

Yoga and Sound Retreat 2012 Report



The Yoga and Sound Retreat was held at Arsh Vidya Gurukulam from September 7th to 14th. Pujya Swami Dayanandji, Sri Ramanandji Patel and Pandit Mukeshji Desai conducted this camp.

Approximately fifty students attended the camp. Pujya Swamiji conducted classes every day along with a satang in the evenings. The Yoga and sound workshop was held at the Yoga Studio. On the 7th of September Suddhatmaji opened the orientation with an introduction. Mark Hertel, the resident yoga teacher, explained the camp schedule and the facilities at the Gurukulam. Mark is a yoga teacher with many years of experience. He studied yoga at the Ramamani Iyengar Memorial Yoga Institute in Pune and has been associated



with Ramanandji for a long time. Mark teaches yoga at the Gurukulam. Ramanandji and Mukeshji conducted the Yoga and Sound Camp. Both are considered experts in their fields. They have developed a method of utilizing sound as yoga to promote deeper understanding of asanas, the breath, the sense and ultimately the self. Sound is also used to facilitate harmonious breath and movements.



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Some of the students were well accomplished in yoga and were themselves teachers of yoga for a long time.

Pujya Swamiji conducted classes on selected verses from Bhagawan Raman Maharshi's Upadesa Saram. . Pujya Swamiji explained in details the Sadhak and Sadhanam relationship, Mana, Budhi, Chit and Anthakaran and their interaction. This was followed by a profound discussion on Ichha Shakti and Prana Shakti, and the resolution of thoughts through which a person can reach the self. Pujya Swamiji thoroughly explained the terms Laya and Vinashanam. In Laya the resolved thoughts will come back but in Vinashanam- these thoughts will not come back. It was a scholarly teaching which Pujya Swamiji made simple to understand.

On the 12th of September Swami Parmatmanadaji from Portugal and Bawa

Jainji, the General Secretary of the World Council of the Religious Leaders visited the Gurukulam. A group from Portugal, are campaigning for dedicating June 21st as International Day of Yoga, accompanied Swami Paramatmanandaji. They are on the campaign to promote an International Day of Yoga. The group presented a Physical Fitness and yoga co-ordinated with music at the temple. It was an absolutely beautiful presentation.

The Kitchen staff worked Hard to serve good food and the meals were served on time. Pujaris Sri Ravichandran and Sri Ganesa performed the pujas regularly.

Suddhatmaji and the staff, the teachers and the volunteers worked hard to make this camp a success.

The camp ended on September 14th 2012.

Report by Aroind Bagal

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