

## The Energy of Yoga Permeates SNM NJ



The feeling of heightened awareness of spiritual and physical health reverberated through the four walls of the Sant Nirankari Bhawan, New Jersey, where an after-sangat yoga session was held on Sunday, April, 12 from 3 pm to 5 pm. Yoga practitioner for over thirty years and author of a series of yoga books, Ashok Wahi led the yoga session entitled “Customized Yoga Instructional Program.” More than 50 people participated while another 50 attendees stayed there to watch the session and felt inspired by the introductory lecture on the mind-body-soul confluence in the practice of yoga.

“I watched from the backseats but having learnt about the benefits of yoga, I feel inspired to make yoga a part of my daily regimen,” said a bystander. It was truly contagious.



The schedule included:

- Introduction, Basic Information, Yoga Terms, and Knowledge
- Demonstration of Yoga for Beginners
- Yoga Session with description, demonstration and Practice by Participation
- Open Q/A session

The participants and the audience felt that the curriculum had the right

balance of didactic presentation on the benefits of yoga, demonstration of basic postures, and guided practice. The Question/Answer session provided an opportunity for the attendees to ask questions“

Although I have been taking yoga instruction at a yoga school for many years and have had an opportunity to learn yoga from many teachers, there was something different about this session that set it apart. No teacher had ever delved so deep into the body-mind-



soul connection or proper breathing technique, which is key to proper yoga practice,” said one of the participants.



Since it was a heterogeneous group of attendees--including men, women, young, old, experienced, and inexperienced--it must have been a challenge to select the right mix of yoga *asanas* (postures) for this class. But the instructor did a masterful job of putting together the curriculum, evident from the mix of *asanas* included in the program: Waves, Standing; Wood Chopper; Chair Pose; Upward/Downward Facing Dog; Bow; Sun Salutation; Seated Spinal twist; Sitting Still; and Pranayama.

The audience seemed to enjoy every moment and took full advantage of the Question/Answer session too. The participation and enthusiasm was overwhelming. So much so that several attendees stayed after the conclusion of the session to practice and also to learn advanced techniques such as Headstand, Crow, Plough Postures.

A week later the participants are still feeling good and asking for holding these sessions at least once a month. The feedback has been tremendous, with one common denominator in all the comments—“thanks for holding this event.”

**Thanks indeed to the one—His Holiness Baba Hardev Singh Ji—whose whole life is dedicated to “yoga”—this word is derived from Sanskrit root “yuj” which means “to add”, “to join”, “and to unite.” He indeed is the greatest yogi; this event was a humble attempt by our branch to further his cause of fostering unity.**

