

SNM Seattle
Yoga Day Celebration 2025

On June 22, 2025, the Seattle branch of Sant Nirankari Mission joyfully celebrated International Yoga Divas at the Sai Baba Temple, 18109 NE 76th St UNIT 108, Redmond, WA 98052. The event took place from 10:30 AM to 12:30 PM and was blessed with the participation of 60–80 attendees, including local community members and saints from the Mission.

The session was jointly led by Respected Rajesh Fandan Ji and Respected Hema Ji. Rajesh Ji, an experienced yoga instructor well-versed in multiple yogic practices and techniques, guided participants through a series of yoga postures, breathing exercises, and relaxation techniques. Supporting him, Hema Ji helped drive the event with dedication and grace, ensuring that participants stayed engaged and comfortable throughout the session. Together, they created an enriching atmosphere that emphasized not only physical well-being but also mental balance and inner harmony—reminding everyone that yoga is a union of body, mind, and spirit.

After the yoga practice, Rajesh Ji also shared divine discourses, highlighting how yoga and spirituality go hand in hand. He explained that while yoga strengthens the body and calms the mind, it is through the realization of Nirankar (Formless God) that one finds true stability, peace, and fulfillment in life. His words inspired participants to integrate yoga with spiritual awareness in their daily routines.

The atmosphere was filled with positivity, discipline, and devotion as participants actively engaged in the exercises and reflected on the deeper spiritual messages. Many attendees expressed their gratitude for the opportunity to experience both physical rejuvenation and spiritual enrichment in a single gathering.

With the grace of Satguru Mata Sudiksha Ji Maharaj, this event became a beautiful blend of wellness and devotion. May we all continue to receive such opportunities that nurture both our health and spiritual growth.

Ref:

Invitation File: <https://www.nirankari.org/seattle/events/2025/yogavideo.mp4>

Video Report File: <https://www.nirankari.org/seattle/events/2025/reports/YogaDayV1.mp4>

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