

Extracts from 2nd Yoga and Naturopath Seminar 1-2 August 2009

1st August 2009:

The seminar organized by the Vasudeva Kriya Yoga group was held in the holy premises of Shirdi Sai Sansthan in Camberwell. The seminar was inaugurated by the key speakers lighting the lamps followed by Vedic Chanting by Chi. Amrut and Chi. Vignesh.

The founder of Vasudeva Kriya Yoga Sri Rajendra inaugurated the session with a welcome address. He said conferences such as these are aimed at removing the inner darkness and moving towards the knowledge. He also said the outer darkness can be removed using a lamp, but inner darkness can be removed only through the knowledge of light – Janan Deepa.

The first speaker for the day was Swami Sanyasananda . The topic covered was “Science of Meditation”. He spoke about the science of meditation and the art of calming the mind. He also talked about the need of aligning head, heart and hands. He backed up the data with biological and test data and results from scientific research.

The next speaker was Sri Balaji who is a 86 years old Yogi and Founder of Vibration Breath Therapy. The topic covered was “Chakra Meditation for Healing”. He guided the class with rhythmic breathing patterns chanting Aa u and ma syllables through regularized breathing techniques at the same time concentrating on the various chakras to help in rejuvenation and revitalization of various parts of the body

The last speaker for the day was Dr. Arthur Vassiliou who is a practicing Chinese Medicine Practitioner. The topic he covered was “Health, Longevity and self healing with tradition Chinese medicine”. He spoke about 260 meridians in the body, the impact of Chinese medicine and acupressure, history about Chinese medicine. This

was followed by a practical, everyday acupressure tips and cure for various common ailments. He also briefly touched upon diet tips to a healthy and long life. This ended the first day presentations.

2nd August 2009:

The day began with lightening a lamp and Vedic Chanting followed by an interesting session from Chris Dale of Art of Living School. Topic covered was “Breath- A Gateway to health, happiness and spiritual unfoldment”. The session began with a few light warm up exercises. Chris then provided some interesting tips and facts about breathing and its co-relation to the state of mind. This was then followed by a practical demonstration of the “Basthrika” pranayaama , Naadi shodana Praanayam slowly leading on to a brief “Hari Om” meditation.

The next speaker for the morning was Gita from the Yoga in Daily Life group. She covered “Asanas”. The theme for this hour was to establish how asanas help us revive and rejuvenate. The participants were given demonstration of “Katu Pranam” exercise which encompasses a few important asanas. The benefits of each of the asanas from physical, psychological and neurological levels were clearly explained as the participants were led through each of the asanas.

Afternoon session began with a discourse of “Equal balance in worldly and spiritual life” by Swami Atmamukthanada from Satyananda Ashram. The talk encompassed the 4 facets of life – dharma, artha, kaama and moksha and its understanding and applicability in modern times. Instances and stories from ancient scriptures were provided to understand the concepts.

The next hour was an interesting insight into homeopathic and ayurvedic medicines by Dr. Raj Koturu and Dr. Satish Kumar. Dr. Raj spoke about way homeopathic system worked and conditions under which this system would be very effective. Dr. Satish spoke about the body constitution of pitta, kapha and vaata. He also briefly touched on the ayurvedic system of medicines and history of ayurveda

The last topic for the conference was delivered by Sri Rajendra from Vasudeva KriyaYoga. He covered the topic of “Asana and Upasana”. He explained how yoga is helpful in rejuvenating and reviving the body, mind and spirit. Practical demonstrations of certain asanas, a short yoga nidra and important mudras like mritasanjeevani were covered.

For complete Regeneration, Rejuvenation and Rehabilitation we need to address all five layers of our personality – annamaya kosha, praanamaya kosha, manomaya kosha, vighnaana maya kosha and ananda maya kosha. Annamaya kosha can be addressed through asanas, pranamaya kosha through pranayama, manomaya kosha, vighnaana maya kosha and ananda maya kosha through upasana.

This second yoga seminar was very well received. It is a rare event of bringing various yoga schools on a single platform to spread the message of Yoga in the community. The organisers would like to host similar events every year for the benefit of the wider community. Please contact Sri. Rajendra on Vasudevakriyayoga@gmail.com for further information.