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2013 All Teachers and Sangha Gathering



Swami Veda Bharati ji plans to take a five year vow of silence on the auspicious night of Shivaratri 2013.

Before Swamiji goes into silence, he invites **all** of the initiates, Swamis, initiators, teachers, and **potential** teachers to Swami Rama Sadhaka Grama in Rishikesh, so he can impart special guidance on secrets of effective teaching and give further spiritual teachings.

There will be 10 a day programme beginning on 28th February and running through 9th of March, 2013. On Shivaratri night, everyone will join Swamiji in his silence for nine days or more.

We invite you to listen to Swamiji invite you himself by going to <http://www.youtube.com/watch?v=pV6ADIY-7fc>

During those five years of silence, Swamiji will not be teaching verbally but he will be giving darshana. He has said that he will not travel during the first year of his silence.

Please consider this event very important, a last opportunity to get direct guidance and teachings from Swamiji before he takes to the vow of silence.

Maya Margo Balog

Our dear friend and teacher Maya Balog left her body in December.

Maya Margo Balog's Eulogy
By Keely Scott

December 12, 2010



Where and how to begin to describe the profound impact that Maya Margo has had on us all gathered here. It is difficult to describe the multiform ways that she has touched our lives in words. Her blessings and gifts to us will remain with us always, in the lotus blossom of our hearts, continuing to work and grow within us as we journey on without her physical presence in this life.

I have been so blessed to have spent so much precious time with Maya over the years that she has been my yoga teacher. Maya was the most generous and kind teacher that one could ever aspire to have. Always present, always loving, never judging. Her sphere of influence and knowledge vast, so many lives touched by her grace and love.

A spiritual aspirant in thought, and in action, dedicated to her faith, nurturing a deeply rooted love of Yoga and God within herself and those around her. In her presence it was easy to see the benefits of practice, and to be inspired to delve deeper within ourselves to seek the Truth, with her as a steadfast living example of the strength, beauty, and perfection of the Spirit within us all.

Time was always something she was short of as she was always giving so much to those around her, and far away.... always connecting and working with a worldwide community, training and mentoring teachers and students alike, here and abroad. Even though she was so busy and had so many demands on her time she was always present to you when you were with her. Sincere in every kind word, wanting to know how you and your family were doing and what was going on in your life. She let us know that we were important to her. Even as she suffered physically during her illness her thoughts and questions were always directed to ask how everyone else was doing, with a sincere interest in our daily goings on of life. Always, I would go to see her with the intent of supporting and giving to her, and always after our visits I would leave feeling filled, having experienced the joy one feels when connecting deeply with someone you love, the gift of her love for me and my family so warm and encompassing, as she was with us all. Selflessly giving, she would always put others needs before her own.

She made each of us feel so special, so connected to the Source. She saw within each of us the Light, the Truth, the God-seed within, our True-Selves shining through her twinkling eyes and gentle smile. In doing so she gave us the opportunity to see our own beauty within. To love ourselves the way she loved us.

Maya Margo's dedicated work, over the past 4 decades has been instrumental in establishing the Yoga Association of Alberta, East West Yoga Society and the Himalayan International Yoga teacher training programs. She has worked tirelessly hand in hand with so many to foster the community of Yoga teachers, students, friends and family that we can all be grateful for here in Alberta and abroad, in India, Minneapolis, Hungary, Korea, Italy, and Mexico, to name a few.

All of us here have been so blessed to have had the privilege to know Maya and share in her life. A gifted teacher, with a depth of knowledge and experience that will be greatly missed in the yoga community, we can all comfort and support each other, to take up the task of filling some of the gaps she has left... to continue this work.

Maya was able to give teachings right up until the time of her death. She was tremendously gifted in being able to see the needs of each individual, and could also teach on very subtle levels. Teaching with generosity, and kindness, her love knew no bounds. She was an amazing listener, and her great skill made those around her feel heard and they became a little lighter in her presence... unburdened.

For some of us here we had never breathed before we met Margo, she gave us the gift of space within and without, in our bodies to start with and then gently introducing the notion that we could take this space into our daily lives, as we worked with the aspects of the mind.

Striving for depth in gentle ways, always encouraging a comfortable capacity of development and work, always encouraging that cultivation of our inner awareness, connection to body, mind, and breath to becoming attune and listening to our inner wisdom.

In the months before her death we would talk about the importance of connecting with the natural world. "To pay attention to nature is to see the work of God in all things" she said. She also spoke of the importance of our mothers in our lives especially in relation to our personal spiritual development and the impact they have had. Certainly we cannot deny the profound impact that Maya Margo has had on each of us, a spiritual mother to so many, representing the Mother Divine. I am so blessed to have had her call me daughter.

January 2011 Ahymzin Newsletter PDF version

As Christmas draws near we will surely feel the loss of her life in ours. It was a favorite time of year for Margo a natural extension of herself, as she loved to give and spread love and celebrate the light in those around her. In the twinkling lights at Christmas she would delight, saying. "Do you know why we love the lights, it is because it reminds us of our true nature, that ever wise, ever pure God consciousness within us all."

May we too hold Maya Margo in the light and love of our hearts as she journeys to God. Let us remember her often in our own kind words shared with one another. May the memory of her grace and love for each of us give us strength in the challenges of our lives.

With all my love, Keely



Loving words dedicated to Maya from Swami Veda Bharati and others can be found at <http://www.bindu.org/index.php?/News/letter-from-keely-on-maya-balog.html>. Included are "In Memory of Maya" by Swami Veda, her obituary, and much more. You'll also find a gallery of photos. You are also invited to please leave a comment at that link if you have a story to tell about your experiences with Maya.

Another article by Swami Veda is also available [on the Ahymzin website](#).

Yoga Nidra Seminar 2011

Yoga Nidra conference dates:

- 24th Feb. to 2nd March, **Intensive Yoga Nidra Practicum**
- 2nd March, **Shivaratri**
- 3rd – 6th March, Yoga Nidra **Conference with Swami Veda and Others**
- 7th - 14th March, **Assimilating the Experience** (teacher training and certification track)

Presenters will include Dr. David Frawley, Dr. Prakash Keshaviah, Swami Ritavan Bharati, Dr. Stoma Parker, Dr. Shirley Telles, Swami Nityamuktananda Saraswati, Dr. Deepak Goel, and several others.

Please see [this article on the conference](#) for additional information, recommended readings and practices, and for details on registering and reserving space at the ashram.

[Additional Readings](#)

[Index of articles](#)

Books

OM the Eternal Witness: Secrets of the Mandukya Upanishad
Swami Rama

Available: (1) [HIHT Press](#) (India), (2) The [Meditation Center Bookstore](#) (USA, International), or (3) [Yoga in Europe's](#) store (Europe, etc).

The Upanishads are called shruti, revelations. Mandukya Upanishad, though the shortest of all Upanishads, is a most revered, profound Upanishad that teaches us how to know four states of consciousness: the waking, dreaming and sleeping states, and turiya, the fourth state, beyond the first three. In this Upanishad, there is a unique combination of psychology and profound philosophy; a clear exposition and understanding of the four states of consciousness.

ISBN 978-81-88157-43-3, paperback, 202 pages

This book is **required reading** for the Yoga Nidra certification track, recommend for all others.

Practices

Details for downloading the OmKriya practice from the "Om" book will be provided when you register for the conference.

If you haven't received the download link, please contact Ahymisin using the "<http://www.ahymisin.org/main/index.php/Contact-Us/Yoga-Nidra-2011-Conference.html>" form, and include "Om Kriya Practice" in the subject line.

[Register for conference here.](#)

Mysticism Beyond Bounds Conference

Initiates of Bangalore, India, welcomed Swami Veda for a satsang on 7th January 2011. Madhav Kamat, centre leader of the Himalayan Yoga Meditation Association of Bangalore, arranged everything for this special joyful time of sadhana.

Swami Ji also participated in a conference in Bangalore, titled "Mysticism without Borders," and organized by Dharmaram Vidya Kshetram and Christ University. He was invited to give the inaugural address and meditation on 5th January morning at the MYSTICISM BEYOND BOUNDS conference.

This international conference held January 5-8, 2011 in Bangalore, India, was organized by a most respected Christian and theological college of India, Dharmaram Vidya Kshetram, and Christ University. More than 300 people from India and worldwide attended.

Initiates of the Bangalore area welcomed Swami Veda for a satsang on the evening of 7th January at the Goldfinch Hotel. This joyful time of sadhana was organized by Mr. Madhav Kamath, family and friends. Mr. Kamath is a prominent businessman of Bangalore, an initiate of Swami Rama of the Himalayas, a close friend of Swami Rama Sadhaka Grama and a trustee of the Dhyana Mandiram Trust. For nearly ten years he has been running a satsang group of meditators in our tradition in Bangalore

(Click images for a larger picture)



Friends Finding One Another

Swami Veda talking about the future of AHYMSIN and taking silence.

What is AHYMSIN?

Swamiji answers, "AHYMSIN is a group of initiates for support. How can groups or individuals help the greater family in a spiritual sense? This evolves from time to time if we can succeed in developing a sentiment of Sangha."

He has invited us to create a Mindfield of Community – a Sangha. "With a stable mind, you can stabilize all external circumstances. A mindfield thus stabilized is called an organization or a sangha."

Sometimes we may think, "I am just one person. What can I do?"

Swamiji conitunes, "May all beings look at me with the eye of a friend. May I look at all beings with the eye of a friend. May we look (at each other) with the eye of a friend." is recited in the Vedic hymns.

"Amity, together with three others, constitutes the yoga practice of chitta-prasaadana, making the mind pleasant and clear; clear, thereby pleasant; pleasant, thereby clear. This pleasant clarity of the mind, like that of clear and pleasantly flowing stream, also becomes sthiti-ni-bandhani, not merely stabilizing but firming up, permanently establishing stability.

"A friend, thus, is one who starts off out of a sentiment of affection; grants benevolence without seeking a return or an acknowledgment; Slowly shares the same space of awareness, awakening of same level of consciousness and the realization of the Transcendent; at each step encouraging the friend to keep on the path, not to slip into apathy and darkness and confusion; serves as a solar beacon to light up the friend's path and helps to stabilize him permanently into a clarity and pleasantness of the mind,"

Swamiji invites us to share with one another, to be inviting to one another and to inspire one another. Do not be shy. The invitation comes to celebrate life together. We have but to R.S.V.P. in our actions, words, and thoughts.

We are friends finding one another, friends sharing with one another, friends helping one another.

Please also see the ["2013 All teachers, potential teachers and sangha invitation"](#).

We are two birds of different branches

**We are two birds of different branches, but share everything we have.
She is the queen of night and I am the king of day.
We fly over and over to the unknown destinations in our kingdom.**

**We begin our journey together into different directions though we have the same destination.
We live here and there though we share the same hut.**

**It is day for her when it is night in my side though we share the same land.
She reveals the secret of love when I don't fall in love with her and rise every moment.**

**My heart in winks and out winks at her will.
The mystery of my love is in her rise while I fall within me.**

— Chandramani

A Mantra for Freedom from Fear

Swami Veda Bharati

(Audio can be downloaded from http://www.ahymSin.org/docs2/News/11Jan/13Dec2010Svb_TheFreedomFromFear.zip approximately 3.6 mb)

abhayaṃ naḥ karaty antarikṣam abhayaṃ
dyāvā-prthivī ubhe ime
abhayaṃ paścād abhayaṃ purastād
uttarād adharād abhayaṃ no astu

abhayaṃ mitrād abhayaṃ amitrād
abhayaṃ jñātād abhayaṃ parokṣāt
abhayaṃ naktam abhayaṃ divā naḥ
sarvā āśā mama mitraṃ bhavantu

oṃ

dr̥te dr̥ṃha mā mitrasya mā cakṣuṣā
sarvāṇi bhūtāni samīkṣantām
mitrasyāhaṃ cakṣuṣā sarvāṇi bhūtāni samīkṣe
mitrasya cakṣuṣā samīkṣāmahe
oṃ śāntiḥ śāntiḥ śāntiḥ

“Abhayaṃ” means no fear because there is no danger. If all are friends to me and I am friends to all, from whom have I any danger? Whom may I have cause to fear?

May the sky grant us abhayaṃ.
May the heaven and earth both grant us abhayaṃ.
May I have abhayaṃ from behind.
Abhayaṃ from the front.
From above and below, may there be abhayaṃ for us.

Abhayaṃ from the friend,
Abhayaṃ from the foe.
Abhayaṃ from what is known to me.
Abhayaṃ from what is beyond the eyes.
Abhayaṃ in the night.
Abhayaṃ in the day.
May all directions, all quarters, be friends unto me.

O Divine Mother, upholder of the universe,
grant me strength that I may see all beings with the eyes of a friend.

May all beings look at me with the eyes of a friend.
May they all, all of us living beings, look at each other with the eyes of a friend.

For when all is friend, there is abhayaṃ.

Om. Peace. Peace. Peace.

November 2010 TTP News from Rishikesh

Hello and Namaste All!

The November TTP group was blessed with the rare opportunity of attending a course taught by Swami Veda and other knowledgeable teachers. As part of a course on the Shiva Sutras held during the month of November, Swamiji lectured on Kashmiri Shaivism nearly every day. The course on Kashmiri Shaivism was held simultaneously with TTP and we attended with open curiosity to learn the secrets of the yogis. Swami Ji meticulously shared the ancient knowledge from his own experience and understandings. We are so grateful for the opportunity to have heard the origins of the universes and learn how to be guided to the inner universes through the breath. So blessed we are; thank you Swami Ji.

The students in our Level One, Two and Three Programs came from countries spanning the globe yet we had a feeling of "one mind" in the atmosphere. Our students, this time around, are from India, Finland/ Greenland, Turkey, Taiwan, China, USA, Holland, Italy, Chile, Belgium, UK, Israel. Our faculty was international as well coming from Holland(Sonia van Nispen), Canada(Savitri Jugdeo), USA (Swami Ritavan Bharati, Ma Radha Bharati, Dr. Stoma Parker, and Peter Fabian), Malaysia (Judy Rajah Indran), Chile (Manuel Fernandez), and Germany(Ashutosh Sharma). It was a beautiful group of likeminded souls.

Names of students

Seval Aksoy, (MR) HUANG, CHEN HSUN (Hans), (MS) JEN, WEI-HUI (Vicky), (MS) LIANG, HSIU-LING, (MS) SU, HSIU-NING (Michelle), (MS) Li, Chun-Fang, Elena Ravasi, Paavo Karvinen, Madhavi Wessendorp, Mariella Silva, Dr. Advaitananda Manohar, Dr. Manju Talekar, Ilyaz Nasrullah, Elisa Pol, Jennifer Manion, Noa Leshem, John Sellinger, Namita Sinha, Benkat Ramah, (MS) CHEN, LI-MEI, (MS) HUANG, HAN-YIN ELLIE, (MR) KAU, MING CHANG (Peter), (MS) TSAI, SHAN-Mei* Sonia, (MS) WANG, MI-KUNG, (MS) YANG, JU-CHEN, Katherine Stueve, Manuel Fernandez.

Ashramites

Naresh, Meena Bhatt, Mrs NiJhawan, Adhikari Bhoi, Sungwoo Park, Ramprakash, Suresh Shetty, Pramod Sahoo, Peter Nazran, Pierre Lefebvre, Geeta Bhoi, Giancarlo Colombo, Manuel Fernandez, Jelle Gupstra, Sukru Chaitanya, Maria Hanegraef, Swami Tattvananda

Student Photos

(Click on photos for larger images)







Come early or extend your stay for the March 2011 TTP and take advantage of some “not to be missed” opportunities.

First, attend “The Yoga Nidra Retreat” with Swami Veda from February 24th to March 2nd 2011. As you know Yoga Nidra is making its mark in the Western world and here is an opportunity to know the meaning of the REAL Yoga Nidra. **YOU WILL RECEIVE CREDIT FOR THOSE DAYS**

ATTENDED in Yoga Nidra. Then on March 2nd, celebrate Shiva Ratri at the SRSR ashram. Contact the [Ahymysin office here](#) for information and registration.

Second, immediately after the TTP, there will be an [“Insight Tour” into the majestic Himalayas](#). This is an awesome and memorable trip giving you much to write home about. Silvia Baratta will take your [questions and reservations here](#).

These two events, trined with the TTP, should send you “into the center of your being” and help you get in touch with your higher self. Don't forget your camera, hiking shoes and a hat.

Please read the entire 2011 schedule, and do check the website for details. Remember, too, that the accommodations are always a separate fee. The quoted fee on the web is for the 14 day retreat only.

Here are the TTP DATES for 2011:

July 17-31, 2011- Minnesota, USA, Levels One and Two

November 6-20 – Rishikesh, India, Levels One, Two, and Three

A gentle reminder to you, that you will need to check with your mentor for permission to advance to the next level before you come to a retreat. You are most welcome to review any level for half price any time. Many have done so and find it a deepening experience to be with our teachers. Also if you do not have a mentor, please [contact Maryon Maass](#) (TTP Program Coordinator).

Please, with or without a mentor, begin your online home study - especially if you have attended a retreat! Again [contact Maryon](#) for assistance in furthering your progress.

Honoring Mr. & Mrs. Nijhawan

Swami Veda and everyone at Swami Rama Sadhaka Grama came together on 27th November to honor Mr. and Mrs. Nijhawan with a puja and a tea. The occasion was bittersweet as they bid goodbye to SRSG after almost four years of devoted service. Mr. Nijhawan ably guided the growth and stability of the ashram. Mrs. (Raj) Nijhawan could often be found helping in the kitchen; everything tasted better with her smile at the serving window. We hope the Nijhawans come back to the ashram often as honored guests.

The need to ensure stability in the absence of Mr. Nijhawan exists, and for this reason, a transition team to bridge to the future was formed.

Dr. Manju Talekar (on left in picture below) will lead the management team for now, while Dr Shirin Venkat (on right in picture) will take care of human resources, staff welfare and manpower needs. It is agreed that one of them will be at SRSG at any one time during this transition period. Communication in electronic form will also be maintained for continuity in outlook and actions by Carolyn Hume (front center of photo).

The transition team is making the commitment to work on transparency at all levels and to work on strengthening interpersonal relationships and actions and the sense of personal responsibility within the SRSG community.

(Click on photos for larger images)



Yoga Youth and Children's Retreat

by Swami Veda Bharati
December 22-31, 2011 at SRSG, Rishikesh, India

“So that the Grace and the practices and teachings of meditation in
our lineage may continue into next generations

and

Meditation may become a family-centered experience”

- Swami Veda Bharati



In Service of Gurudeva, Swamiji has written, “Lela Pierce at The Meditation Center has been carrying single handedly the load of organizing our much cherished forthcoming Children’s and Youths Retreat in December 2011. 2010 is now in its grey haired autumn. It is now time to consolidate the retreat. At this time I need your help... We now need to ascertain how many people of my family are actually coming. **Could you at this time give us 75%(!) of your affirmation?...**”

(Click on photo for larger image)

Friends have been asking what is the cost:

Here I have called my children and grandchildren to visit me at my/their home. How can I quote them a cost? You and they will know how to do it in such a way that the frail old grand-dad Swami is not left with an empty begging bowl. Do what you would do if you were sharing a holiday with your parents and grandparents. All I want is to hug my children and grand children.”

We have all been blessed so greatly, and there is much happiness in feeling this blessing flowing to the young ones amongst us.

Affirmation of your intent to come to the Yoga Youth and Children’s Retreat at Swami Rama Sadhaka Grama 22-31 December 2011 can be sent via the [contact form](#) on the children’s retreat web site.

Please visit the "official" children's retreat web site : <http://children.ahymisin.org/>

2011 Events and Beyond

(Also look [on the Ahymzin website](#) for more frequently updated event information.)

January in Thailand and Hong Kong

Swami Veda is scheduled to visit Thailand and Hong Kong. For more information:

Thailand: ahymzin_thai@yahoo.com

Hong Kong: info@thymshk.org

Feb 10 – Apr, SRSG Ashram, India

Swami Veda will be in Residence at SRSG except for short absences for conferences within India. Contact: ahymzin@gmail.com

24th Feb – 14th March SRSG, Yoga Nidra Intensive

- 24th Feb. to 2nd March, **Intensive Yoga Nidra Practicum** ([Articles here](#))
- 2nd March, **Shivaratri**
- 3rd – 6th March, Yoga Nidra **Seminar with Swami Veda and Others**
- 7th - 14th March, **Assimilating the Experience** (teacher training and certification track)

For **registration or more information**, please see read the article in this newsletter, or the full description on the Ahymzin site: [main article](#). You can download the [entire brochure here](#).

7th – 21st March 600 Hour HYT Teacher Training Retreat, Level 1, SRSG

<http://www.himalayanogatraddition.com/india.html>

22nd – 27th March, Himalayan “Insight-Seeing” Tour

[Tour info](#) page and a [downloadable brochure](#).

10th – 14th June, West European Retreat in Holland

Click for a [downloadable PDF](#) with more information.

20th – 26th June, Hungary

There will be two programs held this June 2011 in Budapest.

June 20-22. - Yoga Sutras retreat with Swami Veda, Swami Ritavan, and Dr. Stoma Parker. More info here ([Hungarian](#)) ([English](#)). (We will be continuing from the 27th. sutra, chapter two.)

The Patanjali-seminar usually includes one or two hatha yoga sessions and three lectures on the sutras each day. The Patanjali seminar registration fee is 70€ (plus accomodation and meals according to your choice) . The location will be the same as in previous seminars. We only have a limited number of rooms, so if you would like to stay there, then let us know as soon as possible.

23rd – 26th June, Eastern European Retreat in Budapest, Hungary

The main topic will be yoga nidra, please see the links above for Hungarian and English descriptions, with people from Hungary, Slovakia, Bohemia, Poland, Lithuania, Ukraine, Rumania, Rostov-on-Don in Russia, and perhaps St. Petersburg

“YOGA IS SAMADHI: MEDITATION AND INITIATION IN HIMALAYAN TRADITION”

The course will be taught by Swami Veda Bharati and senior teachers within the Himalayan Tradition. Gejza Timcak will be a special guest Teacher. ([Hungarian information here](#)). ([English information here](#))

1st – 4th July, Retreat in England

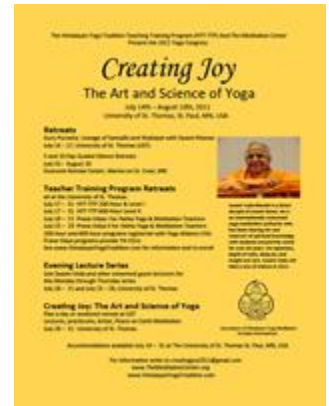
The Joy of Yoga. We often focus on the discipline, the practices and the techniques ... now we take time to focus on Joy and returning to who we really are ...

A workshop with Swami Veda Bharati and Swami Nityamuktananda

All classes and workshops take place at Aware Yoga, Sucklings Yard, Church Street, Ware, Herts SG12 9EN, United Kingdom. Please see: <http://www.awareyoga.co.uk/workshops.php> for more information and directions. You can download a [detailed schedule and brochure here](#).

14th July – 10th August, Himalayan Yoga Meditation Congress 2011, Minnesota, USA

“Creating Joy, The Art and Science of Yoga” which includes a Guru Purnima Silence Retreat, Guru Purnima, a Family Picnic, 5 and 10 day silence retreats, an AHYMS-A meeting and more. Teachers will include Swami Veda, Swami Ritavan, Ma Radha, Ma Sewa, Swami Nityamuktananda, and others. For more information please read the article at: [2011 Congress, Minnesota, USA](#) and download a [poster here](#).



17th – 31st July, Teacher Training Program (TTP)

600 Hour HYT Teacher Training Retreat. Levels I and II are offered as well as Continuing Education for Hatha Yoga and Meditation Teachers (Prana Vidya I July 18-22 and Prana Vidya II July 25 - 29): ([more details here](#))

Level II & III Prerequisites: Completing the required home study assignments and receiving mentor and/or faculty approval. <http://www.himalayanyogatraddition.com/>

~~13th – 19th August, Rancho La Puerta, Tecate, Mexico~~ CANCELED

The week beginning 13th August: A Breath of the Himalayan Yoga Tradition with Swami Veda Bharati, Michele Hebert, and Dr. Mehrad Nazari Rancho La Puerta Activities & Events: **CANCELED**

6th – 19th November, Swami Rama Sadhaha Grama

HYT Teacher Training Retreat, Levels 1, 2, and 3 <http://www.himalayanyogatraddition.com/india.html>

22nd – 31st Dec 2011, Swami Rama Sadhaka Grama

Yoga Youth and Children's Retreat

“So that the Grace and the practices and teachings of meditation in our lineage may continue into next generations and meditation may become a family-centered experience.” — Swami Veda Bharati

Please visit [article on Swami Veda's upcoming Yoga Youth and Children's Retreat](#)

or the [article in the January 2011 Newsletter](#).

2013 Upcoming Events

27th February – 20th March, SRSG, 2013 All Teachers and Sangha Gathering

- **28th February – 9th March:** 10 days of inspiration from Swami Veda Bharati, other leading teachers and experts.
- **10th March:** Final offering of the current three years of Gayatri practice and introduction of the new AHYMSIN community practice.
- **10th March:** Swami Veda Bharati will begin a **five year vow of silence**.
- **11th-19th March:** Entire Sangha will take 9 days of silence.

For further information and to confirm your participation in this gathering, please contact the [Ahymsin Event Coordinator](#). You can download a [PDF with Swami Veda's invitation here](#).

Announcements

AHYMSIN now has a Facebook Page. If you are on Facebook, we invite you and others in the AHYMSIN family to join: [AHYMSIN Facebook Group](#). This comes with good wishes to you all.

Send in your news !

We hope that you share the news of what is happening in your centers [with us](#) so that the news can be shared with the larger global family, so we can learn more about one another and so we can strengthen one another in sadhana, becoming a true "sangha".

Full Moon Meditation Dates

2011	JAN 9	FEB 18	MAR 19	APR 17	MAY 17	JUNE 15	
	JUL 15	AUG 13	SEPT 12	OCT 11	NOV 10	DEC 10	
2012	JAN 9	FEB 7	MAR 8	APR 6	MAY 6	JUNE 4	
	JUL 3	AUG 2	AUG 31	SEPT 29	OCT 29	NOV 28	DEC 28

For more details please

visit: <http://www.globalmeditationsite.org/>, www.swamiveda.org, www.ahymzin.org, www.bindu.org, www.yogaineurope.eu, www.themeditationcenter.org etc.

TIMINGS: 7 AM in India (IST), surrounding countries adjust the time accordingly, for example Iran is 5 AM.
8 PM in East Asia, 8 PM Singapore time. Australia, China, Hong Kong, Indonesia, Japan, Korea, Malaysia, Taiwan, Thailand etc. adjust their times to coincide with Singapore time 8 PM.
8 PM in U.K. (Greenwich Mean Time). Those in all European, and all African time zones, please adjust your sitting time to coincide with 8 PM United Kingdom (GMT).
10 PM in New York. Surrounding countries and regions of South, Central and North America and the Caribbean to match their time to 10 PM New York time.

WHEN IS THE FULL MOON ?

The dates of the Full Moon Meditations are announced after our Ashram Pandits have worked out the exact hours and minutes of the full moon each month. The hours of the full moon span two calendar days in western time. By Swami Veda's request, the date with the most full moon hours is chosen for the Full Moon Meditation.

Location of Swami Rama Sadhaka Grama on the Globe

Below image shows the location of Swami Rama Sadhka Grama (SRSG) on the globe. Also visit this link to know the exact location of Swami Rama Sadhaka Grama (SRSG) in the world

<http://maps.google.co.in/maps?q=Swami+Rama+Sadhaka+Grama&oe=utf-8&client=firefox-a&ie=UTF-8&hl=en&mid=1237030782>



