

# Sadhana Camp at Rishikesh

by Swamini Satyavratana Saraswati

“Yoga for Spiritual Health” was the topic for our Sadhana camp at Rishikesh, this year, conducted by our Guru, Swamini Satyavratana Saraswati with 75 students, from 10<sup>th</sup> June to 17<sup>th</sup> June 2019. All of us were expecting a rigorous session on asanas and were wondering how one could spend the entire day only doing yogasanas. Well, we were pleasantly surprised when Pujya Swamini unfolded the subject of Ashtanga Yoga and its benefits.

Pujya Swamini highlighted Asana, Pranayama and Meditation with vedic vision as a supportive means for spiritual upliftment.

We were also blessed with the Anugraha Bhashanam of Acharya Swami Satswaroopananda ji on the topic “Who is God”.



By Deepa Raviganesh