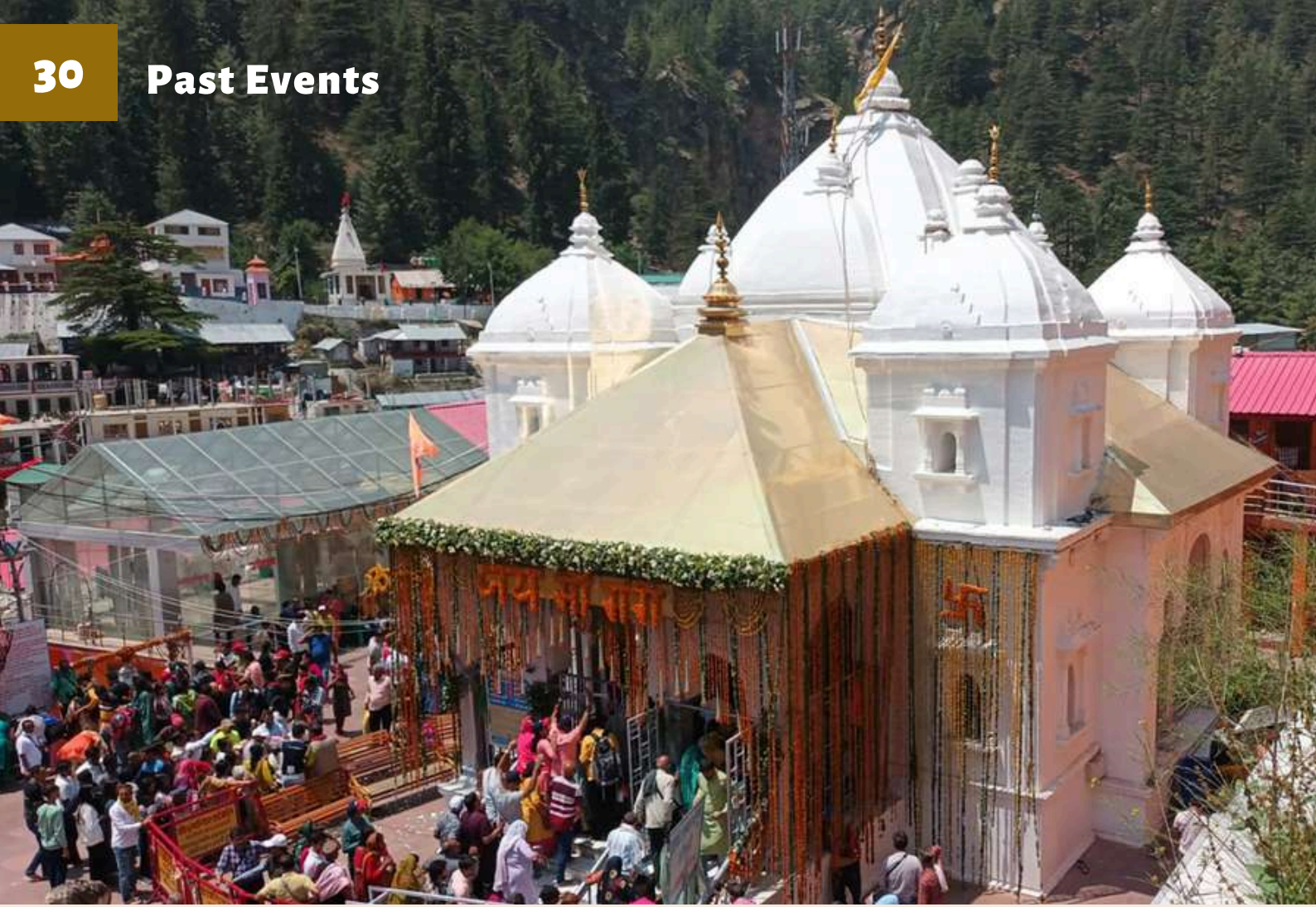
The experience has been infinitely divineful and we thank you forever for providing us with such a learning and a spiritual experience. On **Ganga Dasahara**, at the time of Ganga Arati, we could feel the presence of devatas all around – Naga devata, Maa Ganga, Hanumanji, Surya Bhagavan and Aghni devata... It has been so heart touching. Listening to Ammaji on the importance of **Panch Prayag** in that region was an eye opener and Ammaji's passion towards the cause was so visible. Dandi Swamiji's speech was so inspiring and motivating.

The **gentle raas dance** of the Netala ladies gave us a pleasant experience with soothing music to the ears. I cannot describe more.

The enlightenment with explanation of **Nirvana Shatakam** is blissful

Our divine trip to **Uttarkashi** and **Gangotri** with Ammaji is a boon and blessing

Bowing to you with immense gratitude.
Thank you.







Vedic Heritage Teacher Training camp

June 22- 23, 2024 @ Purna Vidya Foundation, Coimbatore

Participants : Teachers from Sri National School, Gobichettipalayam.

*Hindu culture, one of the oldest and most profound traditions in the world, is a rich tapestry of beliefs, practices, and values that have been passed down through millennia. Central to this culture is the concept of **Dharma**, which signifies the ethical and moral duties that each individual must uphold. Integral to Hindu practice are mantras and chanting of mantras is a meditative practice that helps in focusing the mind, fostering inner peace, and invoking divine energies.*

*The two-day camp on Hindu Culture for the teachers of Sri National School, Gobichettipalayam had an active participation of nearly 25 teachers. The camp started with the blessings of Ammaji and the teachers interacted with Ammaji. Sri . Arulji, the resident Acharya of Purna Vidya delivered the sessions that focused on application of **hindu principles** in daily life based on Purna Vidya Books ; a set of 23 books that teaches **Vedic Heritage**.*

The participants embraced the learnings and are inspired to take them back to the next generation and guide them for a joyous and a pleasant life.



Purna Vidya was excited to launch the **Vedic Knowledge course** for young people based on Part 11 of the Purna Vidya book series written by Ammaji. Young people aged 14 to 18 years, who have been going through the Purna Vidya Heritage program over the last few years systematically joined the session with enthusiasm and commitment to undertake this course which covers 12 book series starting Pancatantra to Introduction to study of Bhagavad Gita

We will also be launching a course on Ramayana for the younger generation on August 24 . Details of registration are available on this link

Purna Vidya Heritage Program will take a short break during July and August 2024 for monthly Satsang.

purnavidya.org/upcomingevents
info@purnavidya.org





Virat and Ayra



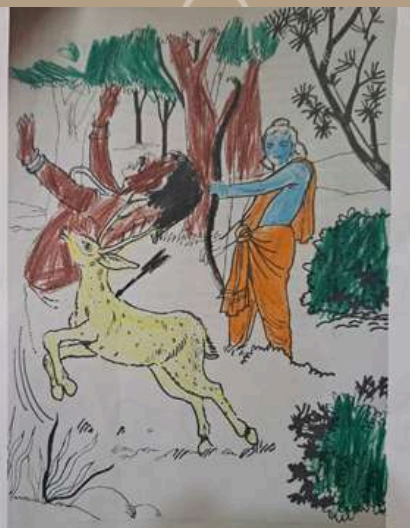
Pranav



Pranav



Harshavardhan



Srijit



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!

Without bhakti, Ganga remains just a water body and liberation through Her waters cannot happen. Let us also remember that rituals devoid of right understanding and devotion is barren and will not yield fruitful results. May we always bring to mind, the ten afflictions that we create and with every dip in her scared waters may we become a better version of our true self.

Though our birth is due to our karma and we are left to swim in the river of life and face trials and tribulations which come as uncertainties, with divinity at our side we can face life with strength and renewed hope. Chanting the Ganga Stotram, Ganga Stuti or even Ganga Hymn brings solace to our hearts.

Mother Ganga is the pure consciousness which is all pervasive and eternal and absence of this knowledge is ignorance in the form of unending desires and their consequent sorrow. Let us not forget that Ganga is the symbol of the river of knowledge that flows down from time immemorial through guru-sisya Parampara.

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

We warmly welcome your feedback and contributions through

purnavidya.newsletter@gmail.com

“The human heart continues to seek an altar, an altar where it can rest, where it can discover its wholeness unopposed to the creation. That altar is the altar of Divinity alone!”

(Ammaji)

