

EXPLORE Integral Yoga®



SERVING GLOBALLY FOR OVER 50 YEARS



*"THE GOAL OF INTEGRAL YOGA,
and the birthright of every individual, is to realize the spiritual unity
behind all the diversities in the entire creation
and to live harmoniously as members of one universal family.
This goal is achieved by maintaining our natural condition of a body
of optimum health and strength; senses under total control;
a mind well-disciplined, clear and calm;
intellect as sharp as a razor; a will as strong and pliable as steel;
a heart full of unconditional love and compassion; an ego as pure as crystal;
and a life filled with Supreme Peace and Joy."*

~ Sri Swami Satchidananda, Founder of Integral Yoga

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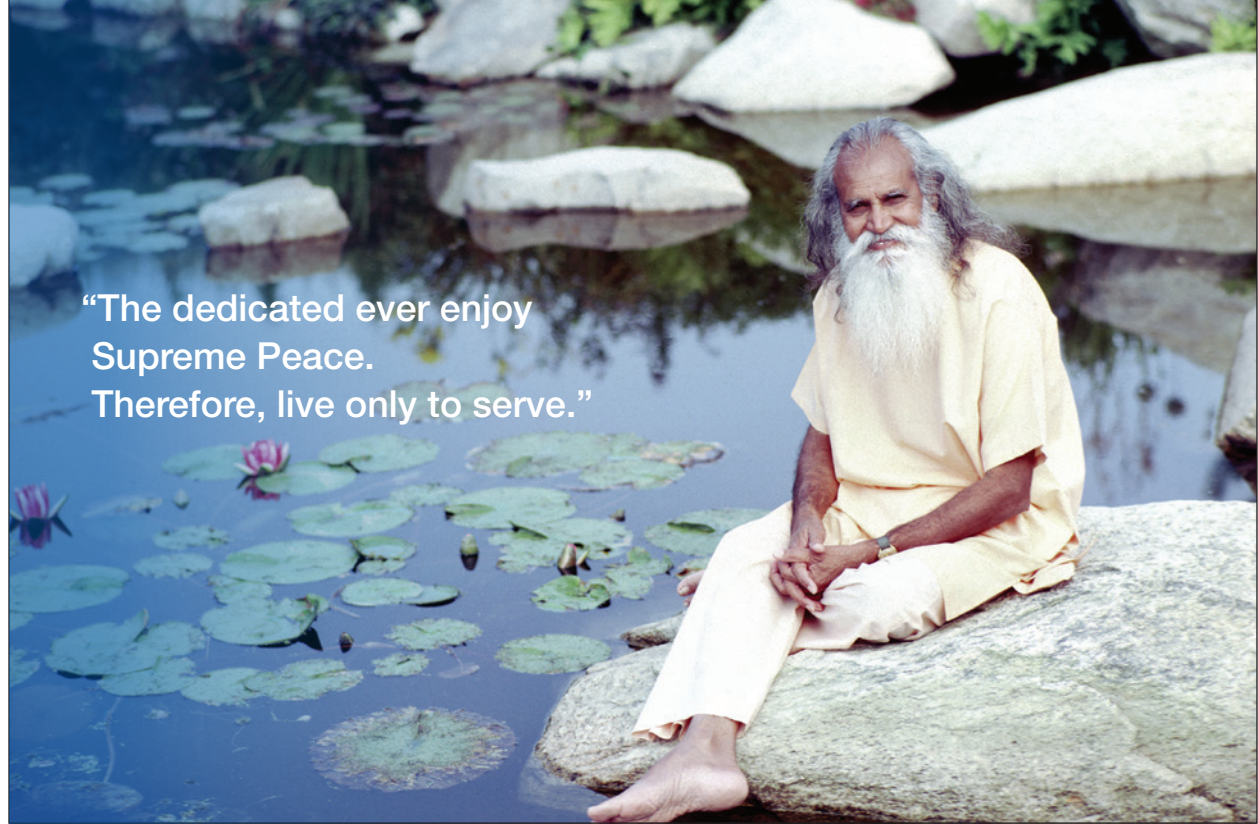


*“Let all our actions and all our arts express Yoga.
Through that sacred art of music,
let us find peace that will pervade all over the globe.
Let us not fight for peace,
but let us find peace within ourselves first . . .
The future of the whole world is in your hands.”*

~ Sri Swami Satchidananda, 1969 Woodstock Music Festival
(EXCERPT FROM OPENING ADDRESS)



© Elliott Landy



“The dedicated ever enjoy
Supreme Peace.
Therefore, live only to serve.”

Sri Swami Satchidananda often said these words in talks all over the world. But beyond speaking them, he lived them.

Swami Satchidananda was born on December 22, 1914 during the month known as *Margali*, the Dawn of the *Devas*. He was the second son of Sri Kalyanasundaram Gounder and his wife Srimati Velammai. Their home had always been a meeting place for poets, musicians, philosophers, and astrologers.

Sannyasis (monks) and holy men passing through the area were directed to the home of Sri Kalyanasundaram and Srimati Velammai for food and lodging. Srimati Velammai was inspired by the holy men. She decided, before Swami Satchidananda was born, that her next child should be this type of person. She and her husband traveled sixty miles to Palani, the holy hill, to the ashram of Sri Sadhu Swamigal where she was given a mantra to invoke the divine light as manifested in the Sun. She repeated it constantly.

From the time he was a little boy, Swami Satchidananda (then known as “Ramaswamy”) was deeply spiritual. Even as a child, he spoke truths and displayed insights far beyond his years. He looked at people of all castes and faiths with an equal eye, always recognizing the same light within every being. That recognition of the universal light equally present in all people remained as he grew to adulthood, became a businessman, and a husband.

When he lost his wife, he turned his attention to full time spiritual practice and studying with many great spiritual masters, including Sri Ramana Maharshi. Finally, in 1949, Ramaswamy met his Guru—H. H. Sri Swami Sivananda of the Divine Life Society, Rishikesh. He received *Sannyas Diksha* (initiation into monkhood) from his spiritual master and was given the name Swami Satchidananda.

A LIFETIME OF SERVICE

And so began a new level of dynamic service for Swami Satchidananda. Sri Swami Sivananda recognized the gift that his newly initiated *sannyasin* had for touching the lives of others and did not let this disciple stay in the Rishikesh Ashram for long. Soon, he sent Swami Satchidananda to serve in various parts of India and Sri Lanka. That led to Swami Satchidananda's service in many other countries, and eventually—at the insistence of his many American students—to his moving to the United States, as well as to the founding of Satchidananda Ashram–Yogaville®, Virginia and the Integral Yoga centers around the world.

In 1979, Sri Swamiji was inspired to establish Satchidananda Ashram–Yogaville. Founded on his teachings, it is a place where people of different faiths and backgrounds can come to realize their essential oneness. Today, Satchidananda Ashram, the Integral Yoga Institutes, and certified teachers throughout the United States and abroad offer classes, workshops, retreats, and teacher training programs featuring all aspects of Integral Yoga.

Swami Satchidananda's message emphasized harmony among people of all races and faiths. His credo was: "Truth is One, Paths are Many." He believed that we are all one in Spirit and that throughout history great spiritual masters from the various world faiths have come forward to teach the people of the world how to experience this spiritual oneness. After we have found that Spirit within ourselves, we will always recognize it in others.

Not limited to any one organization, religion, or country, he received invitations for over fifty years from around the world to speak about the way to peace. He served on the advisory boards of numerous Yoga, interfaith, and world peace organizations.

Witnessing the genuine peace and joy experienced by all who attended the many interfaith gatherings in which he participated, Swami Satchidananda was inspired to create a permanent place where all people could come to realize their essential oneness. First built in Yogaville, in central Virginia, the Light Of Truth Universal Shrine (known as LOTUS) is unique because it has altars for all the world faiths. Dedicated to the Light of all faiths and to world peace, the LOTUS is an enduring symbol of unity in diversity. It was completed in 1986 and is open to the public. In 2014, LOTUS India opened, at the birthplace of Swami Satchidananda, in honor of his birth centennial.

Swami Satchidananda received many honors for his public service, including the Juliet Hollister Interfaith Award presented at the United Nations and, in 2002, the U Thant Peace Award. On the occasion of his birth centennial, he was posthumously honored with the James Parks Morton Interfaith Award by the Interfaith Center of New York. Swami Satchidananda recognized the unifying Spirit within each person, and his life was dedicated to the service of humanity. His beautiful message is that we can do this too and experience the real peace and joy that is our true nature.

"If you are dedicated in life, you will have eternal peace and joy.

If service becomes your motto in life, you will always be peaceful and joyful.

What more do you need in life?"

YOGA TRAILBLAZER and Wellness Pioneer

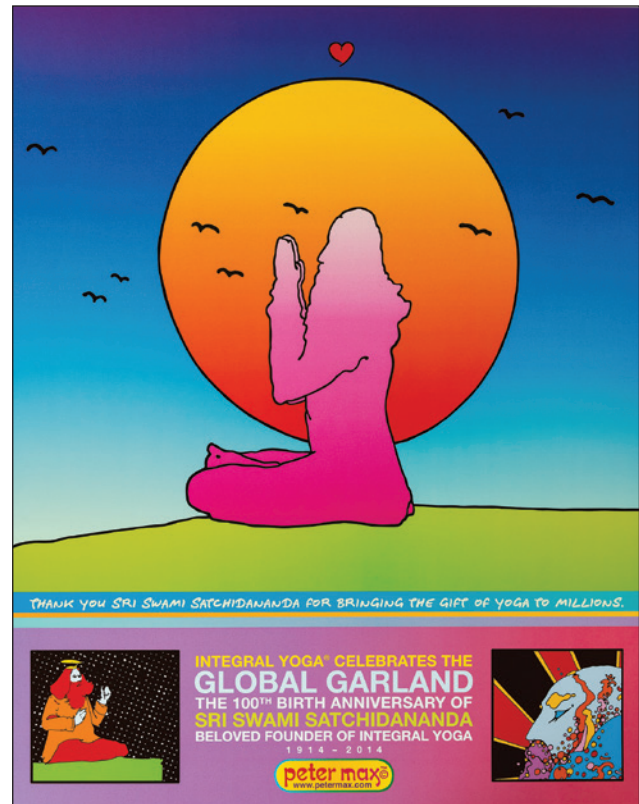
When Swami Satchidananda first arrived in the West in 1966, Yoga was largely unknown in that part of the world. There were no Hatha classes at the local YMCA. Health food stores contained only bottles of vitamin supplements and photos of body builders. Few understood the meaning of karma. When most people thought of a yogi, they remembered a popular cartoon man sleeping on a bed of nails.

All this changed when Sri Swami Satchidananda arrived in the West. The distinctive teachings that he brought with him integrated the physical discipline of Yoga, the spiritual philosophy of India, and the interfaith ideals that he pioneered. Those techniques and concepts influenced a generation and spawned a Yoga culture that is flourishing today.

Swami Satchidananda's contributions to Yoga in the West are vast.

A few milestones as a Yoga trailblazer:

- Created one of the first Yoga Teacher Training and certification programs
- Initiated one of the first Yoga programs in prisons and drug rehab centers
- Founded the first Yoga magazine in America
- Established one of the first residential Yoga ashrams
- Created translation and commentary on *The Yoga Sutras of Patanjali*, which became the top-selling edition of this Yoga classic



A few milestones as a wellness pioneer:

- Lectured widely, including at medical schools and conferences, on the healing power of Yoga
- Inspired integrative health pioneers like Dr. Dean Ornish and Dr. Mehmet Oz
- Advanced our understanding of the mind-body connection
- Opened the first *vegetarian* health food store in New York City and later in Virginia. Both stores remain the only such stores in their cities



Swami Satchidananda considered himself a world citizen and served on the advisory boards of numerous world peace and interfaith organizations. Widely recognized as one of the pioneers of the interfaith movement, he sponsored interfaith services and conferences for over 50 years. He taught that real unity means accepting all the various paths to the one Source, and that is what interfaith understanding is all about. In 1986, he crystallized these ideas by building the Light Of Truth Universal Shrine (LOTUS) in Virginia, the first interfaith shrine to house altars for all of the world's faiths. LOTUS India opened in 2014.

A FEW MILESTONES AS AN INTERFAITH VISIONARY:

- Developed the first interfaith silent retreat and interfaith retreat center
- Created one of the first interfaith worship services
- Cofounded the first interfaith seminary in America
- Inspired the first interfaith *kirtan*
- Built the first interfaith shrine in America



HONORS

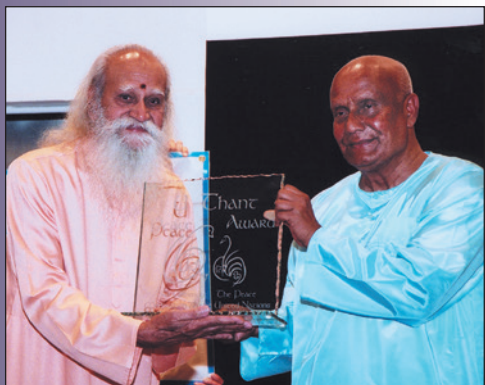
Sri Swami Satchidananda received many honors and awards for his humanitarian service. Among the most recent:



1994 Juliet Hollister Award

Other recipients include:

H. H. the Dalai Lama, Nelson Mandela, Queen Noor of Jordan, Dr. Wangari Maathai, and Maestro Ravi Shankar.



2002 U Thant Award

Other recipients include:

Nelson Mandela, Mikhail Gorbachev, Saint Pope John Paul II, Saint Mother Teresa, H. H. the Dalai Lama, Archbishop Emeritus Desmond Tutu.



2014 James Parks Morton Interfaith Award

(left) Dr. Dean Ornish accepts posthumous award. Also pictured: Vice-president Al Gore and Rev. James P. Morton.

Other recipients include:

President Bill Clinton, Archbishop Emeritus Desmond Tutu, Vice-President Al Gore, Carl Sagan, Archbishop Emeritus Desmond Tutu, His Holiness the 17th Gyalwa Karmapa Ogyen Trinley Dorje.

QUOTES FROM LUMINARIES

“Through his many years of devotion, he enriched the lives of countless others and served as an example of faith to those in his community. His efforts made a positive difference to our world and our future.”

— President and Mrs. William Jefferson Clinton



“It is through the work of pioneers such as Swami Satchidananda that Yoga has gained acceptance and recognition across the world.”

— Sri Narendra Modi, Prime Minister of India



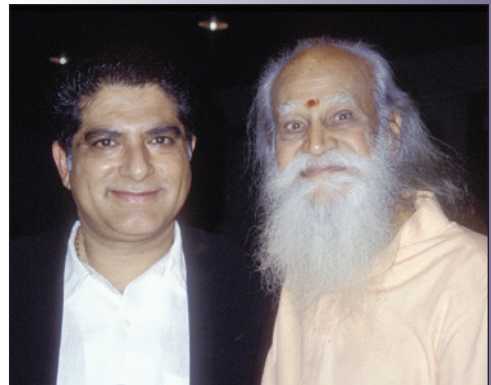
“None of my work would have been accomplished were it not for Sri Swami Satchidananda’s inspiration, for which I remain deeply grateful.”

— Dr. Dean Ornish, President
The Preventive Medicine Research Institute, California



“Swami Satchidananda was one of the early pioneers in bringing the knowledge of Yoga and Vedanta to this country. Had it not been for his contribution we wouldn’t have seen the popularity of Yoga that we see today, which is mainstream. I salute him for helping to change the course of the world.”

— Dr. Deepak Chopra, spiritual teacher, author



“The very definition of Yoga is tranquility.

Equanimity in body and mind is Yoga.

Real Yoga is functioning with tranquility in the midst of activity.”

– Sri Swami Satchidananda



THE BRANCHES OF INTEGRAL YOGA

Integral Yoga synthesizes the various branches of Yoga into a comprehensive lifestyle system. The aim is to promote the harmonious development of every aspect of the individual. The six branches of Integral Yoga are powerful tools to encourage wellness and self-mastery. Its results are subtle, profound, and measurable.



Hatha Yoga

The Path of the Physical Practice of Yoga

Includes asanas (postures), *pranayama* (breath control), *mudras*, *bandhas*, *kriyas*, yogic diet, and deep relaxation. These practices help to purify and strengthen the body and mind.

Raja Yoga

The Path of Concentration and Meditation

Balancing and controlling the mind utilizing the eight limbs of Yoga delineated in the *Yoga Sutras of Patanjali*. This leads ultimately to the state of *samadhi*, or super-consciousness.





Bhakti Yoga

The Path of Devotion

Through prayer, *kirtan*, *puja*, and practices that help transcend the limited personality or ego, one attains union with the Divine.

Karma Yoga

The Path of Selfless Service

By engaging in one's duties without attachment to the fruits (or results) of the action, one becomes a pure channel of love and service.



Jnana Yoga

The Path of Wisdom

With study, self-analysis, and awareness, one ceases to identify with the body and mind, and realizes the Oneness. The path of wisdom takes an analytical approach to the question: "Who am I?"



Japa Yoga

The Path of Mantra Repetition

The concentrated repetition of a mantra (a sound vibration representing an aspect of the Divine) leads to an awareness of and attunement to this cosmic vibration.



INTERFAITH VALUES



Integral Yoga is also based on interfaith values. Swami Satchidananda taught that all faiths share essential universal principles, and he encouraged Integral Yogis to respect and honor the unity in diversity.

"My motto has always been, 'Truth is One, Paths are Many.' The great sages and saints have experienced the same truth but only expressed it in different ways. It does not matter what name you give to the nameless spirit—you are free to call it whatever you like. The only way to eternal peace and joy is to realize that spirit. But when we miss that point, we fight in the name of spirit."

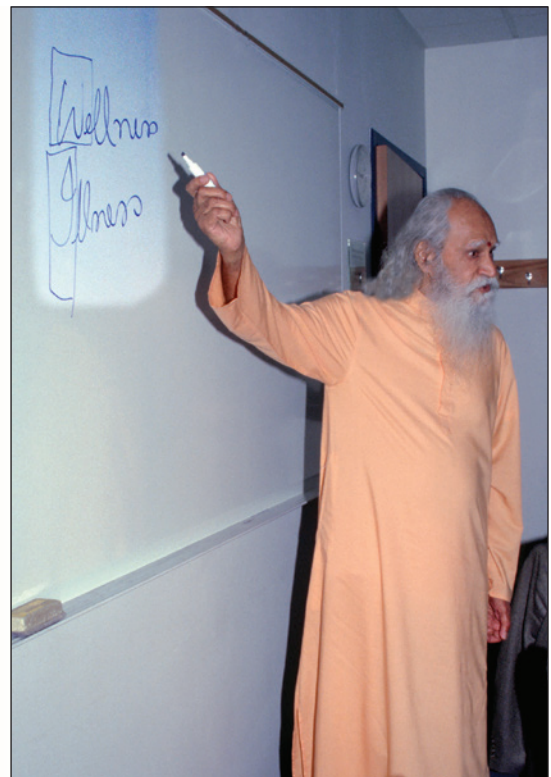
— Swami Satchidananda

YOGA AND WELLNESS

Swami Satchidananda's approach to mind-body health was decades ahead of its time in the West. He defined disease essentially as a state of "dis-ease" that could be remedied (and prevented) by a vegetarian diet, stress reduction through the Yoga practices and philosophy, and living a useful life of selfless service.

This holistic approach sparked a revolution in evidence-based Yoga therapy treatment programs for cancer, heart disease, immune diseases, physical disabilities, PTSD, addictions, and more.

The beauty and bounty of nature inspire Integral Yoga practitioners to live with gratitude and reverence for our planet, to use natural, organic products, and be earth-friendly in all activities.



A SAMPLING OF KEY INTEGRAL YOGA TEACHINGS

By Sri Swami Satchidananda

Breathe

“When you do slow simple deep breathing, your mind is so peaceful. Just sit quietly. Breathe slowly in and out. Let the mind be attentive to the breath. However restless you are, in two or three minutes you will be so calm. Breathing takes care of many things. It burns out all the impurities of the body. It calms the mind. When the mind is calm, the advantage is that you become strong. Once an hour, take a few minutes to do some gentle deep breathing. See the difference it will make in your day.”

The Joy in You

“When you do everything for the sake of doing, for the joy of doing, as a dedicated act for the benefit of humanity, not just for your benefit, you retain your joy. Don’t ever think you get joy by doing. No. The joy is in you always. But by keeping the heart pure through loving and giving, you retain the awareness of that joy.”

You are What You Eat

Think about what babies eat: simple, clean food. What you put in your stomach is the major cause of all the problems. And then the next thing to take care of is your mental food. You are not only eating through the body, but you eat through your senses to satisfy the mind. If you keep on seeing and hearing undesirable, unhealthy things, you become those. If you follow the nature’s way of doing things, you won’t have any problems, physically or mentally.”

Know Your Self

“Knowing the true Self is what is meant by spirituality. All that we know nowadays is something other than the spirit. You want to know something outside of you, but you never question yourself: ‘Who wants to know all these things?’ Try to know the Knower. You have to see your spirit, then only you get spiritual realization. How would you see the spirit? You should have a good reflector: a calm, clean mind. Then you will get the true reflection of your true Self.”

Inner Wellbeing

“You don’t have to get health anew. You only have to renew the health that is already within you. If you get anything at any time you will lose that one day or another. Because whatever comes, will go. One side of a coin without the other is impossible. So if health is going to come to you, you may lose it one day. Instead, find the health within you and don’t do anything to disturb it. ”

Facing Challenges

“Can you imagine a life that’s always the same? Then there would be no excitement, no adventure in life! If people could climb Everest without risks, without sliding down, it wouldn’t be an adventure. Life is to challenge you with its ups and downs. Ride over them without losing your balance. Learn to be a good surfer, then you’ll even enjoy the waves that come.”



I've never left an Integral Yoga class wishing I had done something else. I'm always curious if it works the same for others. Often enough, it does. So I'm inspired to continue on this lovely path.

– I.H., Birmingham, Alabama

In Integral Yoga Teacher Training I learned about the importance of *pranayama* and meditation. I breathed and meditated my way through my emotional baggage. My heart and my body became light.

– L.C., Ontario, Canada

Swami Satchidananda's teachings made me realize that Yoga is not only about asanas, it can and should be practiced 24 hours a day, in each and every situation. That's why Integral Yoga is so special to me, because it gave me tools to live a better life and experience a better side of myself.

– L.L., Belo Horizonte, Brazil

The Integral Yoga Silent Retreat opened doors for me and reminded me of deep, universal truths. The quiet time was life-changing. This gave me a rare opportunity to take time for myself—to read, listen, meditate, and contemplate.

– P.P., San Francisco, California

GENERAL PROGRAMS

Yoga Classes

Integral Yoga centers and teachers offer classic traditional Yoga practices, as developed by Swami Satchidananda, for all ages, bodies, and abilities.

Many also offer Yoga classes for special health conditions and populations—such as classes in Prenatal, Postnatal, Flow, Restorative, and Gentle Yoga—serving expectant and new moms, toddlers, teenagers, the physically disabled, the elderly, veterans, incarcerated people, and more.



Retreats and Workshops

Integral Yoga Signature Retreats have been conducted since 1970. They offer an opportunity to relax and strengthen the body and mind through a deep immersion in silence, the many practices of Yoga, and a variety of presentations.

Workshops led by talented individuals on a wide variety of Yoga-based subjects are offered year-round at our Ashram, Institutes, and Centers.

Sample Programs:

- Meditation Workshops
- Hatha Yoga Immersions
- Yoga Philosophy and Psychology
- Chair Yoga
- Personal Retreats
- Yoga for Weight Loss

THE INTEGRAL YOGA HATHA METHOD

Sri Swami Satchidananda always presented Yoga as a comprehensive spiritual path, not just as a physical practice. He designed the Integral Yoga Hatha class to enable students to have a deep experience of Yoga. The teacher creates the environment, the setting, the foundation, and the guidance, utilizing all the limbs of Yoga—*asana* (physical postures), *pranayama*, *kriyas* (purification practices), *Yoga Nidra* (deep relaxation), *pratyahara* (control of the senses), chanting, mantra repetition, and meditation—enabling students to move more subtly into the experience of stillness. For students who are seeking the physical benefits of Yoga, those benefits are readily available, but the class itself opens the doorway to a more all-inclusive understanding and practice of the yogic lifestyle.

Swami Satchidananda trained Integral Yoga teachers to establish a noncompetitive, meditative environment in which we encourage students to become aware of the capacity of their bodies in the present moment. That way, we create a practice that brings benefit and no harm. A practice grounded in this approach not only generates the physical benefits of Yoga, but it also requires the refined attention that enables one's Yoga to become a meditative practice.

We set an intention through the chanting of opening *slokas* (Sanskrit verses) that invoke grace and guidance. We work from the grosser level, with easy, simple practices like eye movements and *asanas*—a specific selection and sequence of poses that help to purify and heal the entire body—that engage the mind in a comprehensive way. Everything we do involves the breath, as we focus the sensory capacity on the internal rather than on the external world.

As one becomes more comfortable in a pose, the *asana* can be held for a longer period of time. To progress in the Integral Yoga Hatha practice, there is no need to keep adding additional poses. The practice deepens and advances when the poses are held longer, with greater concentration.

In order to really maintain focus in class, students begin to embrace the process of letting go of patterned ways of thinking, letting go of normal thought forms that occupy the mind. Thus, the whole ego identity is suspended, and students can escape that identity through the meditative focus of the practice. That's the beauty of an Integral Yoga Hatha class.

Students learn by observing the body that they are not the body. When they shift their awareness to the breath and observe it, they become a witness to it. Then they experience that they are not the breath. When they bring the awareness to the mind and begin to witness it, they see that they are not the mind either. By becoming the witness, they realize they are not the body, breath, nor mind. They are then able to experience the peace that is their true nature.

Swami Satchidananda's emphasis was on developing a regular *asana* practice to gain the maximum number of health benefits by practicing the minimum number of *asanas*. This approach prevents one from becoming stuck in the physical aspect of Yoga while it allows one to maintain a healthy body and peaceful mind in order to experience a more useful life.



TEACHER TRAINING

One of the most respected schools of Yoga teacher training in the world, Integral Yoga maintains four Registered Yoga Schools (RYS®) with Yoga Alliance®. Integral Yoga Teacher Training has been offered for more than 40 years, and there are over 5,000 Integral Yoga teachers worldwide.

Yoga training programs are offered at Integral Yoga centers around the globe. The 200-hour training is a hands-on program designed to give aspiring teachers the knowledge and qualifications needed for success as a Yoga teacher. This program is led by the best instructors from the Integral Yoga lineage, giving the foundation needed to teach and practice Yoga with confidence. Intermediate and advanced certification programs are also available.

Integral Yoga is also regarded as a pioneer in the Yoga therapy field, with numerous programs and trainings that address special populations and common health challenges.

These life-changing residential programs immerse participants in a supportive environment so they can expand both professionally and spiritually.



Integral Yoga Teacher Trainings



Hatha Yoga

Certification programs that train individuals to teach beginner, intermediate, and advanced Integral Yoga classes. These programs have been refined and expanded over the past four decades.

Adaptive/Gentle Yoga

This training focuses on adapting the Integral Yoga practices to meet the needs of any individual—regardless of students’ physical, mental, or emotional conditions. Teaching techniques learned in this training will give more options for accommodating people with limited mobility, students in private classes, and various levels in group classes.

Children’s Hatha

A residential certification program covering how to lead a group of children in all the basic practices of Integral Yoga and meditation, with dynamic discussions, lectures, and practice.

Meditation

This certification program qualifies teachers to teach a variety of meditation and breathing practices to anyone seeking the benefits of a quieter mind.

Pranayama

Pranayama (yogic breathing) is now widely adopted as an effective stress reliever and aid to meditation. Trainees learn to guide students through practices that purify the body, as well as calm and regulate the mind.

Prenatal, Labor/Delivery, Postnatal Yoga

These three training programs enable teachers to gain extensive experience with asanas and the other Yoga practices as tools well-suited during pregnancy through childbirth.

Raja Yoga

A comprehensive training program taught by the most senior and respected Integral Yoga trainers on how to illuminate the *Yoga Sutras of Patanjali*.

Restorative Yoga

Restorative Yoga poses can be offered as an alternative to regular asanas when students are low in energy, or during times of stress, illness, healing, or crisis.



Stress Management

A unique and specialized program that gives Yoga teachers a strong foundation in understanding the nature of stress (psychological and physiological).

YOGA AT WORK



This program is an opportunity to improve employee productivity and morale through Integral Yoga. This convenient service delivers an Integral Yoga instructor to any campus. Each program is tailored to the individual business environment.

INTEGRAL YOGA INSPIRED

Integral Yoga trained teachers have also developed a wide range of programs and organizations to serve special populations through Yoga. Many of their programs are offered at Integral Yoga centers.





Integral Yoga has always included comprehensive programs for children to help promote the health and peace that are the birthright of every child.

From the first US state accredited elementary school to include a Yoga curriculum (Connecticut, 1977), to teacher training programs and Yoga summer camps, Integral Yoga has been a leader in Yoga education for children for over 30 years.

Youth Classes

Filled with singing, chanting, and age-appropriate asanas, Integral Yoga children's classes also introduce anatomy, breath work, deep relaxation, and meditation. Most centers and teachers offer classes for children.

Camp Yogaville

An annual weeklong summer camp for children ages 8-12 at Satchidananda Ashram–Yogaville, with daily Hatha Yoga, *kirtan*, outdoor activities, crafts, and more.

yoga at school™

Yoga helps students improve their health and concentration, find alternatives to violence, and develop a lifelong interest in wellness. This service delivers a customized program, including classes for students, teachers, staff, and parents.





IYI NEW YORK



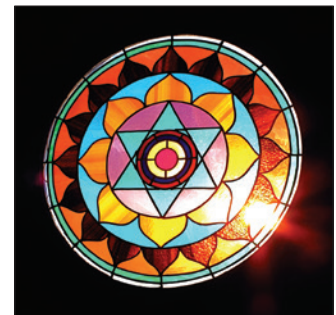
IYI SAN FRANCISCO

INTEGRAL YOGA INSTITUTES

The first Integral Yoga Institute (IYI) was founded in New York City, in a large apartment on the Upper West Side, in 1966. In 1969, some pioneering Integral Yogis traveled to California, while others set up IYIs in Connecticut and New Jersey. Over the next decade IYIs and Integral Yoga Centers opened all over North America.

In 1970, a beautiful brownstone on West 13th Street, in Greenwich Village, was dedicated as the permanent site of the New York Integral Yoga Institute. More than 6,000 students each month attend 125 Hatha Yoga classes. Courses, workshops, and trainings are also offered.

Next to beautiful Dolores Park, overlooking downtown San Francisco, this Integral Yoga Institute was founded in 1970. Thousands of people come through the doors each year to take the many classes and programs offered. Night after night a spotlight shines through a stained glass yantra in the building's cupola, spreading love and light out over the city and beyond.



Longest Serving IYI Director

Margabandhu Martarano (pictured front row, center with IYI staff and Teacher Training graduates) marks forty years as the director of the Integral Yoga Institute of Fair Lawn, New Jersey.



INTERNATIONAL CENTERS

There are Integral Yoga Institutes, Centers, and teachers around the globe. A sampling:



Integral Yoga India

In the 1970s, Swami Satchidananda's birthplace home in Chettipalayam, South India served as headquarters for the first Integral Yoga Institute in India. Free medical camps and social services were provided to the surrounding villages and a few Yoga classes were taught. In early 1990 a house was purchased in Coimbatore. In 1996 the IYI expanded to a new facility with living quarters, teaching rooms, and a large hall for lectures and various functions.

Today, the Integral Yoga Institute offers guest stays, Yoga and meditation classes, workshops, teacher trainings, specialized Yoga trainings, and organizes pilgrimages of South Indian holy sites.

Integral Yoga Europe

During Swami Satchidananda's travels throughout Europe in the 1970s, more and more students surrounded him and expressed interest in starting Integral Yoga centers. In 2008, the IY European Council formed and became Integral Yoga Europe—an association of the many Integral Yoga centres and teachers throughout Portugal, Spain, Italy, France, Gibraltar, Germany, United Kingdom, Switzerland, Sweden, Finland, and Norway. Through its website, IntegralYogaEurope.com, the association maintains a calendar listing and directory, and it also organizes the bi-annual "European Integral Yoga Event"—a 5-day Yoga retreat for students and teachers.

HEIKE AMMA FARKAS, INTEGRAL YOGA CENTRE DIRECTOR (GERMANY), TEACHES A PROGRAM.





*"My vision of Yogaville is a little heaven on the earth.
It is a village filled with people who follow the yogic principles.
Everything conducive to Yoga will be seen there.
Our goal is to make a beautiful Yoga community.
If we can't make this little world of ours a happy and harmonious place to live,
there is no point in talking about global harmony or global peace."*

– Swami Satchidananda

SATCHIDANANDA ASHRAM-YOGAVILLE®



In 1979, Swami Satchidananda founded Satchidananda Ashram–Yogaville, Virginia, as an optimal environment in which to study and live the principles of Integral Yoga. Swami Satchidananda described his vision for Yogaville as a sample “heaven on Earth,” where people of all ages, faiths, and backgrounds come to together to live the teachings of Integral Yoga. This Yoga village in the rural countryside, bordered by the James River, serves as a residential Yoga community, a teaching center, a spiritual sanctuary, and as headquarters for the global Integral Yoga organization.

Some 10,000 people visit Satchidananda Ashram–Yogaville annually for guest visits and day trips, and to participate in workshops, teacher trainings, residential programs, celebrations, interfaith gatherings, and silent retreats.

Yogaville offers a number of sacred spaces dedicated to contemplation and meditation. The center features comprehensive facilities including: training academy, classrooms, retreat and conference centers; dormitory and private accommodations; library, monastery, school and fine arts society; farm and orchard; multimedia/archives offices; gift and tea shops, affiliated credit union, books and spiritual products distribution center, and more.





A GLOBAL COMMUNITY

From the earliest days of Integral Yoga, Swami Satchidananda spoke about the benefits of sangha (community). The importance of coming together with other spiritual seekers to provide support and inspiration on the path of Yoga is a hallmark of Swami Satchidananda's Integral Yoga teachings. Surrounding the Ashram is the thriving Yogaville community, spanning four generations, whose members purchased additional property to build their homes and raise their families.

The Yogaville Community Association (YCA) was founded to support the growth and development of the Yogaville community both in and around Satchidananda Ashram–Yogaville. The YCA aims to benefit all spiritual seekers who wish to participate in building the dream outlined by Swami Satchidananda in his book, *Heaven on Earth: My Vision of Yogaville* (Integral Yoga Publications, 2004). The YCA was officially incorporated in May 2007 as a non-profit organization.

In 2014, the Integral Yoga Global Network was formed to bring connection, communication, and collaboration among the different Integral Yoga centers and communities around the world. Part of Integral Yoga Global Network's service is to find ways to share Integral Yoga information and teachings with different countries in different languages.

At Integral Yoga gatherings throughout the world, satsangs (spiritual discourses), free open group meditations, and other workshops and events reinforce the sense of community that unites people and is essential to building a more peaceful world.

RESIDENTIAL PROGRAMS

Immersion programs are available at some centers. Programs such as Living Yoga Training, Ashram Yogi, and various internships are offered at Satchidananda Ashram–Yogaville and several of our Integral Yoga Institutes that offer an urban ashram experience.

Living Yoga Training (LYT)

This month-long program provides the chance to develop a steady practice that can be integrated into one's daily life. The LYT (pronounced "Light") program provides participants with guidance to assist them to grow spiritually through Karma Yoga, Hatha Yoga, meditation, and *satsang* (spiritual gatherings). These practices, along with the yogic lifestyle, offer an opportunity to gain clarity of vision and purpose. An integral part of the Ashram, trainees serve alongside like-minded spiritual seekers, forming new friendships and experiencing the unique environment of Satchidananda Ashram–Yogaville.

Ashram Yogi

Open to LYT Program and Integral Yoga Teacher Training graduates, the three-month Ashram Yogi program supports participants as they go deeper into the teachings and practices of Integral Yoga. Through *sadhana* (spiritual practice), *svadhyaya* (study of sacred texts), and *Karma Yoga* (selfless service), Ashram Yogis maintain a more easeful body, peaceful mind, and useful life. Internships in the Ashram's vegetarian kitchen and organic farm are also available as part of this program.



LOCATIONS



INTEGRAL YOGA INSTITUTES

California, San Francisco
New Jersey, Fair Lawn
New Jersey, Princeton
New York, New York
Canada, Montreal
India, Coimbatore

INTEGRAL CENTERS – International

Argentina, Buenos Aires
Australia, Yandoit
Brazil, Anchieta
Finland, Tampere
Germany, Bobingen
Gibraltar, Town Range
Italy, Milano – Centro Integral Yoga Shanti
Italy, Milano – Centro Integral Yoga Manduka
Italy, Teramo

INTEGRAL CENTERS – International (continued)

Nigeria, Port Harcourt
Portugal, Almancil
Spain, San Pere de Ribes
Sri Lanka, Kandy
Taiwan R.O.C., Taipei
United Kingdom, Bath
United Kingdom, London
United Kingdom, Swindon

INTEGRAL CENTERS – United States

California, Santa Monica
Hawaii, Maui
New Hampshire, Portsmouth
Pennsylvania, New Berlin
Virginia, Richmond
Washington, Clinton

INTERFAITH SERVICES

Interfaith understanding is a pillar of Integral Yoga. Swami Satchidananda was an inspiring advocate for interfaith dialogue in the West, organizing conferences, retreats, and programs to promote respect and understanding among clergy and followers from all belief systems.

Integral Yoga continues this awareness today through a variety of organizations and services.

LOTUS (Light Of Truth Universal Shrine)

Located in both the United States and India, the LOTUS shrines are unique temples dedicated to interfaith understanding and the Light within all faiths, with individual altars that represent and honor the different world faiths and spiritual paths.





LOTUS – INDIA OPENING, DECEMBER 2014

The shrines, surrounded by water and shaped like a lotus flower, are earthy reminders of the one all-pervasive universal spirit. LOTUS honors all the world's religions with a small alcove altar for each. It is dedicated to the one divine light, the Source, out of which all faiths, wisdom traditions, and religions arise.

The deeply spiritual symbol of the lotus flower has inspired the visual arts and poetry of India and the Far East for centuries. LOTUS is the first shrine of its kind to house altars for all the major world faiths and to also recognize the less known and even as yet known faiths. The main sanctuary has 12 altars for the world's faiths surrounding a central altar. A column of light rises from the center to a hub of light at the top and then divides into 12 rays illuminating each of the 12 altars.

The message of the LOTUS—"Truth is one, paths are many"—is given without one word being said. This message is demonstrated through symbols and the deep experience of peace and unity one feels inside the LOTUS.

LOTUS Center for All Faiths (LCAF)

The outreach arm of the LOTUS, LCAF's staff networks with other interfaith organizations, attends interfaith conferences and events, conducts interfaith worship services, organizes educational interfaith programs—including a year-long series of classes at Yogaville on each of the faiths depicted on the All Faiths Yantra.

Integral Yoga Monastic and Ministry Orders

Some of Swami Satchidananda's students have dedicated their lives in selfless service to humanity, choosing the path of *sannyas*, or monasticism. Some other students have made a formal commitment to service as ministers. The Integral Yoga monks and ministers serve the public in many ways, such as offering spiritual support, officiating weddings, blessing newborns, and conducting interfaith worship services.



Light of Truth Universal Service

This interfaith service provides an opportunity for clergy of diverse faiths to discover the commonalities that inform those faiths. It creates a unique opportunity for those attending to experience, firsthand, the essential unity of those faiths. Today, this service is widely celebrated around the world.

All Faiths Yantra

A yantra is a geometrical pattern used for meditation. When mantras are meditated upon, certain images are brought out—like liquid crystallizing into a solid form. In this way, the Integral Yoga Yantra was

revealed to Swami Satchidananda in the 1960s. The dot in the center of this yantra represents the first physical expression—the very core of the cosmos. All the rays of manifestation—shown as rings, triangles, and petals—come out of it. The yantra is surrounded by an open border to show that the divine expression is infinite and unlimited.

During the 1980s, Swami Satchidananda added 12 petals—one for each of the 10 faith traditions represented on the altars in the upper sanctuary of the LOTUS. He included two other symbols: a circle with stars inside to represent other known faiths and an empty circle to represent faiths and wisdom paths yet unknown. This new version was renamed the All Faiths Yantra (see *inside cover*).

Integral Yoga Kirtan

Created in the 1980s by Swami Satchidananda, this interfaith *kirtan*, was, perhaps, the first of its kind in the world. It includes a series of chants utilizing divine names from the major world's faiths. It is chanted each week at Satchidananda Ashram–Yogaville and at Integral Yoga centers around the globe.



SERVICE IN SATCHIDANANDA is a non-profit international network of charities established in honor of Sri Swami Satchidananda and based on his core teaching of selfless service. Service in Satchidananda funds global projects that are working in a sustainable way and giving back to their local communities. Its mission is to raise funds to establish, support, and expand its charitable activities through education and skills, the alleviation of suffering, and to give love and service that will nurture the lives of children and those who are economically challenged.

This dedicated global coalition of people works with other non-profit organizations, donors, and well-wishers, through established and new services, to positively impact the lives of children and families.

Projects include the Satchidananda Prison Project, medical camps (free surgeries in India), building schools, offering education scholarships, disaster relief, free Yoga to underserved populations, providing essential living items to communities in need, and more.

TEACHER SERVICES

Integral Yoga, a founding member of the Yoga Alliance® and a Yoga Alliance Registered Yoga School, has certified thousands of teachers in Hatha Yoga, Meditation, Raja Yoga, and in specialized and therapeutic applications of Yoga.

The Integral Yoga Teachers Association (IYTA) and the Integral Yoga Academy offer a variety of educational and support services to teachers, therapists, and healthcare professionals.



A membership organization, the IYTA facilitates continuing education and provides professional development guidance. Among the many ways it supports the Integral Yoga teaching community are forums, websites, and publication of *Integral Yoga Magazine*.



In addition to teacher services around the world, Integral Yoga's global headquarters (Yogaville, Virginia) is the site of the Integral Yoga Academy, which includes the School of Yoga Teacher Training, School of Therapeutic Yoga, Continuing Education Programs, and customized trainings.



EDUCATION



Satchidananda Jothi Niketan

Satchidananda Jothi Niketan International School (SJN) is a fully residential, CBSE co-ed school located at Kallar (near Coimbatore), in South India.

The academically rigorous curriculum is based on the principles of Integral Yoga and encourages students to excel in scholastics, sportsmanship, and principles of universal brother- and sisterhood.



Integral Yoga School (Vidyalayam)

The Integral Yoga School (Connecticut) was the first state-accredited elementary school to include a Yoga curriculum. The school relies upon the precepts of Integral Yoga: truth, non-violence, the spirit of dedication, service, and universal love. The curriculum provides elementary-school level educational studies based on Yoga teachings, ethical and spiritual training, and academic excellence.



In 1980, the school moved to Yogaville in Virginia and was renamed the Yogaville Vidyalayam (Temple of Learning).

Fine Arts Society

Inaugurated in 1984, the Fine Arts Society aims, through its classes and programs, to encourage the fine arts of music, dance, and drama among people of all nations with respect for the various traditions and cultures of the world.

Its further mission is to affirm the unity of art and spirituality and to promote peace, good will, and harmony through the arts.

SOME OF OUR INTEGRAL YOGA SCHOOL AND COMMUNITY ALUMNI...

The Integral Yoga global community is proud of its children—many who attended the Integral Yoga Vidyalayam—who, as adults, have gone on to become accomplished in their fields, including award-winning actors, musicians, and filmmakers.



Atman Binstock

– Chief architect, Oculus VR

“I have no doubt that growing up at the Ashram had a huge influence on who I am now. It was a great place to grow up and I can’t imagine how I would be if I grew up differently. The school was great and I felt free to study things I loved. Then I went to public school and it was a slow, rigid learning environment in comparison. It was a challenging transition. I still practice meditation and I remember Swami Satchidananda always reminding us, ‘No appointments, no disappointments.’”



Rivers Cuomo – Frontman for the band Weezer

“Swami Satchidananda was unlike any other person I’d ever met. Being in the presence of an enlightened being was special. The Ashram itself was so nurturing and creative. I remember being in school and feeling that if I had any crazy idea, we would be encouraged to try it out. You want to build a space ship? Sure, let’s try and build it. That’s how we were encouraged to learn.”



Asha Goodman

– Publicist/VP, Sacks & Co.

“The Vidyalayam and growing up in Yogaville instilled a great

sense of independence and personal drive within me. The way we were taught was very hands on and specialized, but also very independent and self-regulated. I think it taught us from a young age the value of being self-motivated and curious. One of my fondest memories was when we were learning about Native Americans—instead of just reading about the way they lived, we were sent out into the woods to build our own teepees. The experience stays with me to this day.”



Lakshmi Harilela

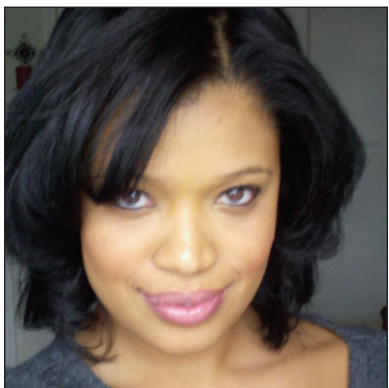
– Chef and food photographer

“Swami Satchidananda taught us the values of love and kindness. The teachings of Integral Yoga have greatly impacted my life personally and professionally. My food company is now fully vegetarian and its been amazing to see the positive response from our customers. I now also teach Yoga part-time.”



Stefan Lessard – Bassist
for Dave Matthews Band

"I found imagination, creativity, inspiration, and truth the whole time I was at the Vidyalayam and those things have stayed with me to this day. I find Swami Satchidananda's laughter in my thoughts when I start taking life too seriously. I like to share with my children these teachings from my childhood and that good, kindhearted living leads to amazing things in one's life and soul."



Iana Sundari Malcolm
– Specialized Yoga teacher
and blogger

"When I reached my mid-20s my mother died from breast cancer. It was having Integral Yoga as my foundation that allowed me to grieve and it was the memory of Gurudev's

words that taught me how to move forward and remain balanced and calm and kind. I have built my entire life around those foundation blocks and I am forever grateful."



Gopal Metro – Web
developer and musician

As a role model and living example of Yoga, Swami Satchidananda's positive influence on my life has been immeasurable. Integral Yoga is the foundational philosophy of my life: 'Truth is One, paths are many,' 'Be good, do good, be kind, be compassionate,' 'Serve all, love all,' are just a few of the core tenets that guide my thoughts and actions."



Genevieve Oba
– Yoga teacher

"I had no idea how special it was to learn Yoga from such

an early age, and am grateful to have had it as part of my curriculum growing up. It was a very interesting experience to participate in the filming of a children's Yoga video with Swami Satchidananda. I remember how relaxing and calming his voice was. I've carried that sense of calmness with me all these years later, and it's something I am constantly trying to impart in my own teaching."



Liev Schreiber – Actor

"I saw the benefits of meditation during my time at the Ashram but I never developed a relationship to it until I became an actor. I use meditation as part of my warm-up for theater acting. Living at the Ashram, I also learned a sense of openness to all other cultures that was brought out by Swami Satchidananda's saying, 'Truth is One, Paths are Many.'"

**"Finest American theater
actor of his generation."**

– New York Times (about
Liev Schreiber)



YOGA: FROM FARM TO PLATE

Satchidananda Farm

Swami Satchidananda taught the benefits of a plant-based diet, long before those principles became “trendy.” From the earliest days, organic gardening was part of ashram living and the healthy lifestyle he promoted.

Today, Satchidananda Farm delivers a steady stream of freshly picked organic veggies to the Satchidananda Ashram kitchen.

This six-acre, fenced farm contains a greenhouse and two hoop houses for growing crops in early spring and winter. Water from a spring-fed pond located along the banks of the James River irrigates these fields.

The farm is a joyful spiritually uplifting environment where the farmers where plants are tended through awareness and prayer.

INTEGRAL YOGA NATURAL FOODS



Making Yogic Foods Accessible

To support people in the transition to a vegetarian diet, Swami Satchidananda founded New York City's first 100% vegetarian health food store in 1972, which embodied the principles of Yoga in all of its operations. Today it remains the only 100% vegetarian health food store in New York.

In 1980, Integral Yoga Natural Foods opened in Virginia and it is the oldest standing original organic food and supplement store in Charlottesville.

Integral Yoga Natural Foods continues to provide the purest products possible in order to support the spiritual and physical well-being of health-conscious customers.

NEW YORK

VIRGINIA



M U L T I M E D I A

Swami Satchidananda's talks have been transcribed and compiled into books, and his classes and talks are also available on audio and video. His books have been translated into many languages including: Chinese, Farsi, Finnish, French, German, Hindi, Italian, Japanese, Portuguese, Russian, Spanish, and Tamil. Most titles are available from Shakticom, Integral Yoga Distribution, and Amazon.com.

Shakticom – Integral Yoga® Multimedia

Shakticom has been producing audio, video, and film programming since the early 1970s. In addition to recording the talks of Swami Satchidananda and producing tape/video of the month programs, it is the studio responsible for producing the *Sacred Mantra Series*, *Yoga with a Master*, *Integral Yoga Kirtan*, and documentary films including *Living Yoga: the Life and Teachings of Swami Satchidananda*. Shakticom.org operates as the retail marketplace for Integral Yoga Publications and other Yoga and wellness books and media.

Integral Yoga® Distribution

Integral Yoga Distribution—one of the largest wholesalers on the US East Coast—has been the primary source of books, CDs and DVDs, as well as other Yoga and wellness products for thousands of natural food stores, Yoga studios, and teachers for over 30 years.

Integral Yoga® Publications

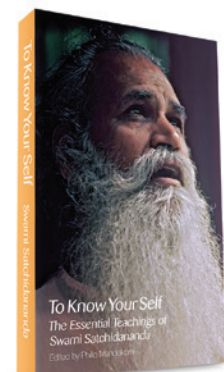
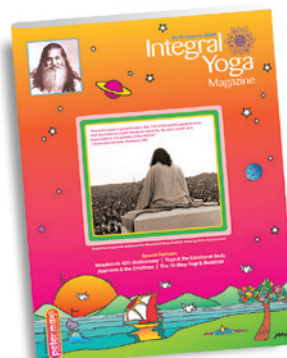
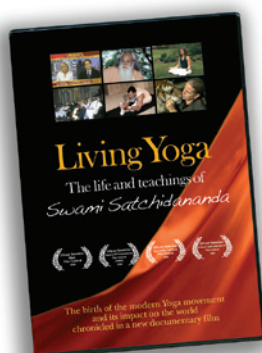
With over 40 titles, Integral Yoga® Publications has been continuously publishing the teachings of Swami Satchidananda and Integral Yoga since 1974. For permission to quote Swami Satchidananda and excerpt any of these publications, please contact: IntegralYogaMedia@gmail.com

Integral Yoga® Magazine

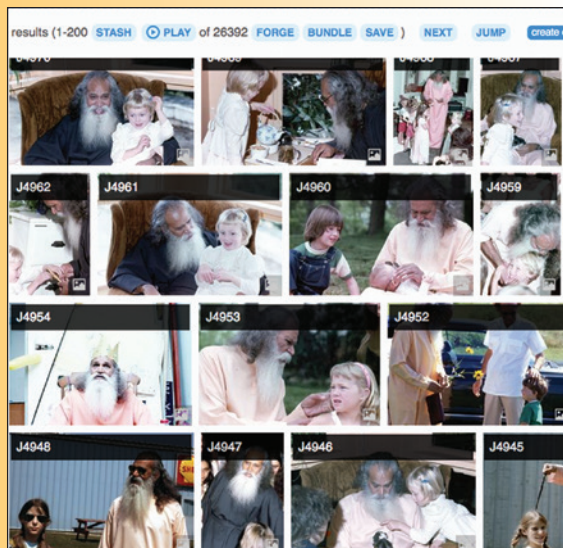
America's first Yoga magazine, *Integral Yoga Magazine*, was founded by Swami Satchidananda in 1969. This journal—a trusted resource for Yoga students, teachers, and therapists—and its website include articles and interviews on Yoga-related philosophy, practice, health, news, and much more.

Integral Yoga® YouTube, Podcasts, and Livestream Channels

Integral Yoga's YouTube channel and podcasts feature talks and programs by Swami Satchidananda and Integral Yoga master teachers. Yogaville livestream has been online since 2011 broadcasting Yoga and spiritual life programming right from Sivananda Hall at Satchidananda Ashram–Yogaville. The service now has hundreds of recorded events.



INTEGRAL YOGA ARCHIVES



A vast repository of well over half a million items dating from the 1940s to the present that includes books, transcripts, handwritten and typed documents, newspaper/magazine articles, audio- and videotapes, photos, films, artwork, and other items relating to Swami Satchidananda and the Integral Yoga tradition. The Archives is committed to preserving, digitizing, and restoring its assets.

Starchive

Partnering with DigitalRelab and its premier Starchive database system, Integral Yoga Archives is in the process of a multiyear project to create a comprehensive database of Integral Yoga archival assets and a virtual museum online to showcase the Integral Yoga tradition.



Swami Satchidananda Special Collection – University of Virginia

In collaboration with the Albert and Shirley Small Special Collections Library at the University of Virginia, Integral Yoga Archives is gifting its physical items once those are digitized, to create a special collection of Swami Satchidananda's archives that will be made available for use by the university, its online catalog, and its researchers.



Living Legacy Project

Integral Yoga Archives is compiling a comprehensive account of Swami Satchidananda's global service and Integral Yoga's history through audio and video interviews, as well as written recollections.



"If you are easeful and peaceful, you will be useful."

— Sri Swami Satchidananda



THIS IS YOGA

By Sri Swami Satchidananda

Yoga is a Sanskrit word that comes from the root, “*yuj*,” which means “to join together.” Simply put, Yoga means “union.” It refers to the state of union or communion with God, one’s true Self, or Higher Power. The two main aspects of Yoga practice focus on how to bring flexibility to the body and how to have tranquility of mind. In the state of Yoga, the body, mind, emotions, soul are all in balance—a state of equanimity.

The philosophy of Yoga is scientific. It welcomes, and in fact demands, experimental verification by the student. Its goal is nothing less than the total transformation of a seemingly limited physical, mental, and emotional person into a fully illumined, thoroughly harmonized being—from an individual tossed by the waves of the mind to a sage of permanent peace and joy, whose life is selflessly dedicated to the well-being of the entire creation.

What is the one quality necessary to enable us to lead a divine life? It is purity of heart—the same quality Jesus talked about in the Beatitudes. That is the same principle behind Yoga. How do you keep your physical heart and mental heart clean? By following a healthy heart lifestyle through proper nutrition, a vegetarian diet, regular exercise, and through compassionate, loving, selfless dedication.

When you have a pure heart, a heart filled with love, you will not want to cause harm to anyone or anything. That is why Yoga philosophy stresses vegetarian diet. God is universal love. How can we show love? By refraining from causing harm or injury to anyone and anything. That is what you call true, divine, cosmic love. But, unfortunately, we human beings learn to be selfish and have a limited love.

How can we have an unlimited love? Lead a selfless life; sacrifice your selfishness. When we bring selfless qualities into our lives, then our lives become healthy, happy, and peaceful. There's no shortcut to inner peace. Many times people think they can find permanent peace and happiness by finding the perfect mate, the perfect job, the perfect car, winning the lottery, and so on. All those things may be nice but they won't give you permanent happiness. And all the harmful things we do are certainly not going to bring happiness.

The purpose behind Yoga philosophy is to help us to stay away from selfish living. Selfishness only hurts you, because you can never achieve permanent happiness through temporary means. All the great faith traditions have said the same thing: Raise above your selfishness, be grateful, lead a kind and compassionate life, be good and do good.

What should you do to find peace? The answer is that you don't need to do anything to find peace but stop doing everything that would disturb your peace. Because the peace is in you already. Suppose I give you a bowl of water and say, "Keep the water peaceful." What would you do? Would you try and straighten it with an iron or push it this way and that to make the water peaceful? There's only one thing you should do: Stop disturbing it. Don't shake it up and it remains peaceful. In one simple sentence I could say that it is your selfishness that disturbs your peace.

If you recognize that peace is your true nature, happiness is your natural state, then you won't disturb it. Ultimately we have to learn this lesson that running after name or fame or material things and living a selfish life will never make us happy.

If you take the time to listen you will hear that inner voice or intuition guiding you always. In Yoga, that is what we call meditation. The idea behind meditation, prayer, and contemplation is to calm the mind. When you are able to stop the mind from running all over you will be able to hear your conscience within, the divine in you. That is the real Yoga, the real union or communion.

It is my sincere wish and prayer that each one of you experiences peace and joy, which is the goal of Yoga. May you go beyond mere book knowledge and attain Self-realization through purity of heart in your very lives.



WE ARE BORN WITH EASE

By Sri Swami Satchidananda

We have an expression, “He or she is fighting the flu or fighting cancer.” I don’t recommend fighting with disease. That creates more disease. Instead, understand the disease. Because disease is nothing but dis-ease, disturbed ease. You were at ease and that ease got disturbed. How can it get disturbed by itself? You must have done something to disturb your ease. Find out what that is and correct it. We are born with happiness. We are born with ease. Maybe we have done something to disturb the ease, but the ease is still there.

It is not just one thing that creates disease. And it is not one thing that can heal us. It takes a holistic approach. Nature has tremendous regenerative and restorative energy. Many of you may know that if a lizard loses its tail, another tail will grow. Likewise, we too have that capacity to rebuild our health. But in order to do that we have to do several things. First, find out what we did that took away our immunity and then stop doing those things. And the second thing we have to do is to remember the power of the mind in the healing process. We have to develop a belief in the healing process and the inner conviction to never give up.

The most important thing we can do for our health is to maintain our immunity. Make the body strong. What are all the ways we lose our immunity? We lose it through our wrong habits: eating the wrong food, eating the wrong quantity, stress in the body, stress in the mind, and so on. This all weakens the system. And these cells are waiting for that weakness. And when they see it coming they say, “This is the opportunity. We can go and devour.” The only way to heal oneself is to build up that immunity.

Next is to remember the power of the mind: immunity is easily lost through our wrong thinking. When you start thinking negative thoughts, disturbing thoughts, you start poisoning your system. Those poisons destroy your immunity and then give room for various problems to arise. The mind alone can transform the body. Remember the saying, “Mind over matter.” If you have that kind of healthy, strong mind, it can change every cell of your body.

Our bodily energies are wasted by overdoing everything—by oversleeping, overeating, overtalking. The body gets very confused and drained by all these things. The mind also gets drained by our obsessions, compulsions, anxiety, worries, fears, and upsets. We can reduce the amount of physical and mental energy that we waste. When we utilize energy in the right way, the nature is ready to fill and replenish it. We disturb and drain the body and mind so much. The nature can always recharge itself but the problem is that we waste more energy than we can receive. It’s something like fully charging the battery in your car and then letting it sit there with the lights on all day.

So, find out the cause of any disturbance in body or mind. Begin from there and don’t look for a temporary cure. If it’s temporary, it’s not a cure—it’s just temporary relief. Look for the permanent way. And the only permanent way is to bring ease back by removing the cause of the disturbance.

Imagine that you want to bring light into a room. Would you fight the darkness? The sensible way is to find a candle and light it. Then, the darkness will immediately leave without even waiting to say good-bye. You don’t have to fight the darkness. Instead, find the light. How can we fight disease? Find the ease.

Actually you don’t have to do anything to heal the body and mind. If you don’t interfere, the body and mind heals itself. There is a healer within everyone. We don’t have to do anything to put health into the body. We have to stop doing the negative things and then the good happens by itself.

We have a proverb: “Waste not, want not.” But we tend to waste a lot and then we want more. So, we have to take care of this and learn to relax. That is nature’s way.

YOGA IS UNITY IN DIVERSITY

By Sri Swami Satchidananda

In order to have a better world we must learn to think of the globe as a whole. Only by having a universal and spiritual vision can we bring positive change. When we forget that we are essentially spiritual beings, we see only the body and mind. It is because we have different bodies and minds that we see all the diversity in people. And wherever there are differences, there can be either fighting or fun.

If we learn to appreciate and enjoy the diversity, while realizing the unity, then it will all be fun! Even to have the capacity to see the same Spirit in others, we should recognize that we—as spirit—are utilizing these bodies and minds. We are all different colors, sizes, shapes on the outside, but inside the same light shines. We may look different but if we see the Spirit we realize, “I am you, you are me, we are one.”

Our true nature is divine; we are made “in the image of God.” But, unfortunately, we don’t seem to recognize that. Instead, we identify with our physical bodies and identify with our minds. Thus, we see the differences that make us feel separate from one another, rather than experiencing the Spirit that unites us.



It is certainly necessary in order to function in our daily lives and worldly activities to have a particular identity. We have to have a name, a country, perhaps a job title, and so on. Without these things we can't even receive our mail! But what we must always keep in mind is that behind all these identities there is something that unites us all. We are essentially spiritual beings made in the image of God. And when we realize who we are, then we realize that everyone else is equally a spark of the same divinity.

So, what is it that we should see if we really want peace and a good harmonious coexistence? We should see the one unifying factor: the spirit. If we see the Spirit in ourselves, we will realize we are all one.

The purpose of any religion is to educate us about our spiritual unity. However, more people have been killed in the name of God and religion than in all of the natural calamities and world wars combined. That means that religion has gotten caught in the hands of egoistic groups who are fighting with each other, who are claiming that only their path is right.

The interfaith movement was started in order to bring people together so that we can remember the unity behind the diversity. It is not saying that there should be one religion to which we should all belong. And it is certainly not asking that you leave your religion to join another religion. It doesn't believe in that kind of conversion. Just because I love my mother, should I ask you to renounce your mother and only love my mother? I should know that just as I love my mother, you also love your mother. That is why in the name of interfaith understanding we are saying, "Let us love all our mothers."

Sometimes people ask if the interfaith approach is an effort to have all faiths merge into one. That is not the point. When things become uniform they become boring. If there is only one kind of flower in the garden, it's no longer a garden. Should the flowers fight about their colors, their scents, their shapes, and forms? Should they hate each other for their differences? We seem to appreciate the variety, texture, shapes, and scents of the flowers as they blend together to create a beautiful bouquet of flowers. Our aim should be to understand the unity and enjoy the variety. In the same way, in the name of interfaith understanding, we are not advocating uniformity, but universality.

If we want to be happy, we should work for the happiness of all people everywhere. In order to have a better world, a more peaceful world, we must have a universal approach. It's time to know each other and to live as one global family. With that kind of feeling the whole world will be a haven and a heaven.

THE QUEST FOR INNER PEACE AND JOY

By Sri Swami Satchidananda

Everyone is searching for inner peace and joy. Some people want to be happy quickly, so they take shortcuts and get temporary happiness. But borrowed joy comes and goes. The happiness that we seem to be getting by our daily efforts is fleeting and mixed with a lot of troubles, worries, and unhappiness.

We keep trying to find that happiness and we keep missing it. When we finally tire of searching for happiness outside, we sit quietly and wonder, "What is this? Why am I unhappy? Why do I lose the happiness that I have?" If we're sincere and analyze well, we find, ultimately, that happiness never comes from outside.

Anything that *comes*, goes.

Happiness simply is. It is always. Where? Everywhere. It is just happiness. We are Happiness personified. We are that Supreme Bliss. We are that joy. Our true nature is peace and joy!

Imagine a big basin filled with still water, no waves. Naturally it shines well. The surface is clean and still. When you bend over the still water you can see your reflection very clearly. As you are seeing it, imagine that something falls into the basin. Immediately the surface is disturbed and you see a distorted image of your face. Forgetting your real image, you take that to be your true face, your true nature; you identify with that distorted image and sit and cry. But is that your real image? No. It's a disturbed, distorted image.



How to see your true nature, the peace and joy in you again? By removing the cause of the water's disturbance. Our minds are like the basin of water. When something falls into the mind to disturb it, it won't clearly reflect our true nature of happiness. Nothing from outside can fall in, unless we allow it to. We allow associations with things or words to fall in and disturb our minds. It's better to say, "I am happy," than, "I want to be happy." The minute we say, "I want to be happy," that very want disturbs the mind. The goal is to realize our true nature; to realize our peace, happiness, joy.

Usually the mind is not calm and peaceful because there are constantly waves across its surface. Something or other is bothering us. How is it possible to have thoughts yet keep the mind still? Choose thoughts that will not disturb the mind. All the great sages who deeply analyzed this problem discovered that any thought based on selfishness or personal desire constantly affects the mind. "I want it and that's why I'm doing this," is a personal thought based on selfish benefit. It will constantly affect the mind. Selfless thinking or action, which is not for our sake but for the sake of humanity, doesn't affect the mind because we are not expecting a result for ourselves. To have endless joy, learn to be non-attached. That doesn't mean ignoring people or having no feelings about anyone or anything, but avoid selfish attachment. We have to be very careful with the ego when it acts like a boss. Just say, "I can't work for you," because egoistic action will not bring real joy. It may give us joy temporarily, but it always brings more problems later. If we analyze them, egoistic desires will go away. Keep on analyzing: is it worth satisfying the ego? How long can you do it? It always demands more and more. Where is the end?

Unhappiness is caused by disappointments. What is the cause of disappointments? Appointments. But how can you live without appointments? Again, it's only selfish appointments that can cause unhappiness. With selfless thoughts we maintain our tranquility. We neither lose nor gain. The mind is affected by duality: pleasure and pain; profit and loss; praise and blame. If we can keep our minds away from duality, we can still have ideas and perform actions, but they won't affect us.

Ask yourself, "Is this going to cause me to lose my peace?" Peace is worth preserving more than anything else. Test all your desires and actions by asking yourself: "Will this affect my peace?" No? Okay, let it be. But if the answer is, "My peace will be disturbed," stay away.

Choose wisely. After all, what is the most precious thing? Peace of mind.



INTEGRAL YOGA TIMELINE

- **1966** Sri Swami Satchidananda arrives in Europe & USA

IYI (Integral Yoga Institute, 500 West End Avenue) New York is founded
- **1969** Woodstock Festival is opened by Swami Satchidananda

Integral Yoga Magazine is published

IY centers open in Europe
- **1970** *Integral Yoga Hatha* is published

IYI New York opens on West 13th Street

IYI San Francisco opens

IYI New Jersey opens

First IY 10-day retreats & interfaith worship services (U.S. East & West Coasts)

IY drug rehabilitation programs begin
- **1971** IY prison programs begin

IYI India is founded
- **1972** Integral Yoga Natural Foods (New York) opens

Yogaville West (California) opens
- **1973** Integral Yoga Publications & Multimedia (Shakticom) established

“Swami Satchidananda” album release by Columbia Records
- **1975** “Swami Satchidananda” & “Yoga for the City” TV documentaries air (New York)

Yogaville East (Connecticut) opens

IYI Montreal opens

Integral Yoga Teacher Training program begins

Integral Health Services, America’s first integrative medicine clinic, opens

Swami Satchidananda ordains first of his American students as Swamis in Holy Order of Sannyas
- **1977** Integral Yoga School (Connecticut) opens as 1st state-accredited elementary school with Yoga-based curriculum

Dr. Dean Ornish begins first research study on reversing heart disease using Integral Yoga-based practices
- **1978** *Yoga Sutras of Patanjali*, with translation & commentary by Swami Satchidananda is published & becomes bestselling version of Yoga’s foundational text
- **1979** IY headquarters is established at Satchidananda Ashram–Yogaville, Virginia
- **1980** Swami Satchidananda ordains first Integral Yoga Ministers

Integral Yoga Natural Foods (Virginia) opens
- **1981** Integral Yoga School (Yogaville Vidyalayam) opens in Virginia

INTEGRAL YOGA, as taught by Sri Swami Satchidananda, offers a synthesis of six branches of classical Yoga: Hatha, Raja, Japa, Karma, Bhakti, and Jnana Yoga. Its aim is to purify and calm the body and mind in order to experience the peace and joy that is our true nature. Integral Yoga practitioners bring that peace into the world by fostering interfaith dialogue and leading service-oriented lives. Founded in 1966, there are currently 30 Integral Yoga centers on six of the seven continents and 5,000 teachers worldwide.



- Swami Satchidananda cofounds first interfaith seminary in America
- **1982** Ontos Yogaville, Australia opens
- **1984** Fine Arts Society of Yogaville opens
Integral Yoga Distribution opens
- **1986** Light Of Truth Universal Shrine (LOTUS) opens in Virginia
- **1989** Swami Satchidananda becomes advisor to Unity in Yoga, which later becomes Yoga Alliance
IY Raja Yoga and Meditation Teacher Trainings are established
- **1990** Dean Ornish's "Program for Reversing Heart Disease" is published in *The Lancet*, opening the door for Yoga therapy
- **1991** Nataraja Shrine (Yogaville) is dedicated
- **1992** IY Center Brazil opens
- **1993** Integral Yoga Teachers Association is established
- **1996** Lotus Center for All Faiths is founded
- **1997** Satchidananda Jothi Niketan (School) opens in India
- **1999** Integral Yoga is a founding member of Yoga Alliance
- **2002** *Mahasamadhi* of Sri Swami Satchidananda
- **2003** Integral Yoga Academy opens
IY Argentina is founded
- **2007** IY Center Taiwan opens
- **2008** IY Hong Kong Sangha is founded
- **2009** Integral Yoga Europe forms
Service in Satchidananda is founded
- **2014** "Global Garland," worldwide yearlong celebration of the birth centennial of Sri Swami Satchidananda
Integral Yoga Global Network forms
LOTUS-India opens
- **2015** Swami Satchidananda Special Collection is established at University of Virginia's Albert and Shirley Small Special Collections Library
- **2016** Virginia Dept. of Historic Resources grants Satchidananda Ashram-Yogaville highest degree of eligibility to be nominated as a Virginia Historic District
IntegralYoga.org launches and global yearlong celebration of Integral Yoga's 50th anniversary begins



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INTEGRAL YOGA LINKS

Integral Yoga Official Website: IntegralYoga.org
Sri Swami Satchidananda: SwamiSatchidananda.org
Satchidananda Ashram-Yogaville: Yogaville.org
Integral Yoga Centers: IntegralYoga.org/Directory
Integral Yoga Distribution: IYDBooks.org
Integral Yoga Europe: IntegralYogaEurope.com
Integral Yoga Magazine: IntegralYogaMagazine.org
Integral Yoga Natural Foods (NYC): IntegralYogaNaturalFoods.com
Integral Yoga Natural Foods (Virginia): IYFoods.com
Integral Yoga Residential Programs: Yogaville.org/Programs/Residential
Integral Yoga Teachers Association: IYTA.org
Integral Yoga Teacher Training: IYTA.org/events
Integral Yoga YouTube: YouTube.com/IntegralYoga
LOTUS: LOTUS.org
LOTUS – India: LotusIndia.org
Service in Satchidananda: SISProject.org
Shakticom: Shakticom.org
Yoga at School: iyiny.org
Yoga at Work: iyiny.org
Yogaville Livestream: Livestream.com/Yogaville