

## **Bangalore Ashram - Campus & Facilities**

### **Information Centre:**

The Information Centre is located directly opposite the Vishalakshi Mantap. The information desk can answer your questions related to your stay at the ashram. General information about local, national or international Art of Living centres or specific information regarding Ashram activities, courses, and services, plus the latest news of Gurudev's activities and itinerary too may be obtained. Enquire at the information desk or Registration desk upon arrival for more details. The Information Centre regularly screens an audiovisual presentation on the Art Of Living Foundation and some of its seva projects. For answers to Frequently Asked Questions please review the FAQ section. For any additional information please contact on the numbers provided in our Ashram Directory section. Information Centre Hours: Mon-Sun: 9:00 am to 9:00 pm (+91 80 28432273 / 74. e-mail: [info@vmmvp.org](mailto:info@vmmvp.org))

### **Bus Tour**

Bus Tours are happening on weekends. Kindly contact Ashram Information Center (+91 80 67262626).

### **Registration Desk**

The Registration/Housing Desk is located in Main Reception and is accessible from Gates Number 4 or 5. The registration desk facilitates the course registration proceedings which enables the participants to enter the course venues. Spot registrations are not encouraged. Rooms are assigned depending upon your choice of shared accommodation, as well as the availability. Your stay at the ashram will be a no-frills yet comfortable affair. Basic amenities such as bed, pillow, blankets and clean bed sheets are provided. Each room has an attached bathroom. Hot water is provided in the mornings from 5:00 am to 7:00 am. Housing Hours: Mon-Sat: 9:00 am - 7:30 pm and 9:00 pm – 10:00 pm Sun: 9:00 am - 4:30 pm and 6:00 pm – 10:00 pm

### **Vishala Canteen**

The Ashram canteen serves vegetarian snacks such as Indian Fast food, an assortment of condiments , canned juices and bottled soft drinks. The Canteen is a cool place to hang out any time during the day or after an evening of devotional music popularly called satsang. A juice center serves fresh juice of a variety of fruits handpicked from the Ashram orchards. Vishala Canteen Hours:

Mon-Sun: 8:00 am to 10:00 pm Juice center hours: Mon-Sun: 8:00 am to 10:00 pm

### Annapoorna Kitchen and Dining Hall

The New Dining Facility officially opened in October 2004, in response to the growth of the organization. It is housed in a 3-floor building, each floor has an area of 25,000 sq feet. Whereas the old kitchen catered to 500 people, the New kitchen has the capacity to feed 60,000 people per day. The main dining hall is situated on the ground floor of the building. On a normal day, food is cooked for 20000 people. This includes course/conference participants and ashram residents. The kitchen is run entirely by volunteers, just as the rest of the ashram. The food is prepared by 30-35 full time Sevaks (volunteers). Managing the Kitchen is an enormous task, hence the kitchen follows the policy of Swayam Seva (self help) wherever possible. This practice nurtures a sense of respect for others and self-reliance for the individual. The Food is Satvik and cooked with steam produced from environmentally friendly boilers using fuel called briquettes (a mixture of sawdust, groundnut and coffee shells). Wheat and Bajra flour is ground on the premises in a mill owned and operated by the ashram to cook chapattis (unleavened bread).

On an average day, more than 20000 meals are served. Around 700,000 meals are served per month, and close to 8,400,000 (8.4 million) meals are served every year in the kitchen.

### Vishalakshi Mantap

The Vishalakshi Mantap is the focal point of the Ashram, where all the positive spiritual energies come together. This beautifully crafted architectural marvel has been conceived and designed by His Holiness Gurudev Sri Sri Ravi Shankar himself. This magnificent structure of the thousand-petals fame, with an entirely white marble floor and a lotus-shaped edifice is a wonderful blend of Vedic architecture and modern technology . The Mantap, known for its intricate craftsmanship, stunning illumination and elegant décor was built with the dedicated efforts of 7,000 workers and volunteers. The glass dome that tops the building is adorned with a magnificent 'kalash' – 15' ft 3" in high- the biggest in Asia. Gurudev has best described the feeling one gets when inside the Mantap as coming in to the lap of the Mother Goddess. No one has yet been able to resist falling in love with the Mantap.

### VVMVP Rural School

Ved Vignan Maha Vidya Peeth is an Educational, Charitable Trust committed to making Holistic Education accessible to children in rural areas. With this aim, VVMVP started the first free rural school in the outskirts of Bangalore in 1981 with 30 children and the number of students has gone up to 2000 in 2008 from the surrounding 51 villages. VVMVP provides free education, transportation, uniforms, books, stationary, mid-day meals and other facilities that are required to give the students quality education. This is the story of One School. This has been the inspiration for the setting up of 86 such schools all over the country not only in the rural areas but also the interior tribal areas.

### Sri Sri Ayurveda – Products & Treatment

“Health is the dynamic expression of life”. These words by Gurudev were the source of inspiration that sowed the seeds for establishing Sri Sri Ayurveda. Sri Sri Ayurveda’s mission is to bring the best of Ayurveda to the world. It is based on the simple vision of bringing High quality Ayurvedic medicines, personal care products, food supplements, Ayurvedic Panchkarma treatments and a holistic approach to health care within the reach of the common man. At Sri Sri Ayurveda, we practice a special process – that is Effective Ayurveda. We use effective herbs, formulae, ingredients, therapies and the unique process of Divya Aushadhi developed at Sri Sri Ayurveda in all of our products and services. At Sri Sri Ayurveda we believe that good health belongs to all and the fruits of research should benefit the common people, through a combination of traditional wisdom and modern technology.

### Krishna Kutir – The Ayurvedic Spa

The Panchakarma center is a retreat, which employs therapists trained in the ancient knowledge of Ayurveda to give Panchakarma treatment. 'Ayur' literally means life and 'Veda' means science. The science of Ayurveda which was perfected 5000 years ago by the ancient sages of India, takes a holistic approach in treating physical ailments, facilitating total health by bringing harmony of mind, body and soul. Uzhichil, shirodhara, marma and facial marma are given on a walk-in basis. All other treatments are given after consultation and a check-up with a qualified Ayurvedic Doctor known as a Vaidya. The Vaidya uses the ancient technique of ‘Nadi Parikshana’ - literally meaning the checking of the patients pulse to diagnose disease and determine information about basic constitution and personality type. After which, they prescribe a course of Panchakarma treatment with advice on lifestyle and dietary requirements. All products are made in the Ayurvedic factory near the

Ashram. The efficacy and potency of the medicines is enhanced by chanting vedic hymns and mantras by specially trained professionals.

### Divine Services Shop

The Divines Services provides all necessary products for a comfortable stay in the Ashram. From basic toiletries, comfortable clothes, footwear and towels, to snacks, savories, yoga mats and a wide range of other items that you might require during your stay.

### Yagnashala

A residential building outside which the Navratri festival is held each year. The Yagna is a special form of pooja (worship), practised in India since ancient times. It is performed on auspicious occasions or prior to the undertaking of an important project/venture, in order to invoke the blessings of various Gods and Goddesses. So literally Yagnashala means a holy place where the Yagna is performed or practised.

### Goshala

The Goshala means a “place where cows are cared for”. The project’s primary aim is to protect indigenous cows from slaughter and to increase their numbers. Since ages, Man has shared a unique relationship of interdependence with the Cow. In ancient times farmers depended on cows to cultivate farm land, besides which Cows were useful in a variety of ways such as providing milk - a vital food source for the populace. Caring for cows is service to the society. The Goshala also aims to revive the ancient Indian practice of using Cow excretions for useful purposes such as Gowmutra (cow urine), which has medicinal value, and is used as a fertilizer, and Cowdung, which is ideal for promoting cheap chemical free organic farming. This practice has been recently implemented with great success in Vidarbha district of Maharashtra where farmers have been facing heavy debt incurred by the use of artificial chemical fertilizers. Here in the Goshala, every cow is given a name and each morning, divine instrumental music is played to them. This relaxes them and increases their milk production. For anyone interested in sponsoring a cow, the contribution is Rs 50,000. Ancient Indian practice dictated that a family would gift a cow to a priest whenever someone passed away or on the occasion of some important event such as a Yagnya. This practice ensured that the priest had sufficient means to perform his religious rituals such as Pujas and Homa. Here is an opportunity for you to actually donate a cow in memory of your

loved ones. The cow is well cared for and the produce is utilized for homa in the ashram as it was meant to be.

### Veda Agama Samskrutha Maha Pathashala

Veda Agama Samskruta Maha Pathashala aims to preserve the age-old rituals of temple worship – the Agama. The school offers a five-year course and training programme, whereby students from all over India, learn to conduct temple Poojas, Abishekams and other rituals. They learn the Dravidian style of Vedic chanting. The course syllabus also includes studies of Veda, Agama, Sanskrit, astrology, yoga, music, Shilpashastra, Itihasam and Thirumuraigal. Currently the school has 340 students, 100 studying Veda, and 240 studying Agama. They are all of the age group 11-18 years. The school offers them free boarding and food. During the nine nights of navrathri, thousands of devotees meditate as the students chant mantras and hymns for the poojas and yagnas in a synchronized and rhythmic manner.

### Sumeru Mantap

The Lotus shaped Sumeru Mantap is a must-see sight for all visitors to the ashram. Geographically located at the highest point in the Ashram, this open air auditorium with an upper balcony yields a breathtaking view of the Ashram grounds and the surrounding areas. With a beautiful water pond at the center, twelve pairs of pillars, representing the twelve signs of the zodiac around it and encircled by ornate lotus petals, the Sumeru Mantap is sheer poetry in architecture. The pillars have been so designed that the first rays of the Sun fall on the pillar with the corresponding zodiac sign carved on the ceiling above it.

### Amphitheater

The new amphitheater, with its lotus shaped marble stage, a 20,000 plus seating capacity and the beautiful Vishalakshi Mantap for an enchanting backdrop, is the ideal venue for ashram Satsangs and cultural events.

### RDP Shop

As a part of its endeavour to promote economically self reliant rural communities, the Sri Sri Rural Development Program (SSRDP) started Women Empowerment programs for the rural women to provide them sustainable and alternate means of income. The rural women are trained in different skills associated with jute product making, eg. stitching, cutting, embroidery and bead work. The variety of jute bags that are manufactured range from fancy

ladies handbags to utility bags. Agarbatti rolling provides another convenient and simple means for the rural women to earn their livelihood. These, and other products such as handicrafts, are available for sale in our RDP Shop.

### Divine Shop

The Divine Shop offers all our publications, from melodious bhajan CD's, to Guruji's talks in audio and video format. The shop makes a wide range of talks, commentaries and beautiful music available for purchase for both visitors and course participants.

### Sumeru Travel Solutions

The Ashram also has an in-house travel agent, that provides everything from bus-, train- and airplane tickets to taxi's, tour packages and travel related information. Sumeru Travel Solutions is a customer friendly service that is available for both course participants and visitors to the Ashram.

### Ashram Clinic

For any emergency medical aid or consultation in the Ashram, visitors and course participants can approach our Apollo Ashram Clinic, located near the Annapoorna Dining Hall.

### Laundry Service

The Ashram has a Laundry Service that is available for all course participants and visitors that book accommodation in the Ashram. Against good rates, the Laundry Service can wash clothes, and if required iron them also. The Laundry Service is located near the Annapoorna Dining Hall and the Ashram Clinic.

### The Art of Living Permaculture

The Art of Living permaculture is a unique concept of permanent agriculture restoring the techniques of farming for a sustainable planet.

### **Permaculture Benefits**

#### **Flora and Fauna**

**ideal set-up for experiential teaching-learning process.**

#### **Water Harvesting**

**various project initiatives to restore & save water.**

## **Farms**

### **100% organic and natural with protected cultivation & open cultivation.**

#### **Introduction to Permaculture Farm**

Gurudev Sri Sri Ravi Shankar, one of the greatest humanitarians in the world today, decided to convert a part of the Art of Living International Ashram in Bangalore, into a lush green farm, to set an example. What separated this farm from other farms was the challenge that lay in transforming this mountainous land sans top soil, into a living jungle with abundant food supply. Gurudev wanted to show the world that it is possible to grow food on the most infertile terrain, if only we respected the laws of Nature.

Today, the Art of Living International Ashram Permaculture farm houses a conglomerate of plant species and birds and is an abundant source of fruits and vegetables. We hope to transform many such landscapes and educate people about the advantages of permaculture design as a strategy for land remediation and home grown food. Being in sync with Nature, walking the Permaculture path is the only way to care for ourselves and our planet sustainably.

#### **What is Permaculture**

In 2018, an eminent lawyer in India lost his father to cancer. His father was a vegetarian, a teetotaler and yet he fell prey to the deadly cancer. Even after a so-called sattvic lifestyle what went wrong? The doctors shared that even the vegetarian food that we eat today is no less dangerous because it is grown using pesticides and chemicals. He stumbled upon a course in permaculture and this changed his life. He bought a 7 acre farmland and now works to make it a model farm. He grows his own chemical free food and inspires all around him to do the same.

In simple words, permaculture is the new way of life and sooner we adopt it we can contribute to nurturing the quality of our soil, water, air and as a result safeguard our health and reverse climate change. The easy part is that one does not need acres of farmland to grow their own food; a small terrace, balcony or even the kitchen window pane is enough to make a start.

Programs for permaculture: Permaculture for Kids, Permaculture - Home grown, Permaculture and beyond, Permaculture retreat.

#### **Key Contacts**

<b>Information Center:</b>	<b>+91 80672 62626</b>
<b>Lost &amp; Found:</b>	<b>+91 80676 12345</b>
<b>Shuttle Services:</b>	<b>+91 88848 94694</b>
<b>Medical facility:</b>	<b>+91 93433 83905</b>
<b>Taxi Facility:</b>	<b>+91 98860 19292</b>

### **Vaidic Dharma Sansthan**

**Dharma is the soul of an ethical individual and a virtuous society. Leading a life that accords with Dharma, definitely bestows progress in every sphere of life. The Vaidic Dharma Sansthan Trust works for the advancement of religious and spiritual education, irrespective of caste, creed, language and religion. We are committed to promote the Vaidic culture and educational heritage. Our services strive for social, economic, cultural and spiritual development of people at large with a holistic approach.**

**Pujas and Homas cleanse the mind and body through the predominance of sattva and thereby lead to the discerning wisdom (buddhi). Chanting of mantras makes the connection of the microcosm to the macrocosm. Various Pujas and Homas are performed at Ashram and all over the globe for all-round development, wisdom and growth. They enhance harmony, remove negativity and bring abundance in life. The vibrations that are produced by Pujas and Homas benefit all the subtle layers of existence. Our body is made up of the five elements – Earth, Water, Fire, Air, and Ether and all the five elements are used in a Homa. The vibrations created by the Homa have a profound effect on the atmosphere and surroundings. All Homas are performed with an intention of universal happiness and peace: “lokah samastah sukhino bhavantu, Om shanti shanti shanti”, which means ‘may everyone be happy, may there be peace everywhere.**



**Shodasha Samskara (16 Samskaras) identifies Samskara-rituals as eminent milestones from womb to tomb of an individual. The Samskaras are based on ancient texts and the ceremonies enliven positive impressions in the mind, create fulfilment, and bring success and harmony in every stage of life. The Shodasha Samskaras also have deeper spiritual significance and are the best performed by qualified pundits.**

**Garbhadhanam (performed before conception), Pumsavanam (after first trimester to get virtuous child), Seemantonayanam (for healthy development of baby and safe delivery), Jatakarma (on birth of a baby), Namakaran (naming a baby), Nishkramana (baby's first outing), Annaprashanam (baby is fed solid food for the first time), Chudakarma (first head shave or mundan), Karnavedhan (piercing the ear lobes), Vidyarambham (initiation to formal education), Upanayanam (sacred thread ceremony), Vedarambham (begin to learn Vedas), Keshant (first shave of youth's facial hair), Samavartan (Convocation day), Vivaha (wedding ceremony) and Antyeshti (last rites after death) - are the 16 Samskaras-rituals according to Vaidic Traditions**

**Vaidic Vivaha is a beautiful commitment of everlasting companionship between husband and wife based on the sacred vows. Our trained Vaidic pundits perform the Vaidic Vivaha (Vaidic Wedding) demystifying the relevant Sanskrit hymns to strengthen the bond of happiness and lasting togetherness. The Saptapadi or seven sacred vows are an important part of the wedding ceremony. These vows are guidelines for the couple to have a devoted happy married life.**

**Life is a celebration. In Celebration everyone comes together with enthusiasm, uplifted spirit; it brings joy and harmony in the society. Celebrations in the Vaidic traditions include specific ceremonies, performance of rituals, Homas, chanting of mantras, use of specific herbs, fruits, flowers, grains etc. Obtaining blessings from the elders and family is also an integral part of Vaidic celebration like Navaratri, Shivaratri, Deepawali etc.**

**Four types of ancient sciences are considered to be evident knowledge - Pratayaksha Gyan – Ayurveda, Jyotish, Vaastu and Yoga, as their results become apparent in immediate future.**

**As the earth is a member of solar system, the magnetic field and electrical field it shares with other planets, affects the earth and also the life on the earth. Jyotish is one of the six Vedangas (the six limbs of Vedas) and it talks**

**about knowledge of time. The true meaning of Jyotish – the light in the self (Jyotish) identifying the light in the others (Native); one light identifying the other light; one divinity identifying divinity in others.**

**Jyotish has three aspects - predictive Jyotish, its application part and the remedial measures. Without remedies Jyotish is incomplete. Based on favourable and unfavourable matter Jyotishi provides direction while inducing positivity and creating hopes.**

**Our Department of Jyotisha & Vaastu brings to you the authentic Jyotish, which was meant for spiritual purpose - to grow spiritually, to know thyself. True purpose of Jyotish is self-awareness, to move up on the ladder of spirituality and then rest of the things just follow. The purpose of Jyotish is to understand karma and break through the cycle of karma; understand patterns and get out of all the patterns. Jyotish does not make you dependent on your destiny; it also directs you towards freewill.**

**Jyotish also lays emphasis on an important possibility that is the ‘Grace of God’; Lord Shiva is above all the planets, so there is a provision of reinstating the ‘power of God’.**

**Vaastu Shastra is an ancient science with a tradition dating back to Vaidic times, it is a part of Rig Veda’s upaveda Sthapatya Veda; its fundamental postulates were developed by 18 divine Maharishis (sages) like Bhrigu, Atri and Vasishtha. This science has been employed during the construction of any man made structure - be it palaces for kings to schools to housing for common people. Vaastu Shastra helps in reading the characteristics of houses/plots and explains their effect on owners/occupants. This science is based on the laws of nature; its theories offer us a way of understanding the relationship between humans and their natural environment. Vaastu Shastra is essentially the art of harmonizing and balancing the architecture with nature. The science helps us to understand how everything is inter-connected and affects our well-being.**

**Chanting ancient mantras have deep impact on our consciousness. They reverberate the inner being and attract positivity and prosperity in our lives. There are specific Mantras and Namavalis to bring about different desirable and progressive outcomes. Mantras ought to be recited in specific rhythm and meter. Thus it becomes inevitable to learn from a proficient pundit. Here in Bangalore Ashram, we currently provide a number of trainings viz.**

**Astrological Trainings (Jyotish and Palmistry), Vaastu, Chantings (Rudram, Lalita Sahasranama, Vishnu Sahasranama, Kaala Bhairava Ashtakam, Guru Gita), Lakshmi Ganapati Pooja, Pundits' Training and Upanayanam.**

**Soon more trainings will be made available for the benefit of the masses.**

**VDS with the intention to revive and promote Vaidic knowledge and culture has always been making perpetual efforts to bring the Vaidic Scholars on a single platform. This provides an important channel for exchange of views and broadens their approach and deepens their understanding on the Vaidic knowledge and figure out the ways to make this science popular and benefit the society with its significant, subtle and mighty effects. Conferences on Vedas, Astrology and related subjects have received tremendous positive response from concern bodies. It is the need of the hour to work collectively and tread the path to enliven and universalize the Vaidic traditions.**

Vaidic Dharma Sansthan Trust with the aim to preserve knowledge of Vedas and Vaidic sciences as well as age old rituals of temple worship (Agama) has been providing vigorous and impeccable training to Pundits by our ace Vaidic Scholars in our own Veda Agama Samaskruta Maha Pathshala. The Gurukul provides free education to over 350 students from all over India. With this initiative light of the ancient Vaidic Wisdom is being disseminated far and wide across the world.

Vaidic Dharma Sansthan Trust has been actively involved in saving and promoting the breeds of Indian cows in its state-of-the-art Gaushala (the cow shelter) in Bangalore Ashram. At Sri Sri Gaushala we shelter more than 1000 cows of Gir, Sahiwal, Ongole, Kangayam, Hallikar, Dangi, Tharparkar, Kasargod and Kankrej breeds of Indian origin. Several experts in the dairy business and many others visit our Gaushala to learn and experience the unique art of managing the cows. The shelter uses bovine by-products to manufacture organic chemical free pesticides and fertilizers, and encourages local farmers to revert to successful, environment-friendly and low-cost farming methods.

The Vaidic Dharma Sansthan Trust works for the advancement of religious and spiritual education, irrespective of cast, creed, language and religion.

We also promote the Indian culture and educational heritage and undertake projects to promote social, economic, cultural and spiritual development of people at large with a holistic approach..

**OUR VISION & MISSION**

- To promote and propagate the **Knowledge of Veda**, Yoga, Vedanta, Puranas, Itihasas and Sanskrit language; to print and **publish books**.
- To establish and support schools, colleges, **pathashalas**, research centers and other educational institutions for the advancement of Indian culture.
- To promote **classical and devotional fine arts** like music, drama, painting, sculpting and performing arts.
- To organize and **conduct pujas** and other religious rites, puja ceremonies and **festivals of all religions**.
- To perform ceremonies, rites and functions, inclusive of weddings, in accordance with the **Indian traditions**.
- To train **Swamis and Brahmacharis** (those pursuing spiritual knowledge) for spreading the knowledge of the Vedas and other ancient knowledge.
- To inculcate in the younger and new generation love and appreciation for art, culture, yoga, etc and the Indian heritage, through proper education.
- To engage, conduct, organize and **promote Women Development** and training programs for the rural poor.

What is a swami? What does it mean? The word '*swami*' means '*one who is established in oneself*'. In the scriptures a Swami's life is described as "*atmano mokshartham jagat hitaya cha*" which one who strives for "*the realization of the Self and for the benefit and good of the world*"

A Swami is one who has set aside his personal, worldly pursuits, in order to devote all his effort to experience the highest spiritual realization, and to the service of others. He is a spiritual guide, who, having dedicated his life to serve the society, plays different roles at different times, which could be leading various service projects, conducting different workshops for self-development, or conducting padayatras (peace walks), blessing programs (anugrahotsav) and pujas for example.

A Swami is someone who is there for everybody. One who has made the whole world as his family. For this to happen one doesn't have to change his cloth or grow his hair and beard – these are just a uniform, which make people identify him as a spiritual person.

**Vaidic Dharma Sansthan : State Activities**

- For all queries related to any specific Puja/Homa **happening outside of Bangalore**, we request you to get in touch with the **relevant event's coordinators and organizers**.
- [Contact Details of our State Coordinators](#)

### **Vaidic Dharma Sansthan : Bangalore**

- For any queries related to any Puja/Homa happening in **Bangalore Ashram** you can reach out on the below contact details

### **Contact Details : Bangalore**

*Art of Living International Center, 21 KM Kanakapura Road, Bangalore ,  
Karnataka*

*+91-9538186844 (9:30 AM-5:30PM IST)*

[info@vaidicpujas.org](mailto:info@vaidicpujas.org)

- [Programs](#)
- [Beginners:](#)

#### **1. Happiness Program**

Learn the world's most powerful breathing technique - Sudarshan Kriya™ loved and practiced by 45 million people around the globe.

#### **What will I get from this program?**

##### **Increased peace of mind**

Discover effective techniques to calm the mind and bring more peace and joy to your daily life.

##### **More energy**

Overcome fatigue and experience higher energy levels. Accomplish all that you set out to do for the day.

##### **Eliminate Stress and Anxiety**

Learn research-backed ways to reduce stress, relieve anxiety & relax even amidst challenges.

##### **Mastery Over Your Mind**

The program shares ancient secrets to deal with the ups and downs of modern life. Learn to live with more awareness and wisdom.

### **What does science say about Sudarshan Kriya™?**

Over 100 independent studies globally published in peer review journals have demonstrated benefits such as:

▲ **33%**

Increase in six weeks

#### **Immunity**

▼ **57%**

Decrease in six weeks

#### **Stress Hormones**

▲ **21%**

Increase in one week

#### **Life Satisfaction**

## **2. Corporate Program**

Bringing Wellness In Employees And Teams

Remove Stress • Improve Decisions • Boost Immunity

3-day residential format

### **What will I get from this program?**

Our integrated Yoga programs deepens self-awareness and centeredness, while parallely enhancing flexibility and strength.

#### **Resilience**

Stress is omnipresent but your ability to bounce back holds the key

#### **Adaptation**

A proactive mindset to accept changes

#### **Focus**

As your thoughts calm down, distractions are reduced

## **Performance**

The only antidote to deal with multitasking is bringing more swiftness and spontaneously in action

## **Emotional Intelligence**

Clarity in thoughts with heightened awareness improves communication and relationships

## **Decision Making**

As you relax, you get better decision making ability

Office hours are filled with deadlines, meetings, strategies, planning, excel sheets and commitments and all this often leads to stress and anxiety, and when they are not managed properly, you experience burn out, low efficiency & reduced immunity.

[Sri Sri Yoga](#) will take the practitioner to overcome these effects and improve his way of life in a holistic manner.

### **3. Sahaj Samadhi Dhyana Yoga:**

#### **Increased mental clarity**

[Meditation](#) calms the constant stream of thoughts, enabling improved clarity of mind and increased awareness. With Sahaj Samadhi, you will experience a longer attention-span, more self-awareness, and better decision-making skills.

#### **Improved physical health**

Our nervous system is the energy generator for our body. A relaxed and rejuvenated nervous system improves the functioning of the body's cardiovascular, digestive, and respiratory system.

#### **Unlocked intuitive skills**

Sahaj Samadhi Dhyana Yoga helps you sift through the mental chatter, discerning your innate voice, and enabling your [intuition](#) to strengthen your judgment.

#### **Enhanced peace of mind**

Sahaj Samadhi Dhyana [Yoga](#) brings your brain waves into a calming alpha-wave state, which soothes your nervous system, providing deep rest and relaxation to the body and mind.

#### **How does it work?**

Meditation is the art of relaxation, the art of doing nothing, but for a lot of people, doing nothing is not easy. There are many techniques for meditation but in Sahaj Samadhi, we use charged subtle sounds (mantras) to reach a

state of deep rest. You will be given your personal mantra in the program and taught how to use it for meditation. The mantra becomes the vehicle to take you to the deepest levels of consciousness. As you go deeper within yourself, bliss, clarity, calmness, intuition, and creativity get uncovered in your being and ultimately you realize who you are.

#### **What does the course include?**

- Meditation technique based on your personal mantra
- Key principles of meditation
- Identifying what factors create disturbance in the mind and remedies
- How different foods affect your mind and thoughts

#### **4. Sri Sri Yoga Classes**

##### **• What will I get from this workshop?**

- This workshop teaches a holistic way of energizing and integrating your mind, body, and spirit through a restorative yoga practice.
- **Strength & Poise: Yoga Poses (Asanas)**
- Strengthen and tone muscles, while burning fat and reducing cholesterol. Yoga poses are also great to maintain flexibility & range of motion.
- **Deep Rest: Meditation and Relaxation**
- Discover Yoga Nidra, an amazing form of conscious relaxation that calms the body and relaxes the mind for deep meditation.
- **Energy: Yogic breathing (Pranayama)**
- Tune into your breath and with advanced breath-work. These practices energize mind and body so that you feel fresher throughout the day.
- **Insight: Wisdom from Yoga**
- Explore some of the fascinating insights yoga has to offer into the nature of mind and body and how to live a relaxed, fulfilling life.

#### **Sri Sri Yoga is Different**

Are you tired of the competitive or superficial culture that surrounds some mainstream yoga?

Sri Sri Yoga not only improves your flexibility, strength, and health but also deepens your self-awareness and centeredness with a holistic approach to yoga.

#### **An Accepting Environment to be Yourself**

Sri Sri Yoga offers a non-judgmental atmosphere, so you can find your own edge of stretching without pain, of pushing yourself without competing. It may



be hard to get a deeply spiritual experience in a yoga studio that often has a competitive atmosphere.

### **More Than Just Yoga Poses**

Often people associate yoga with just physical exercises, but there is so much more to it. In Sri Sri Yoga, you will experience all aspects of a complete yoga practice, including traditional asanas (postures), simple pranayamas (breathing techniques), guided meditation and knowledge of yoga.

### **5. Silence Retreat**

Silence Retreat is a powerful combination of the Happiness Program and the [Advanced Meditation Program](#) which is best suitable for beginners on the path of spirituality. It is a perfect holiday one can gift themselves for their body, mind and soul with powerful breathing techniques, deep meditations and experience of deep rest in silence, in the wonderful journey from head to heart in the midst of nature at The Art of Living International Center, Bengaluru.

#### **What will I get from this program?**

##### **Effectively Manage Emotions**

Learn series of meditations and breathing techniques which can help you manage your emotions in better ways than how you could manage ever before.

##### **Tools to effortlessly relax**

Learn effortless ways of relaxation with easy guided meditations, pranayams and asanas which can be practiced everyday for greater health, focus, and relaxation.

##### **Understanding the Mind**

Master your mind and get a greater prospective of life. Practical, timeless wisdom will enables you to live a positive life and overcome negative emotions.

##### **The Power of Breath**

In the Silence Retreat, you will learn Sudarshan Kriya, a simple yet powerful rhythmic breathing technique that effortlessly draws you into a deep state of meditation and help you over come various types of stress, and bring you back to a clear and positive state of mind.

##### **Experience of Absolute Silence**

Silence in true sense is much more than not speaking. It is about giving a break to the chattering mind which gives way to renew ourselves physically, mentally and spiritually. Silence during the retreat results in deeper rest to our mind, body and soul.

### **Deep Meditations**

A set of “Hollow and Empty” guided meditations created by Gurudev Sri Sri Ravi Shankar are the core part of the retreat during silence. These meditations are geared towards drawing out the deepest layers of stress and tension from our nervous system.

### **6. Wellness Program**

Did you know that digestive issues, heart disease, diabetes, and most lifestyle diseases are preventable?

**Here is a secret:** Wellness doesn't need a lot of time and money. It only needs ambition. No diets, excruciating gym routines only simple lifestyle rules.

**Here is another secret:** The mind and body are interlinked. If you truly want to stay healthy, you need to take care of both. The Wellness program is a treasure of such secrets and helps you design your roadmap to a healthy body and mind.

#### **Learn the secrets to**

##### **Lose weight, boost immunity and avoid deficiencies**

Lifestyle changes and practical dietary tips to lose weight without compromising on health and nutrition.

##### **Manage sleep deprivation & stress**

Learn to stay rejuvenated and stress-free with yoga, meditation and some practical tips.

##### **The perfect routine**

Customize the best lifestyle for you subject to the needs of your body, your time and your convenience.

##### **Keep lifestyle diseases at bay**

Incorporate lifestyle changes that help you prevent diseases like diabetes, heart disease, digestive issues, etc.

- [Advanced](#) Courses:

### **What will I get from this program?**

Enrolling in the Advanced Meditation Program, Experience inner calm with Sudarshan Kriya and intensive techniques.

### **Experience deep meditations**

Gurudev Sri Sri Ravi Shankar's guided meditations called "Hollow and Empty" are a central part of this program. These meditations help you settle into a deep rest.

### **Explore The Depth of Silence**

Go beyond your usually active mind and experience an extraordinary sense of tranquility. From here, you will be able to experience renewed vitality.

### **Mudras and Pranayama**

A series of simple and effective Pranayamas and Mudras - a subtle technique to balance the mind and emotions, are taught in the program which can be practiced along with other meditations.

### **Yoga and Wisdom**

Explore the pillars of knowledge that open up multiple dimensions of our perceptions about various aspects of life, the world around us and aspects of life beyond self.

### **Relief from Emotional Stress**

Meditation helps you manage stress responses. You release all the impressions of your experiences and reconnect with your rejuvenated self.

### **Experience High Energy Levels**

The techniques of this program help increase the *prana* or life force in your body and mind. When the *prana* goes up, your mind becomes calm and positive.

### **Advanced Meditation Program**

Build upon your experience of freedom from the Happiness Program with a profound spiritual immersion. The Art of Living's Advance Meditation Program is a residential program that takes you deeper into your spiritual practices with

advanced insights on the laws governing our mind and emotions and advanced breathing techniques that are easy to remember and can be practiced at home.

The hollow and empty meditations taught in the program and other group processes bring about a deep cleansing from within leaving you feeling energetic and fresh for months on end.

### **Weekly Part II Program**

The Art of Living International Center brings you the weekly part II program to give the much needed vacation you have been waiting for, both for your body and more importantly for your mind. The weekly part II programs happen every week at the Art of Living International Center.

### **5-Day Advanced Meditation Program**

Do you return from a vacation tanned and tired and end up feeling you need one more vacation to recoup?

Here is the much needed vacation you have been waiting for, both for your body and more importantly for your mind, Register now for the upcoming 5-day Advanced Meditation Program in the serene.

### **7 Days Advanced Meditation Program**

Focus on the most important thing in the World for you. Your well-being! Then you can contribute, help yourself and others around you in your family and friend circle.

When was the last time you gave time for your body and mind to really relax and revitalize? Give yourself 7 days- just a week out of 52 in a year to do just that.

### **10 Days Advanced Meditation Program**

It's time to embark on a journey from outer chaos to inner serenity with our 10-Day Silence course. Clear your mind of cobwebs and buried worries, returning refreshed and invigorated to your routines. Rediscover joy and zest for life as you experience the ultimate vacation for body and mind in just 10 transformative days.

### **Busy Bee Advanced Meditation Program**

Specially scheduled programs for all the busy-bees who find it challenging to take leaves during the weekdays to get energized and rejuvenated doing the silence

program. The Busy-Bee Advanced Meditation program starts on Friday evening and ends on Monday morning, giving important rest you require amid a busy life.

## **2. Dynamism for Self & Nation (DSN)**

Experience freedom from personal inhibitions and access inner strength and stability

### **Experience the limitless possibilities of your mind**

Expand your capabilities than you ever thought possible

### **Overcome fears**

You would discover the freedom of overcoming your fears

### **Make a difference**

Explore the role that YOU could play in creating a positive change in society

### **Realize your potential**

Break down concepts that you had about yourself and your abilities

### **Why take part in a DSN Program?**

We all have personal barriers, old habits, or inhibitions that hold us back and keep us from fully participating in life. Yet we all have a deep desire to be the best we can be - for ourselves, our families, our communities and even the world around us.

DSN is a rigorous and transformational program that empowers participants to break through personal inhibitions and barriers and access inner stability and power. Break the boundaries of the mind to discover your full potential.

### **Main Elements**

DSN is a rigorous and transformational program that empowers participants to break through personal inhibitions and barriers and access inner strength.

### **Group activities & tasks**

The group of participants in the program is facilitated through a series of processes and discussion. Creating a sensitive and understanding environment, the participants go over situations in real life, reactions to them, and learn tools to overcome fears, and inhibitions.

### **Padmasadhana**

Padmasadhana gives you access to your inner strength. When practiced daily, this 45-minute sequence of yoga poses can lead to a calmer mind, healthier body and more peace. This set of graceful yoga asanas (postures) helps prepare the body and mind for deeper meditation.

### **Knowledge Sessions**

Delving deep into ancient wisdom, and reliving their secrets of a good life. These short video sessions and group discussions will open up new areas of understanding in one's life, and guide one towards better living.

### **Focus on Strengths**

Know your strengths, and how you can use them to contribute to society. Discover an unshakeable faith in making a change in society, and the importance of your participation.

### **3. The Blessings Program:**

**Blossom as an instrument of the divine.**

**The blessings that you offer can change a person's life.**

### **Meditation & Advance Processes**

**The Blessing Program comprises distinct processes and meditations fostering profound gratitude and inner fulfillment, guiding individuals to deeper introspection.**

### **Knowledge Sessions**

**Exploring ancient wisdom, uncovering life's secrets, short video sessions, and group discussions enlighten and guide towards a fulfilling life journey.**

### **What is Blessing program?**

**Fulfillment is a beautiful quality of consciousness and allows one to bless. The Blessings Program offers an experience of abundance, contentment, and fulfilment through unique meditation processes. These qualities are natural to all of us, and the program brings them to the fore of our experience.**

**A blessing is always given to others, not to oneself. Being able to bless is a complete expression of a caring and sharing attitude. Being available to serve brings peace and harmony to those seeking your help... Many people have reported miraculous experiences.**

#### **4. Sri Sri Yoga Deep Dive (Level 2)**

**What will I get from this workshop?**

The Sri Sri Yoga deep dive is a 10-12 hour program teaching Yoga's wisdom and techniques, emphasizing body well-being and nurturing mind and spirit equally.

**Wipe out Lifestyle Diseases**

The program aids weight loss, solves digestive issues like constipation, and helps deal with sinusitis and allergies.

**Improved Clarity and Focus**

The program prepares the body for deep meditations, and gives stability and strength to the body & mind.

**Accomplish More**

Your body feels light and your energy levels shoot up, allowing you to achieve more.

**Commit to Healthy Living**

The program makes it easier for you to commit to a healthier diet and lifestyle practices.

**Sri Sri Yoga Deep Dive: Elevate your Well-being**

[Sri Sri Yoga](#) Deep Dive is a meticulously designed program for the body's overall well-being while nurturing your mind and spirit. Whether you are a beginner to yoga or a regular practitioner wanting to dive deeper into yoga practice, you will find something amazing for yourself in the program.

In Sri Sri Yoga deep dive program, we combine yoga essentials: breathing techniques, stretching, yoga postures, meditation, relaxation and yogic knowledge. By incorporating all these beautiful facets of yoga, we can look beyond the level of the physical body and sharpen our sensitivity and awareness of subtler levels of our existence.

**Activate your body's natural healing mechanism**

**Deeper Yogic Cleansing**

Shankh Prakshalan & Jal Neti rejuvenate your digestive & respiratory systems, and clear out toxins accumulated in your body and your pranic system.

## Pranayamas & Asanas

Learn new pranayamas and yoga asanas that will help you go deeper in your practice.

## Strengthening and Healing

A unique technique that strengthens the skeletomuscular system and removes blockages in the organs, allowing prana to flow freely in the system.

## 5. Sanyam

A program designed to deepen awareness, an experience of connection with yourself.

योग: कर्मसु कौशलम्

Skill in Action is Yoga

*Saṅyam* is a specially designed program that is a combined practice of *Dhāraṇā* (concentration), *Dhyāna* (meditation) and *Samādhi* (union). The profound meditations of this program act as keys that open the doors to the blossoming of divine qualities. Gurudev Sri Sri Ravi Shankar with his simplicity, humour and depth, accompanies us to experience the power of being an observer.

Prerequisites:

- Art of Living Teacher: 4 Silence Programs
- Others: 2 AMP & 1 Sahaj
- You must be physically fit to do 5 rounds of Padmasadhana daily during the program.
- Should have listened Patanjali Yoga Sutras and must be following *Yamas & Niyamas*.
- Ladies whose menstrual cycle is likely to fall during the program time are advised not to register.
- There is no scholarship for anyone.

## 6. Guru Puja

What is Guru Puja?

Guru Puja is a traditional ceremony of expressing gratitude and honoring the lineage of Spiritual Masters who have been the custodians of the knowledge



**of the Self. Under the loving guidance of Smt. Bhanumathi Narasimhan, sister of Gurudev Sri Sri Ravi Shankar, one learns to chant and perform Guru Puja.**

**Chanting Guru Puja unites our mind with the beautiful ancient knowledge, lovely guru stories, and a profound feeling of the presence of great Masters. Many participants had an ecstatic experience during the course while chanting and Performing.**

### **Eligibility**

- **For Guru Puja Phase 1: Four Advance Meditation Programs + [Sahaj Samadhi](#) Meditation Program.**
- **For Guru Puja Phase 2: Atleast 6 months after completion of Guru Puja Phase 1.**

### **Program Overview**

**The Guru Puja Course is in two parts:**

**Phase 1: During Phase 1 we learn the chanting of the puja and explore the mysteries of Vedic Knowledge and traditions.**

**Phase 2: Qualifies with necessary aspects to invoke the lineage of spiritual masters through the chants taught in Phase – 1.**

**Bhanumathi Narasimhan is the Chairperson of the Women's Welfare and Child Care programs of The Art of Living, a not-for-profit, educational and humanitarian NGO engaged in bringing stress relief and service initiatives in 180 countries. She has deep roots in spirituality and a broad vision for service to humanity.**

**For over three decades, she has been committed to bringing a positive social transformation with a focus on education, environment, and women empowerment. Enabling people to handle their negative emotions and stress with meditation and breathing techniques, she has helped them regain their self-confidence and come to the forefront to take responsibility for a harmonious society through service.**

- [Children and Teens](#)
- [More Programs](#)

**Founder:**

Gurudev Sri Sri Ravi Shankar is a humanitarian leader, spiritual teacher, and an ambassador of peace. His vision of a stress-free, violence-free society has united millions of people around the world through service projects and programs offered by The Art of Living.

### **The Beginning**

Born in 1956 in Southern India, Gurudev Sri Sri Ravi Shankar was a gifted child. By the age of four, he was able to recite parts of the Bhagavad Gita, an ancient Sanskrit scripture and was often found in deep meditation. Gurudev's first teacher, Sudhakar Chaturvedi, had a long association with Mahatma Gandhi. By the age of seventeen in 1973, Gurudev had graduated with degrees in, both, Vedic literature, and physics.

*"The Art of Living is more of a principle, a philosophy of living life to its fullest. It is more a movement than an organization. Its core value is to find peace within oneself and to unite people in our society – of different cultures, traditions, religions, nationalities; and thus reminding us all that we have one goal to uplift human life everywhere."*

- Gurudev Sri Sri Ravi Shankar

### **Founding The Art of Living and the International Association of Human Values**

Gurudev founded The Art of Living as an international, non-profit, educational and humanitarian organization. Its educational and self-development programs offer powerful tools to eliminate stress and foster a sense of well-being. Appealing not only to a specific population, these practices have proven effective globally and at all levels of society. The Art of Living programs are currently offered in 180 countries. In 1997, Gurudev co-founded the International Association for Human Values (IAHV), a sister organization of The Art of Living. The IAHV coordinates sustainable development projects, nurtures human values and initiates conflict resolution.

### **Inspiring service and globalizing wisdom**

A noted humanitarian leader, Gurudev's programs have provided assistance to people from a wide range of backgrounds – victims of natural disasters, survivors of terror attacks and war, children from marginalized populations, and communities in conflict, among others. The strength of his message has inspired a wave of service based on spirituality through a huge body of

volunteers, who are driving these projects forward in critical areas around the globe.

As a spiritual teacher, Gurudev has rekindled the traditions of yoga and meditation and offered them in a form that is relevant to the 21st century. Beyond reviving ancient wisdom, Gurudev has created new techniques for personal, and social transformation. These include the Sudarshan Kriya which has helped millions of people to find relief from stress and discover inner reservoirs of energy and inner silence in daily life.

### **A Figure of Peace**

As an ambassador of peace, Gurudev has played a key role in conflict resolution around the world as he shares his vision of non-violence at public forums and gatherings worldwide for free. Regarded as a neutral figure with a sole agenda of peace, he represents hope to people in conflict. He has received particular credit for bringing opposing parties to the negotiating table in Colombia, Iraq, the Ivory Coast, Kashmir, and Bihar. Through his initiatives and speeches, Gurudev has consistently emphasized the need for reinforcing human values and recognizing that we belong to a one world family. Fostering interfaith harmony and calling for multi-cultural education as the remedy for fanaticism are significant parts of his efforts to achieve sustainable peace.

Gurudev has touched the lives of millions around the world through a reawakening of human values and service. Going beyond race, nationality, and religion, Gurudev has rekindled the message of a one world family, which is free from stress, and violence.