

Recent Events

(16 September - 15 October 2018)

Orientation to Integral Yoga, 22-23 September 2018

The weekend Orientation to Integral Yoga, held thrice a year, was this time attended by 32 participants. They received two sessions of asanas and pranayamas, and talks on bringing spirituality in daily life for a happy, healthy and meaningful life. Some of the comments received at the end of the program were: “very relevant”, “an amazing experience”, “a beautiful and uplifting experience”, “gave me a direction for life”.

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Visit by students from GLA University, Mathura, 28-29 September 2018

Twenty management students of GLA University, Mathura, stayed overnight in the Ashram. During their stay, they practiced asanas and pranayamas; had an introduction to the life-affirming spiritual philosophy of Sri Aurobindo and the Mother, and its role in making life happy, healthy and meaningful; attended a session on guided meditation; had musical sessions by Ms Sapna Mukherjee and Ms Kuckoo Mathur; and got a conducted tour of the Ashram. Some of the comments received at the end of the program were: “a wonderful experience”, “all my doubts and problems were solved”, “surroundings of the ashram are soothing, calm and beautiful”.

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Sangeet Sandhya, 29 September 2018

There was a Sangeet Sandhya on the evening of 29 September 2018 in which Ms. Sharbari Banerjee offered a rich collection of soulful devotional songs in her seasoned melodious voice. She was accompanied by Mohd. Faraz on the Tabla, and Shah Nawaz Khan on Sarangi.

(Pix 3; more pictures taken by Umesh, may be available in the studio)

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Visit by students of Lady Shri Ram College, 10 October 2018

Forty students doing B.El.Ed. at Lady Shri Ram College for Women, New Delhi, accompanied by three teachers spent one day in the Ashram on 10 October 2018. They were introduced to the basics of the theory and practice of integral education. They were also introduced to stories as a tool for encouraging the higher faculties of the intellect as well as for psychic education. Some of the comments received at the end of the program were: “very enriching”, “good, motivation and awakening “, “peaceful and spiritual songs were soothing”, “thought about my life, how I’ve been living it and how I would want to spend the rest of it”, “will be remembered and stay with me forever”, “amazed to see the infrastructure, cleanliness and greenery of the Ashram”.

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Visitors from the USA, 12-15 October 2018

Six yoga enthusiasts from the USA led by Mr. Jogi Bhagat spent a few days in the Ashram, during which they were introduced to the life, work and teachings of Sri Aurobindo and the Mother, given a conducted tour of the Ashram, and presented a few books. Some of the comments received at the end of their stay were: “very inspirational sessions, giving reasons to re-evaluate life”, “liked most the list of how to manage stress in a spiritual way”, “taking with me a lot of knowledge”, “specially enjoyed he music selections”.

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Forthcoming Events

Dhammapada chanting, 2 November 2018

Monks from various countries will be visiting the Ashram, and will do a day-long chanting from Dhammapada on Friday, 2 November 2018.

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Spiritual Retreat, 23 November 2018

A day-long spiritual retreat (10 am – 8.30 pm) has been planned for Friday, 23 November 2018. For details and registration, please contact the Ashram Reception.

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Siddhi Day, 24 November 2018

The program will be sent by the Ashram office.

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Orientation to Integral Yoga, 22-23 December 2018

The next round of the popular ultra-short weekend Orientation to Integral Yoga will be held on Saturday and Sunday, 22 & 23 December 2018. It would be ideal to do the program on both the days, but the Sunday only option will be available. The program is free, but advance registration is desirable to avoid disappointment.

For registration, please visit the Reception, Sri Aurobindo Ashram – Delhi Branch, or send an e-mail with your contact information to Dr. Ramesh Bijlani on rambij@gmail.com

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