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pūrṇa vidyā
AN AWAKENING

08|26 NEWSLETTER

CONTENTS

1 **Ammaji's Message**

3 **Umāmaheśvara Stotram (Part 06)**

6 **Upcoming Retreats & Courses**

8 **Yoga-Practice** (Part 64) HATHA Yoga with Kerstin

11 **Ongoing Weekend Sessions & Online Learning**

19 **Past Events** Online & Offline

31 **Editorial Message**



AMMAJI'S MESSAGE

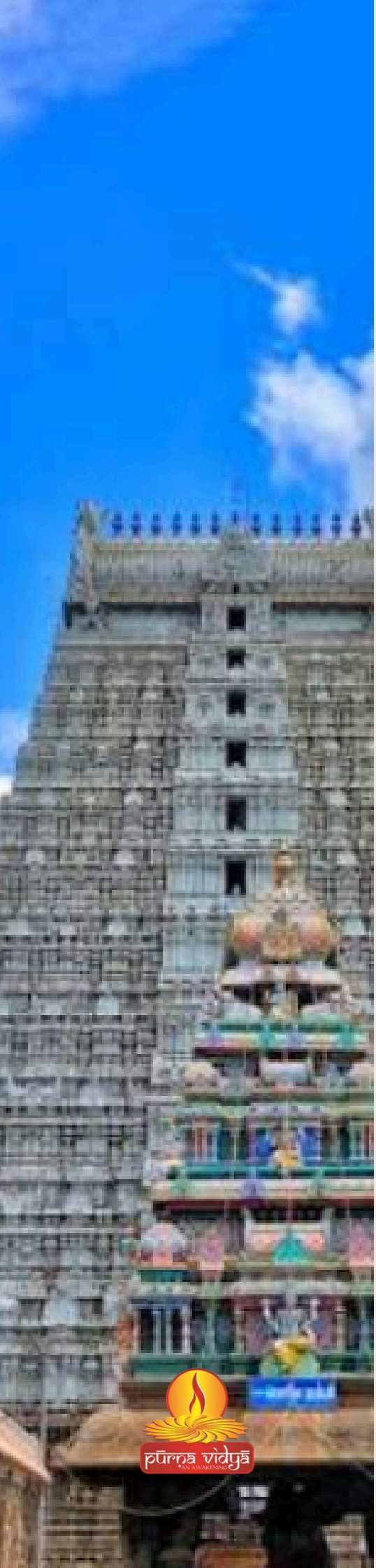
Dear Readers,

In times of stress or when things go wrong, how do you deal with it? Are you able to overcome the adversity and bounce back or do you fall apart? Resilience is about the capacity to bounce back from difficulties. It is about harnessing the psychological strength to cope in difficult times. Not all setbacks are bad for it enables one to build the capacity to meet challenges head on.

When you have resilience, you are able to bounce back quickly but when you lack resilience, you tend to dwell on the situation, victimize yourself, become overwhelmed or even gravitate towards unhealthy coping mechanisms.

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Is it to say that resilient people do not face any problems? Definitely not! Resilient people do go through their share of unfavourable situations and outcomes but instead of becoming broken and down trodden, they are able to look past it, find various ways to cope and handle the situations and importantly they continue to enjoy life and learn to ride the waves instead of drowning under water. They grow under these experiences and gain strength from it.

Building resilience becomes important as life today is complicated and there are constant and rapid changes that we need to get used to. If we are not resilient, we can become broken, have reduced productivity, our relationships sour and can become meaningless and we subject ourselves to a higher level of dissatisfaction and unhappiness. Thus, how can one grow to be more resilient? First and foremost, one needs to have proper support and this can be garnered via connections. Building positive relationships with close and loved ones is essential and building connection with **GOD** is of utmost importance for **HE** oversees everything and HE is omnipotent-the all **POWERFUL** one! Second, we can make each day meaningful by engaging in purposeful activities that gives us a sense of accomplishment. Third we need to be open to learn from our experiences and instead of being like an ostrich that buries its head in the sand, we need to own up the experience and see what it is teaching us. Next, we need to learn to have compassion for ourselves and be kind. And finally, we need to be proactive and remain hopeful. Proactive in terms of not minimizing the issues but taking steps to plan and execute and through it all not losing hope and having the future in mind.

As we chart across these unprecedented times, may we learn to look within and gain strength. May our eyes and heart be open to see the areas that we need to work on and not be pushed back by adversities. Learning to harness the resilience skills to rise above life's adversities is a core life skill that each of us need to be mindful of and by tapping on HIS grace know that we will be OK in today's world!

ॐ

Love and Blessings,

Ammaji

उमामहेश्वर स्तोत्रम्

{Part 06}

In the previous session, we saw that verse six of the Umāmaheśvara Stotram presented Lord Śiva and Goddess Pārvatī as the Divine Couple who are described as atisundara, extremely beautiful, and as those who are deeply attached to the lotus-like hearts of the devotees. They protect those who sincerely follow the path of dharma.

Thus, the Divine Couple are regarded as those who guide all beings towards their highest welfare, the mokṣa.

Verse 7

नमः शिवाभ्यां कलिनाशनाभ्यां कङ्कालकल्याणवपुर्धराभ्याम् ।
कैलासशैलस्थितदेवताभ्यां नमो नमः शङ्करपार्वतीभ्याम् ॥ ७ ॥

namaḥ śivābhyāṃ kalināśanābhyāṃ
kaṅkāla-kalyāṇa-vapurdharābhyām
kailāsa-śailasthita-devatābhyāṃ namo
namaḥ śaṅkarapārvatībhyām (7)

Kali-nāśanābhyām: Here, Lord Śiva and Goddess Pārvatī are described as those who destroy Kali. In this context, Kali represents the forces of adharma, or unrighteousness. When adharma becomes dominant and there is an imbalance between dharma and adharma, the Divine intervenes to restore order. We may sometimes wonder why such intervention does not happen immediately when we see injustice or wrongdoing in the world. The teaching here is that Divine intervention takes place when it becomes necessary from the larger perspective of cosmic order.



Our responsibility is therefore to remain committed to dharma rather than becoming anxious about the ultimate outcome.

Kaṅkāla-kalyāṇa-vapur-dharābhyām: The word kaṅkāla refers to a skeleton and suggests a frightening or fearsome form, whereas kalyāṇa represents auspiciousness, beauty, and that which is beneficial. The expression therefore brings together two apparently opposite aspects of reality. Creation and dissolution, beauty and fear, movement and stillness are all present within the universe. The Divine is not limited to one of these opposites. The form of Śiva itself contains both the terrifying and the auspicious. Śiva represents the self-existent, eternal, and changeless reality, while Pārvatī represents the dynamic and changing expression of that reality. The changing aspect is associated with beauty, energy, colour, and movement, while the changeless aspect remains still and eternal.

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उमामहेश्वर स्तोत्रम्

These are not two independent realities. They are complementary aspects of the Divine. Thus, Śiva and Pārvatī together represent the unity of the eternal and the dynamic, the changeless and the changing.

Kailāsa-śailasthita-devatābhyām: Lord Śiva and Goddess Pārvatī are traditionally regarded as residing on Mount Kailāsa, one of the most sacred places in the Himalayan region. Kailāsa is regarded as a centre of spiritual and mystical significance. It is traditionally associated with Divine presence and with the sacred geography of the Himalayas. The devotee therefore offers salutations to Śaṅkara and Pārvatī, who are described as abiding in this sacred abode.

Verse 8
नमः शिवाभ्यामशुभापहाभ्याम्
अशेषलोकैकविशेषिताभ्याम् ।
अकुण्ठिताभ्यां स्मृतिसम्भृताभ्यां नमो नमः
शङ्करपार्वतीभ्याम् ॥ ८॥

namaḥ śivābhyām-aśubhāpahābhyām
aśeṣalokaika-viśeṣitābhyām
akuṇṭhitābhyāṃ smṛti-
sambhṛtābhyāṃ namo namaḥ
śaṅkarapārvatībhyām (8)

Aśubhāpahābhyām: The Divine Couple are described as those who remove aśubha, that which is inauspicious or disturbing. The devotee approaches Śiva and Pārvatī seeking freedom from obstacles, disturbances, and negative influences. The Divine is therefore regarded as the source of auspiciousness and as the remover of what obstructs spiritual progress.

Aśeṣa-lokaika-viśeṣitābhyām: Within the entire universe, the most exalted reality is the Divine itself. The Lord is understood both as with form and as the formless. The entire world of forms is an expression of the Divine, while the formless reality is also the Divine. Thus, there is nothing higher than the supreme reality represented by Śiva and Pārvatī.

Akuṇṭhitābhyām: The word **akuṇṭhita** conveys the idea of that which is not diminished or obstructed. Here, it is associated with the Lord's perfect and unfailing memory.

Smṛti-sambhṛtābhyām: Human memory is limited. The Divine, however, is omniscient. The Lord possesses complete knowledge and does not depend upon the limitations of an individual mind. This is why prayers such as the Medhāsūktam seek the blessing of the Divine for intelligence, understanding, and memory.

The reason for the Lord's unfailing knowledge is also connected with the Divine being beyond time. The Divine is described as **timeless**. Time itself exists within the larger reality of the Divine. Therefore, the Lord is not limited by the ordinary effects of time. From this perspective, past, present, and future are not separate realities for the timeless Being. Everything exists within the eternal present.

उमामहेश्वर स्तोत्रम्

Traditional Meaning of Divine Omniscience:

The Lord does not acquire knowledge gradually in the manner that an individual human being does.The Divine is eternally omniscient.Human beings experience consciousness through the body and mind. The subtle body provides the medium through which consciousness is reflected and experienced at the individual level. The traditional example of reflection helps explain this idea. Just as the sun is reflected in water when a suitable reflecting medium is present, consciousness is reflected through the subtle body in living beings.

The omniscient Divine, however, is not dependent upon such a limited medium. Divine knowledge is complete and unlimited. This understanding leads to the broader idea that the universe operates according to a cosmic order.

Nothing in the universe exists outside this order. The movements of planets, the cycles of nature, biological processes, and the functioning of the human body all operate according to definite laws and principles.

This order can be observed at different levels—physical, astronomical, geological, biological, physiological, psychological, and metaphysical.

The Divine is understood as the very foundation of this order. The problems that arise in human life, therefore, should not simply be attributed to the Divine creation. Human beings possess the freedom to choose, and their choices can either support or disturb the harmony of the larger order.

The two extraordinary capabilities of Human Beings – Freedom of Choice and Self-awareness.

These capacities distinguish human beings from other forms of life. They provide an opportunity for spiritual growth, but they also bring responsibility. Humanity must learn to use freedom wisely and to align individual choices with dharma and the larger cosmic order. The challenge is not the existence of freedom itself, but our inability to use that freedom appropriately. When our choices are guided by selfishness, greed, or ignorance, they create disorder. When they are guided by dharma and awareness, they contribute to harmony. Thus, spiritual life involves learning how to exercise freedom responsibly.

Let us continue to look into more spiritual aspects that the *Umāmaheśvara Stotram* unravels in the next sessions.



UPCOMING 2026 RETREAT/COURSES

pūrṇa vidyā FOUNDATION

UPCOMING RETREAT / COURSES

OCT TO DEC, 2026





Navaratri Retreat at Tapasyalayam

11 to 20 Oct, 2026



Vedanta Retreat in Tamil

Sadhana Pancakam

25 to 31 Oct, 2026



Vedanta & Yin Yoga

Teacher Training in South India

14 to 29 Nov, 2026



Gita Jayanti

20 Dec, 2026

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VEDANTA COURSE

@ PURNA VIDYA FOUNDATION, COIMBATORE

13th Jan to 12th Feb, 2027

Join us for an immersive one-month course which offers an unique opportunity to explore the timeless wisdom of the **Upanisads** by providing practical insights and relatable solutions to modern life. In addition, a talk series on "Spiritual Heritage of India", as well as Yoga, Meditations, Sanskrit, Vedic Chanting and Satsangs are included.

★ **ISAVASYOPANISAD** | ★ **UPADESA SARAM**



VEDANTA



SANSKRIT



VEDIC CHANTING



MEDITATION



YOGA



SATSANG

This Course is open to all seekers—whether you're new to the teachings of Vedanta or looking to deepen your understanding. Reserve your seats for this transformative experience.

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YOGA PRACTICE {Part 64}

Hatha Yoga

28

Yoga practice – Vīrabhadrāsana II

Root Deep, Rise Strong

Continuing our journey through the wonderful variety of asanas, today we take a closer look at **Vīrabhadrāsana II — Warrior Pose II.**

This strong standing posture invites us to explore stability, focus, openness, and courage. It is a pose that can be adapted to different levels of practice, making it a beautiful companion on your yoga journey.

The meaning behind the name

The Sanskrit name **Vīrabhadrāsana** carries the story of the warrior.
Vīra (वीर) can mean hero, warrior, or courageous one,
while **bhadra (भद्र)** can mean auspicious, good, or noble.

The invitation is therefore simple and powerful: connect with your inner warrior.

Imagine that within you lives a quiet strength — courageous, steady, and ready to meet whatever life places in your path. In Warrior II, your arms reach in opposite directions, creating a sense of expansion and purpose. Your gaze follows your front hand, your fingers pointing toward a distant horizon.

Your body is grounded, your heart is open, and your attention is clear.

You are not fighting against the posture. You are meeting it.

Vīrabhadrāsana II — Warrior Pose II
Benefits

Warrior II can help build strength and stability in the legs while encouraging mobility in the hips and openness across the chest and shoulders. It can be incorporated into flowing yoga sequences and offers an opportunity to cultivate concentration, body awareness, balance, and endurance.

How to practice



Begin in **Tadāsana (Mountain Pose)**. Take a generous step back with one foot and create a stable, spacious foundation.

Imagine a line running from the heel of your front foot toward the arch of your back foot. Turn your back foot so that it is approximately parallel to the short edge of your mat.

Bend your front knee and allow your front thigh to move toward parallel with the floor — but only as far as you can maintain stability and ease.

Let your front knee track in the same direction as your toes, avoiding any collapse inward. Ground through the heel and the ball of your front foot. At the back foot, feel the outer edge of the foot connect with the earth while maintaining a sense of lift through the inner arch.

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Lengthen through your spine and allow your pelvis to open toward the long edge of your mat. Extend both arms out at shoulder height, reaching in opposite directions. Let your shoulders soften away from your ears.

Turn your head gently toward your front hand.

Let your gaze rest beyond your fingertips, as though you were looking toward a distant horizon.



A gentler variation



You don't have to go to the deepest expression of the posture.

Create the same stable foundation, but bend your front knee less deeply. You can also place your hands on your hips if extending the arms feels tiring or if you want to focus more closely on your lower-body alignment.

This variation allows you to explore the essence of Warrior II while reducing the intensity.

Listen to your body
As always, let your body be your guide.

Yoga is not about forcing yourself into a shape. It is about developing awareness and learning to meet your body where it is today.

Explore the variations. Adjust your stance. Take your time.

With patience, breath, and practice, the posture begins to reveal its own beauty.

And perhaps the real warrior is not the one who pushes harder, but the one who learns to stand firmly, breathe deeply, and meet each moment with courage.

Contraindications and modifications
As with any physical practice, modify or avoid the posture if it causes pain.

Particular caution may be appropriate following recent injuries or surgery involving the knees, hips, ankles, or feet. Individuals with balance limitations may benefit from shortening the stance or practicing near a stable support.

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10 YOGA PRACTICE

The goal is not to force the body into an idealized shape. The posture should be adapted to the individual practitioner's anatomy, mobility, strength, and current condition.

Feel your strength without becoming rigid.

Feel your openness without losing your foundation.

And breathe.



An essential rule of yoga practice is to listen to your body.

Practice mindfully and never move into pain.

Every body is anatomically unique, so postures should always be adapted to individual needs.

A practice must be adjusted appropriately for healthy, injured, or physically limited practitioners.

If you are practicing without the guidance of a qualified teacher, the risk of injury may increase.

If you are unsure whether a particular āsana is suitable for you, please consult a certified yoga teacher or medical professional before practicing.

• *Text, Photos & Model : Kerstin Kubal*

pūrṇa vidyā

Ongoing Weekend Sessions in Sep 2026 with Ammaji





Every Saturday

Bhagavad Gita Chanting

Learn to Chant the Gita

Starting on : 12th Sep' 26

Every Saturday at 12 Noon IST (1 hour session)

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



1st Saturday Sessions

Sanskrit live Q & A with Gurus...for students

1st Saturday, 5th Sep, 2026: 5:00 to 6:00 p.m. IST

Join with Zoom Meeting ID: 810 0919 4929 | Passcode : purnavidya



2nd Saturday Sessions

Vedic Heritage Teacher Training

2nd Saturday, 12th Sep, 2026: 5:00 to 6:00 p.m. IST

Join with Zoom Meeting ID: 853 5665 2364 | Passcode : purnavidya



3rd Saturday Sessions

Bhagavad Gita Satsang with Ammaji

3rd Saturday, 19th Sep, 2026: 6:00 to 6:30 p.m. IST

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



Every Sunday

Starting Date : 07th June' 26

A Bird's Eye View of the Gita

Chapters 1-18

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!.

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pūrṇa vidyā FOUNDATION

Bhagavad Gita Chanting

(Learn to Chant the Gita)



Live classes through Zoom

New Course

Starting Date : 12th September

Every Saturday 12.00 noon to 1.00 p.m.





Swamini Pramananda (Ammaji)

About the Teacher

Janaki Ravichandran

Traditionally trained Vedic teacher in the Guru–Śiṣya paramparā

The Bhagavad Gita is a timeless guide to life that teaches how to perform one's duties with wisdom, devotion, and detachment while realizing one's true nature.

UNIQUE FEATURES OF THIS COURSE

- Learn to chant the Gita
- Ensure authentic pronunciation of the verses.
- Sessions focus on practising slokas already learnt.

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FOR YOUNG GENERATION



Swamini Pramananda (Ammaji)

Live Online Zoom Classes | Interactive Learning | Value Based Education | For Ages 7 to 18

FOUR TRANSFORMATIVE PROGRAMS

1 RĀMĀYANA
THE EPIC OF DHARMA



Dive into the timeless epic that guides us in living a life of righteousness, devotion and duty.

- Starting Sep 12th, 2026 onwards (Saturday)
- 03.30 to 04.30 p.m. IST
- 30 Sessions
- For Ages 13 to 18

2 BHĀGAVATA PURĀṆA



Experience the divine stories and wisdom that inspire devotion, wisdom and detachment.

- Starting Sep 13th, 2026
- Sunday 4.30 P.M. to 5.00 P.M. IST
- 30 Sessions
- Ages 7 – 13 Years

3 ĪŚVARA AND RELIGIOUS DISCIPLINE



Understand the values of Vedic culture and cultivate religious discipline in daily life.

- Starting Oct 4th, 2026
- Sundays 1.30 to 2.30 P.M. IST
- 35 Sessions
- For Ages 12 to 18

4 HUMAN DEVELOPMENT & SPIRITUAL GROWTH



Timeless teachings for a fulfilling life, inner growth and spiritual well-being.

- Starting Sep 12th, 2026
- Saturdays 12.00 noon to 1.00 p.m. IST
- 30 Sessions
- For Ages 13 to 18

PROGRAM HIGHLIGHTS

Sloka chanting, stories & values | Interactive activities | Cultural awareness & life skills | Fun & engaging online sessions

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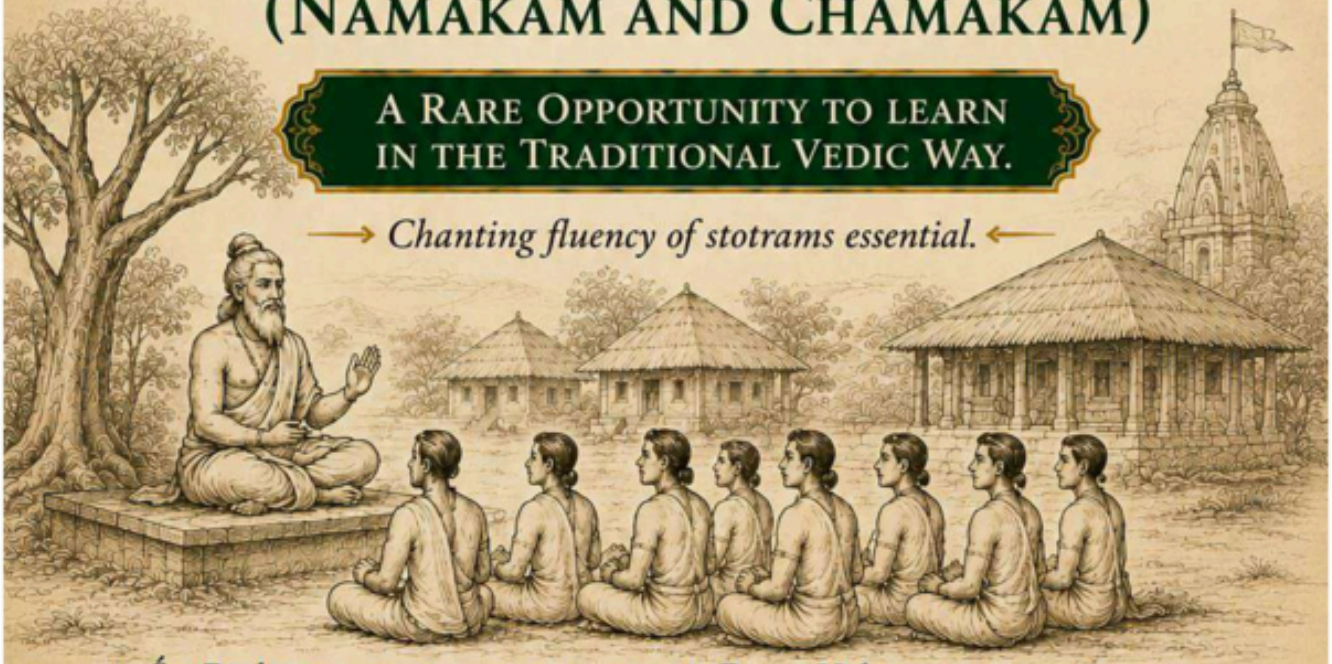
VEDIC CHANTING COURSE

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(NAMAKAM AND CHAMAKAM)

A RARE OPPORTUNITY TO LEARN IN THE TRADITIONAL VEDIC WAY.

Chanting fluency of stotrams essential.



Śrī Rudram is one of the most revered hymns of the **Kṛṣṇa Yajurveda**, invoking the grace of Lord Śiva for inner purification, protection, peace, and universal well-being.

Pūrṇa Vidyā is offering you this rare opportunity to learn **Śrī Rudram** through the authentic Guru–Śiṣya tradition from the comfort of your home. This six-month guided course focuses on correct Vedic pronunciation, intonation, and disciplined chanting, preserving the sacred oral tradition.

SRI MARUTI SRINIVASA SHARMA

Traditionally trained Vedic teacher in the Guru–Śiṣya paramparā

DURATION	BEGINS ON	TWICE A WEEK	ONLINE
6-MONTH COURSE	13 SEPTEMBER	THURSDAYS & SUNDAYS 7:00 – 8:00 PM (UK)	FROM THE COMFORT OF YOUR HOME

EMBARK ON A SACRED JOURNEY. CHANT WITH DEVOTION. TRANSFORM YOUR LIFE.

Learn. Chant. Connect. Invoke the Divine Grace of Lord Śiva.

Navaratri Retreat

Tapasyalayam, Uttarkashi, Himalayas

Oct. 11th to Oct. 20th, 2026

(Arrival – Oct 11, 2026 Departure – Oct 20, 2026)

Through this Unique Retreat, Spiritual Seekers will Do their Contemplative Practices and Pujas, and learn about the mystical culture of Ganga valley.







- **A Call from Uttarkashi, Himalayas!**
- **Spend 10 days with** Ammaji and the most sacred of rivers, Goddess Ganga, in Contemplative Practices during Navaratri!
- **Revel in** Ganga Temple Pujas, Chantings, Yoga, Reflections, Bhajans, Satsangs and an opportunity to meditate on the banks of MaGanga, and have the blessings of Vasuki Nagdevata Doli.
- **Yatra to Gangotri Temple** (optional on 19th Oct.)

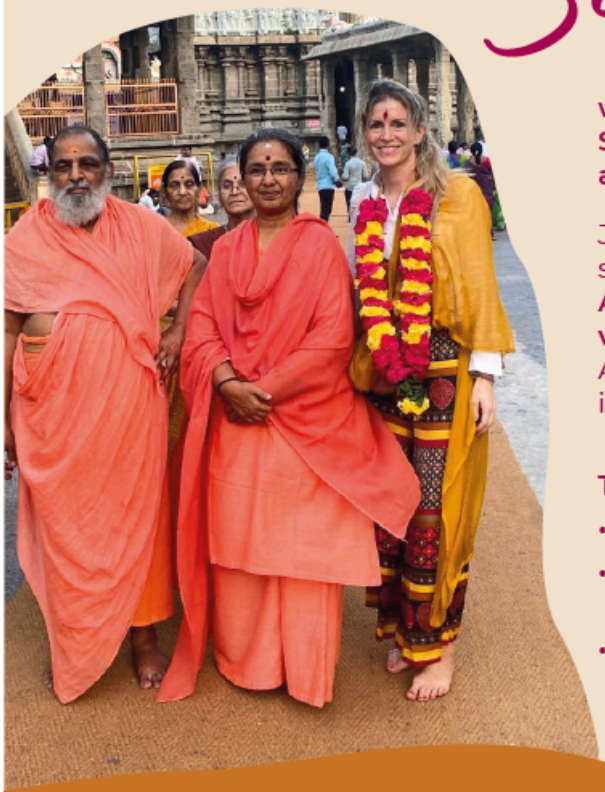
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Vedanta Retreat in Tamil
Sādhanā Pañcakam
BY ŚRĪ SWAMI SACCINMAYANANDA SARASWATHI
25th Oct. – 31st Oct., 2026
Arrival/Departure Included
9.00am – Orientation
11.00am – Inauguration
by Ācārya Śri Swami
Sakshatkrtananda Saraswatiji.
Swami Saccinmayananda Saraswati is a direct disciple of
Pujya Sri Swami Dayananda Saraswati. He has done a long term
residential study of Vedanta and Samskrtam.
Swamiji has been teaching for over a decade in schools,
community centers, temples, including prisons in many states in Malaysia.
His spiritual camps for the young generation and
adults has been well appreciated by one and all.
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வேதாந்த
தியான முகாம்
சாதனா பஞ்சகம்
ஸ்ரீ ஸ்வாமி சச்சின்மயானந்த சரஸ்வதி அவர்களால்
25 அக்டோபர் – 31 அக்டோபர், 2026
வருகை / புறப்பாடு உட்பட
காலை 9.00 மணி –
அறிமுக நிகழ்ச்சி
காலை 11.00 மணி –
தொடக்க விழா
ஆசார்ய ஸ்ரீ ஸ்வாமி
சக்ஷாத்க்ருதானந்த சரஸ்வதி ஜி
அவர்களால்
ஸ்ரீ ஸ்வாமி சச்சின்மயானந்த சரஸ்வதி அவர்கள்,
பூஜ்ய ஸ்ரீ ஸ்வாமி தயானந்த சரஸ்வதி அவர்களின்
நேரடி சீடர் ஆவார்.
அவர் வேதாந்தம் மற்றும் சமஸ்கிருதத்தில் நீண்டகால
குடியிருப்பு கல்வியைப் பெற்றுள்ளார்.
ஸ்வாமிஜி, மலேசியாவின் பல மாநிலங்களில் உள்ள பள்ளிகள்,
சமூக மையங்கள், கோவில்கள் மற்றும் சிறைச்சாலைகள்
உட்பட்ட இடங்களில் பத்து ஆண்டுகளுக்கும் மேலாக
போதித்து வருகிறார்.
இளைஞர்கள் மற்றும் பெரியவர்களுக்காக அவர் நடத்தும்
ஆன்மீக முகாம்கள் அளைவராலும்
பெரிதும் பாராட்டப்பட்டுள்ளன.
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date: **November 14th – November 29th, 2026** // venue: **Coimbatore (South India)**
15 days residence training (100 hrs) with Indian cooking classes, temple visits, nature outings // **Special Experience:** visit to Kerala

more Infos: *www.yinplusyoga.de* // **contact:** *office@yinplusyoga.de*





NĀGA PAÑCAMĪ PŪJĀ

On the sacred occasion of Nāga Pañcamī, Purna Vidya Foundation performed a traditional Nāga Pañcamī Pūjā, invoking the blessings of the Nāga Devatās and seeking their grace for the well-being, protection, and prosperity of all.

Nāgas have an important place in our Vedic and Purāṇic tradition. They are revered as divine beings associated with Lord Śiva. Worship of the Nāga Devatās is an expression of our gratitude and reverence towards the forces of nature.

As part of this auspicious occasion, students of the Vedānta Course also participated in the Pūjā, offering their prayers and learning through the traditional observance of the festival. The Pūjā included Sankalpa, traditional worship, offerings, chanting of mantras, and Ārati, seeking the blessings of the Nāga Devatās for harmony, health, spiritual growth, and the welfare of all beings.

EKADASA RUDRABHISHEKA PUJA











The birthday of Swami Saccinmayananda, a revered Vedanta and Heritage teacher, was celebrated in Purna Vidya Foundation's Lord Vanalingeshwara temple. Twenty-one priests chanted ekadasa Śrī Rudram, a sacred Vedic hymn dedicated to Lord Śiva and performed the elaborate Abhisheka-puja ritual. It was a day filled with devotion and Vedic hymns, bringing joy and peace to all residents of the ashram.

A MEMORABLE DAY IN PALAKKAD



On 13th August 2026, the Vedanta Course participants, along with Ammaji and our revered Swamijis, enjoyed a beautiful and memorable trip to Palakkad.

We visited two sacred temples and also had the opportunity to visit Ammaji's Palakkad Ashram. The day was filled with spiritual joy, togetherness, and wonderful moments shared by everyone. We enjoyed a delicious and hearty lunch followed by tea.

We also visited a serene pond located very close to the Ashram. Surrounded by natural beauty, the peaceful and tranquil ambience offered a precious moment of quiet reflection and togetherness.

It was truly a day to cherish—a beautiful blend of spirituality, nature, fellowship, and joyful memories that will remain in our hearts for a lifetime.









22

INDEPENDENCE DAY







Today, we joyfully celebrated Bharat's Independence Day with great patriotic spirit and devotion. The celebration began with Flag hoisting ceremony followed by the soulful singing of Vande Mataram, and the national anthem.

Tapasyalayam ashram performed flag-raising ceremony also at Uttarkasi making this special day even more meaningful and memorable.

May the spirit of Bharat Mata, unity, peace and devotion always inspire us.

Vande Mataram!



ONAM CELEBRATION









On 25th August, we joyfully welcomed the auspicious festival of Onam at Purna Vidya Foundation with a radiant Pookolam (floral carpet), lovingly created by our staff members, and a graceful dance that beautifully expressed the spirit of togetherness and celebration.

Onam, the traditional harvest festival of Kerala, reminds us of abundance, harmony, gratitude, and unity—within our community and in our relationship with nature.

The celebration brought everyone together in an atmosphere of joy, devotion, and shared cultural heritage. As part of this auspicious occasion, the students of the Vedānta Course also participated in the celebration, making the gathering even more meaningful and vibrant.



VEDANTA COURSE

















One-Month Vedānta Course at Purna Vidya
On the auspicious occasion of Guru Pūrṇimā, and with the divine blessings of Pūjya Swami Dayānanda Saraswati, a profound new chapter began at Purna Vidya Ashram—the launch of yet another one-month residential Vedānta immersion, rooted in tradition and dedicated to self-inquiry.

Set in the serene rhythm of Gurukula culture, this course invited participants to live and learn in the spirit of the ancient Indian tradition, where knowledge is received with humility and life itself becomes the classroom—bringing participants closer to the heart of Bhāratīya wisdom.

This immersive month formed the foundation for a year-long journey into the sacred scriptures. The teachings were anchored in:

- Muṇḍakopaniṣad with Swamini Pramananda, Ammaji
- Samskṛtam with Swami Siddhabodhananda
- Vedic Chanting with Swami Saccinmayananda
- Temple rituals and traditional practices
- Daily Yoga and Meditation, which ground and uplift the participants

With 26 students from across the globe, the group was diverse in background, yet united by one aspiration—a sincere longing for Truth.

What made this experience unique was the reconnect with the cultural and spiritual roots of India, and to experience the essence of Vedānta through direct, lived experience.

VEDANTA COURSE – CONCLUDING CEREMONY











On **Wednesday, 26th August 2026**, Purna Vidya's Vedanta Course participants celebrated the **Concluding Ceremony** of their course at 3:00 p.m.

The ceremony was graced by our respected **Swamiji** and **Ammaji**, who were honored as the distinguished guests.

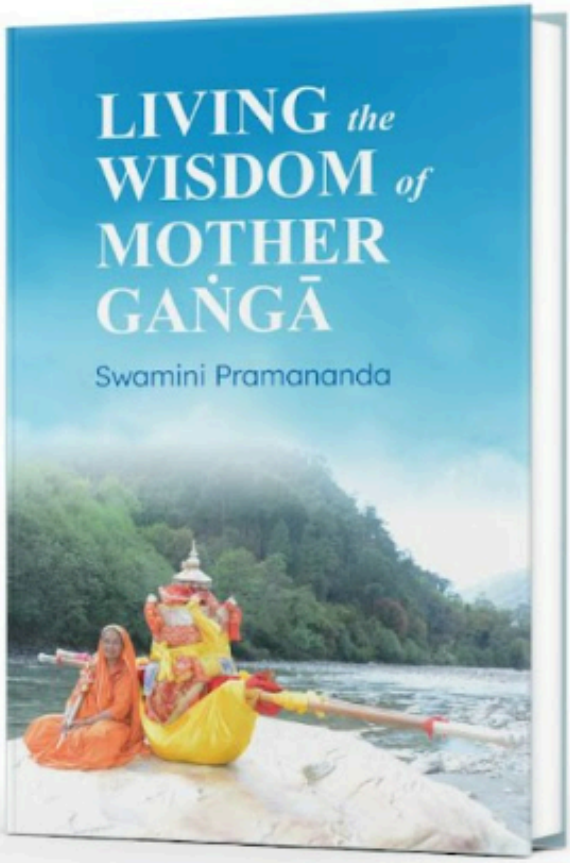
Each participant shared their heartfelt reflections and spoke about how they were able to apply the teachings of Vedanta in their lives. Their presentations reflected their understanding, learning, and personal growth throughout the course.

It was a meaningful and memorable occasion, marking the completion of a beautiful journey of **Vedantic learning, self-inquiry, and spiritual growth.**

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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
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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!

Swaminī Pramānandā (Ammaji)

Namaste Dear Friends!

All life situations are meant to teach us valuable lessons if we are open to them. We need to learn not to become broken every time we meet with an adversity. Resilience therefore becomes a core life skill for us to learn so as to adapt to face life situations, gain strength and for own internal growth. It is a reset button for our emotional and spiritual well-being.

Some tips for us to improve our resilience would be to: i) set aside time to make connections with God and loved ones. Positive relationships provide us with timely support for it is important for us to know where our capabilities are at a particular point in time; ii) having aspirations and setting goals to help us give purpose and meaning to our life; iii) to remove burden of fear, comparing with others and being attached to the old ways of doing things; iv) giving ourselves time to recover from adversity and to build patience to wait it out. May we not forget that resilience requires the effort of the individual and also to tap on the strength from God!

We hope that you have enjoyed this volume of our newsletter. We warmly welcome your feedback and contributions through purnavidya.newsletter@gmail.com

Editorial Team
Hari, Yogesh, Pushpa.

Contributors
Shobha, Sudha, Gayatri, Madhurima,
Archana, Sreenivasan,
Isabel, Nina, Judit, Kerstin,
Gela, Birgit, Alexandra.