

❧ 10th INTERNATIONAL DAY OF YOGA 2024 ❧

Bihar School of Yoga, Munger, presents

Yoga for the Year of Connection

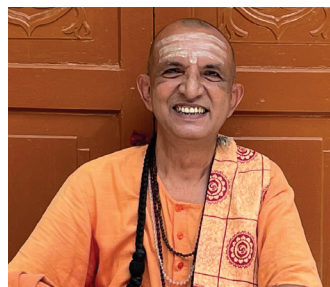
Bihar School of Yoga is dedicating the year 2024 to the development of connection, in all its facets and aspects as seen from the yogic perspective. In the Bihar Yoga tradition connection has always been emphasized, whether it is the connection between our own head, heart and hands, between members of the family, the connection of goodwill at school, in the workplace, neighbourhood and community, and care and respect for nature and Mother Earth. On the occasion of the tenth International Day of Yoga, the annual sadhana of the Bihar School of Yoga inspires yoga aspirants to connect to their physical body, to their mind and emotions, to their social and natural environment, and to their own inner positivity, and to express that positivity through harmonious connections and interactions with others.

Towards connection and goodwill

Asana, pranayama, relaxation and meditation establish the first level of connection, namely to a healthy, relaxed body and mind. A well-balanced yogic lifestyle further promotes health by connecting us to a harmonious and disciplined daily routine.

Adweshā, being without malice, hatred or division, and *maitri*, friendliness, are the yama and niyama which help develop the feeling of connection towards oneself and others. With *adweshā* the sense of separation, difference and duality disappears and instead one feels oneness and a sense of unity with others.

Maitri is friendliness without self-interest and self-oriented motivation. Simply be friendly and kind, no matter to whom, no matter the circumstances. The act of reaching out with an open heart and goodwill creates joy and a lightness of being. The effect of the yama and niyama will be felt in the immediate environment as the current of yoga, connection and union embraces and pervades all.



Your Program for the International Day of Yoga 2024

Early morning, at the time of waking

Three Mantra Sadhana

1. Mahamrityunjaya mantra with sankalpa for healing, energy, power, immunity and strength (11 rounds):

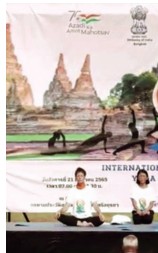
Om tryambakaṃ yajāmahe sugandhiṃ puṣṭivardhanam.
Urvārukamiva bandhanāt mṛtyormukṣīya māṃṛtāt.

2. Gayatri mantra with sankalpa for wisdom, inner clarity, intuitive knowledge and learning (11 rounds):

Om bhūrbhuvaḥ svaḥ tatsaviturvareṇyaṃ.
Bhargo devasya dhīmahi dhiyo yo naḥ prachodayāt.

3. 32 names of Durga with sankalpa for overcoming distress in life and experiencing peace and harmony (3 rounds):

Om durgā durgārtīśamanī durgāpadvinivāriṇī.
Durgamachchedinī durgasādhinī durganāśinī.
Durgatoddhāriṇī durganihantrī durgamāpahā.
Durgamajñānadā durga daityalokadavānalā.
Durgamā durgamālokā durgamātmasvarūpiṇī.
Durgamārgapradā durgamavidyā durgamāśritā.
Durgamajñānasaṃsthānā durgamadhyānbhāsinī.
Durgamohā durgamaḡā durgamārthasvarūpiṇī.
Durgamāsurasaṃhantrī durgamāyudhadhāriṇī.
Durgamāṅgī durgamatā durgamyā durgameśvarī.
Durgabhīmā durgabhāmā durgabhā durgadāriṇī.



Morning, preferably before breakfast

Asana capsule*

Kashtha takshanasana
Namaskarasana
Makarasana
Marjari asana
Shashank bhujangasana
Ardha ushtrasana
Baddha hasta uttanasana
Akarnadhanurasana
Surya namaskara (with Surya mantras)
Kandharasana
Shavasana, whenever required

- * *Practise up to 10 rounds depending on your ability and condition. Awareness should be directed to the physical movement in the first 5 rounds, breath and pranic awareness in the next 5 rounds.*

Pranayama capsule

Nadi shodhana 1:1:1:1 (10 rounds)
Bhramari (15 rounds)

Late afternoon or early evening

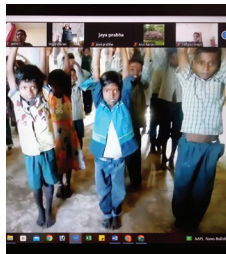
Relaxation capsule

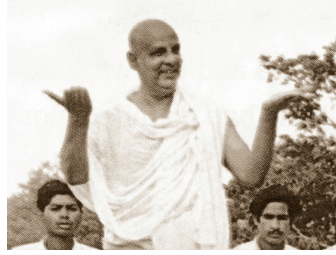
Yoga nidra or yoga nap

Night, before sleep

Meditation capsule

- Review of the Day, which involves reflection on the events of the day to see how you have lived your day and how you can do things better tomorrow.
- Ajapa japa, with awareness of *So Ham* in the frontal psychic passage between navel and throat, 5 minutes.





Throughout the day

- While performing karma yoga and seva, use your activities throughout the day with the intention of developing a sincere connection with all, with your task at hand and the people you work with.
- You can practise bhakti yoga in your interactions with others and the environment around you by relating in an open, supportive manner based on your understanding of *atmabhava*, seeing yourself in others.
- Apply the yama of *adweshya*, living without duality and separation, and maintain that attitude wherever you are and whatever you do. Feel the effect of your commitment to create unity on yourself and others.
- Apply the niyama of *maitri*, friendliness, to yourself by accepting who you are, by accepting others who they are and by accepting situations as they come. Use every opportunity to meet all with friendliness and goodwill. Feel the effect your attitude and openness has on yourself and others.

All sincere yoga aspirants are advised to incorporate into their lifestyle as many of these elements as possible for one year, and then reflect on the changes experienced in the quality of life. We hope and pray that the inspiration of yoga remains with you and in turn, you are able to assist others on the path of yoga and yogic living.

Hari Om Tat Sat
IYD Coordinator

