**Website corrections**

**Home**

**Welcome to Kathmandu Yoga**

Your journey to wellness starts here.

***Your journey to explore Health, Happiness and Harmony starts here.***

**About Kathmandu Yoga**

**Add a sentence at last: *The key of teachings is based on Yoga Chakra (Wheel of Yoga) concept.***

**Nature of the class**

***Nature of class (remove ‘the’)***

Replace the last sentence with ***“Online classes are also available.”***

**Synopsis of the practices**

***Synopsis of classes practices (remove ‘the’)***

**About us**

Welcome to Kathmandu Yoga, where our passion for yoga and well-being guides everything we do. Our journey began when Sannyasi Premananda discovered the transformative power of yoga in 1996. After deepening his knowledge and experience at the Bihar School of Yoga, where he earned his M.A. in Yoga Psychology with first-class honors in 2000, we have been dedicated to sharing this beautiful practice with the world.

At Kathmandu Yoga, our mission is to create a welcoming and supportive community for all practitioners. Whether you are an experienced practitioner or just starting your journey, we believe in the power of yoga to enhance your life physically, mentally, and spiritually.

Our core values of awareness, inclusivity, and holistic well-being are at the heart of everything we offer. Our compassionate instructor is here to guide you on your path to wellness.

What sets us apart is our commitment to providing personalized and accessible yoga experiences. From our unique Satyananda Yoga Tradition ([www.satyanandayoga.net](http://www.satyanandayoga.net)) classes, we strive to make yoga a part of your everyday life.

Don't just take our word for it—come and experience it for yourself. Thousands of aspirants from around the globe have found their lives transformed at Kathmandu Yoga.

Ready to embark on your yoga journey with us? Sign up for a class today and discover the difference at Kathmandu Yoga.

**About our Tradition**

**Adi Guru Shankarachary**

Adi Guru Shankaracharya, an 8th-century Indian philosopher, revitalized Hinduism by consolidating Advaita Vedanta—a doctrine emphasizing the oneness of the individual soul (Atman) with the ultimate reality (Brahman). His influential commentaries on the Upanishads, Bhagavad Gita, and Brahma Sutras remain foundational to Hindu philosophy.

Shankaracharya also established four mathas (monastic centers) across India, fostering learning and spirituality. His efforts unified Vedic knowledge, promoting a non-sectarian approach. Shankaracharya's legacy as a spiritual reformer and philosophical pioneer endures, marking him as one of India's greatest minds.

**Swami Sivananda Saraswati**

“Serve, Love, Give, Purify, Meditate, Realize, Be Good, Do Good, Be Kind, Be Compassionate.”

Swami Sivananda Saraswati, born Kuppuswami in 1887 in Tamil Nadu, India, was a renowned yoga guru and spiritual teacher. After practicing medicine for several years, he renounced worldly life to pursue spiritual enlightenment1. In 1936, he founded the Divine Life Society in Rishikesh, which promotes yoga, Vedanta, and a holistic approach to well-being. Swami Sivananda authored over 200 books on yoga, Vedanta, and various subjects, leaving a lasting legacy in the field of spiritual and physical wellness1.

Swami Sivananda's teachings emphasized the importance of a balanced life through the principles of yoga, emphasizing physical health, mental clarity, and spiritual growth. His disciples, including Swami Vishnudevananda and Swami Chidananda, have continued to spread his teachings worldwide through various Sivananda Yoga Vedanta Centres1. His message of "Be Good, Do Good, Be Kind" continues to inspire millions to lead a divine life.

**Swami Satyananda Saraswati**

"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."

"Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of today and the culture of tomorrow."

Swami Satyananda Saraswati, born in 1923 in Almora, Uttarakhand, was a distinguished yoga guru and spiritual luminary. As a young man, he became a disciple of Swami Sivananda Saraswati, immersing himself in rigorous spiritual training and service. In 1964, he founded the Bihar School of Yoga, which has become one of the foremost institutions for yoga education globally. Swami Satyananda's contributions to yoga literature are vast, with over 80 influential books such as "Asana Pranayama Mudra Bandha" that are considered essential reading for yoga practitioners.

Swami Satyananda's teachings emphasized a holistic approach to well-being, integrating physical, mental, and spiritual practices. He introduced and systematized practices like Yoga Nidra, which have gained worldwide acclaim for their profound benefits. Throughout his life, he traveled extensively, establishing ashrams and yoga centers, and spreading his message of self-realization and inner peace. Swami Satyananda's legacy lives on through the Bihar School of Yoga and the countless individuals and teachers he inspired, continuing to guide practitioners on their path to holistic health and spiritual enlightenment.

**Swami Niranjanananda Saraswati**

"Yoga is not a practice confined to the mat. It is a way of life that influences your thoughts, words, and actions."

Swami Niranjanananda Saraswati, born on February 14, 1960, in Rajnandgaon, Chhattisgarh, India, is a revered spiritual leader and the designated successor of Swami Satyananda Saraswati. His spiritual journey began at a remarkably young age under the guidance of his guru. By the age of four, Swami Niranjanananda had already embarked on his yogic path at the Bihar School of Yoga. In 1971, he was initiated into Dashnami sannyasa, and for the next eleven years, he traveled extensively, sharing the teachings of yoga in Europe, Australia, and the Americas. His international experiences enriched his understanding and practice of yoga, contributing to his global perspective on spiritual and holistic health.

Upon his return to India in 1983, Swami Niranjanananda assumed leadership roles at the Bihar School of Yoga and its associated institutions. His vision led to the establishment of Bihar Yoga Bharati in 1994, the first university dedicated to the study of yoga. He also founded the Yoga Publications Trust in 2000, ensuring the widespread dissemination of yogic knowledge. Swami Niranjanananda's contributions to literature include numerous books on yoga, tantra, and the Upanishads, providing valuable insights and guidance to practitioners worldwide. In recognition of his distinguished service in the field of yoga, he was awarded the Padma Bhushan in 2017, one of India’s highest civilian honors. Swami Niranjanananda continues to inspire countless individuals, embodying the principles of yoga and leading them on a path of self-realization and inner peace.

**Yoga Chakra (Wheel of Yoga)**

Yoga as science of life aims to physical fitness, mental agility, emotional harmony and spiritual verve. The key steps of Yoga are to understand, practice, experience, live and express Yoga in life through the practices based on Yoga Chakra (Wheel of Yoga). Yoga Chakra is system of practices which incorporates 6 different branches of classical Yoga.

The first 3 are Hatha, Raja (Ashtanga) & Kriya Yoga. ***Bahiranga Yoga***

1. Hatha Yoga aims to purify and balance body and mind.

2. Raja (Ashtanga) Yoga aims to harmonize mind, emotions and spirit.

3. Kriya Yoga aims to harmonize Prana (energy) in the body.

This is **Experiential Yoga**. Experiencing goodness and positivity.

The second 3 are Jnana, Bhakti & Karma Yoga. ***Antaranga Yoga***

4. Jnana Yoga aims to express goodness and positivity through Head (mind) in the form of balanced intellectual expressions, proper understanding, mental clarity, positive thoughts etc.

5. Bhakti Yoga aims to express goodness and positivity through Heart (emotion) in the form of positive emotional expressions, love, compassion, kindness, empathy, generosity etc.

6. Karma Yoga aims to express goodness and positivity through Hands (action) in the form of proper actions, sense of responsibility, sensible deeds and activities etc.

This is **Expressive Yoga**. Expressing goodness and positivity.

Harmonized expression of Head, Heart and Hands.

**Experiencing goodness through Bahiranga Yoga and expressing that goodness through Antaranga Yoga in life. This is the key teachings of Satyananda Yoga Tradition or Bihar Yoga Tradition - ‘Yoga as Science of Life’.**

This is our effort to offer Yoga with this essence.

