

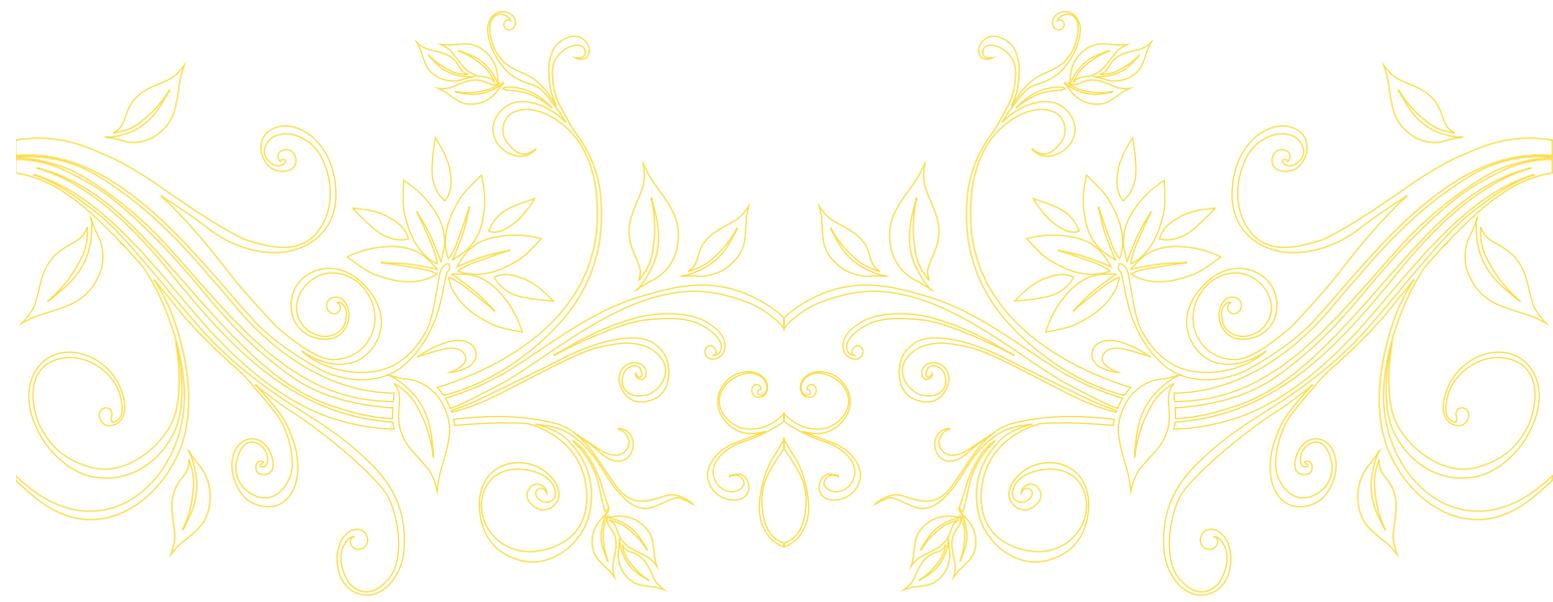


THE LEGENDARY YOGENDRA FAMILY

REVIVALISTS OF HOLISTIC HEALTH

SADHAKAS
OF THE YOGA INSTITUTE

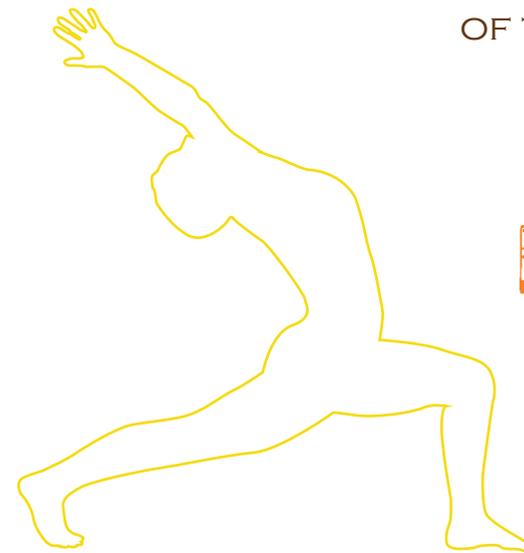




THE LEGENDARY YOGENDRA FAMILY

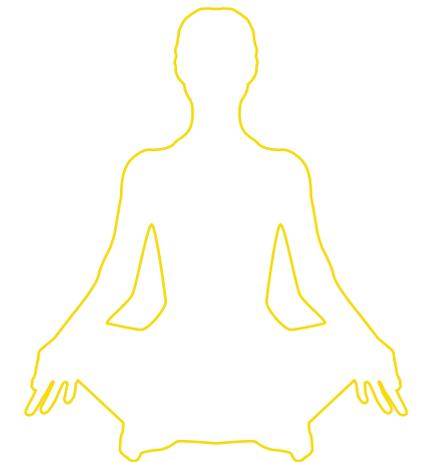
REVIVALISTS OF HOLISTIC HEALTH

SADHAKAS
OF THE YOGA INSTITUTE



योग शास्त्रं परं मतम्
FOUNDED 1918
BY SHRI YOGENDRA

The Yoga Institute™
SANTACRUZ (EAST) MUMBAI



© WORLD COPYRIGHT THE YOGA INSTITUTE, SANTACRUZ

First edition: October 2015

**Published on the occasion of the 68th Birthday of Smt Hansa Jayadeva Yogendra, Director -
The Yoga Institute, Santacruz**

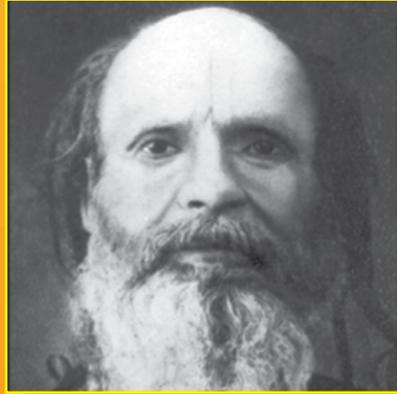
ALL RIGHTS RESERVED

The contents of this book are copyright and must not be reproduced or translated in full or in part without prior permission of The Yoga Institute, Santacruz (E).

Published by Dr Jayadeva Yogendra for The Yoga Institute, Santacruz (E), Mumbai 400 055, India.



THE YOGA INSTITUTE, SANTACRUZ, MUMBAI



Paramahansa Madhavdasji



Shri Yogendraji



Smt Sita Devi Yogendra



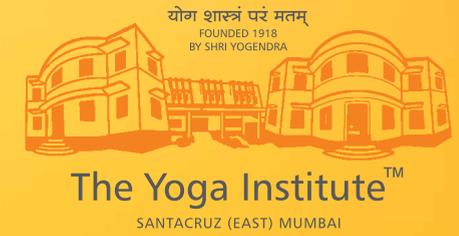
Dr Jayadeva Yogendra



Smt Hansa J. Yogendra



Shri Hrishi J. Yogendra



THE WORLD'S OLDEST ORGANISED CENTRE FOR YOGA

THE LEGENDARY YOGENDRA FAMILY

Perhaps the most misleading trait of a Yogi is that he looks like an ordinary man. This is probably why we fail to recognise him even when he stands only inches away from us.

Sadhakas of The Yoga Institute, Santacruz, Mumbai have been blessed with the rare opportunity of imbibing Yogic wisdom from not one but four Yogis.

The Yogendra family's spiritual commitment to humanity has inspired them to work tirelessly for several decades, with a single aim: holistic health and the growth of consciousness.

REVIVALISTS OF HOLISTIC HEALTH AND WORLD PEACE

For nearly a century, the Yogendra family has been transforming even troubled individuals into happy men, women and children who are at peace with themselves and the world at large.

The magnanimity of the Yogendras is reflected in the sheer number of families they have empowered – with valuable insights on how to practise Yoga as a 'Way of Life'.

Through its pioneering initiatives in the fields of healthcare, sociocare and educare, the Yogendra family has silently paved the way for the ancient science of Yoga to live on in the modern world.

The Mission of a Yogi

YOGA IS AN ESSENTIAL SCIENCE OF LIVING. IT TRANSFORMS MAN FROM IGNOBLE TO NOBLE.

Shri Yogendraji
Founder, The Yoga Institute

Every legend has an indomitable hero. This one has Shri Yogendraji; an unassuming man of untold yogic powers, Shri Yogendraji set into motion a great movement that drew Yoga out of the shadows of hidden caves and mysterious mountains into the lives of ordinary householders. It is for good reason that Shri Yogendraji is hailed as the Father of the Modern Yoga Renaissance in India and the world over.

Few know that Shri Yogendraji's childhood was bereft of *bhakti* and Yoga. A skeptic in his younger days, Shri Yogendraji, who was formerly known as Mani, underwent an astonishing transformation at age 18 when he met Paramahansa Madhavdasji Maharaj.

Madhavdasji was a great sage who hailed from Kolkata, West Bengal. He was born in the year 1798 and lived to a grand age of 123 years. In the span of his long and glorious life, Madhavdasji walked the length and breadth of India 11 times, accelerating the spiritual advancement of seekers with his timeless yogic wisdom.

Madhavdasji's words and demeanour had such an impact on Mani that he gave up his studies in St Xavier's college, Mumbai and followed Madhavdasji to his ashram in Malsar, Gujarat. There he spent three years, learning the intricacies of Yoga from Paramahansa himself.

In the year 1916, one hundred years ago, Madhavdasji and Mani came face to face for the first time. Madhavdasji couldn't take his eyes off the spirited young lad. "When I see such a one, I gain strength," said the Master of Mani.



Under the masterful guidance of Paramahansa Madhavdasji, Mani's mind became so still and his focus so crystallised that all knowledge suddenly surged to him.

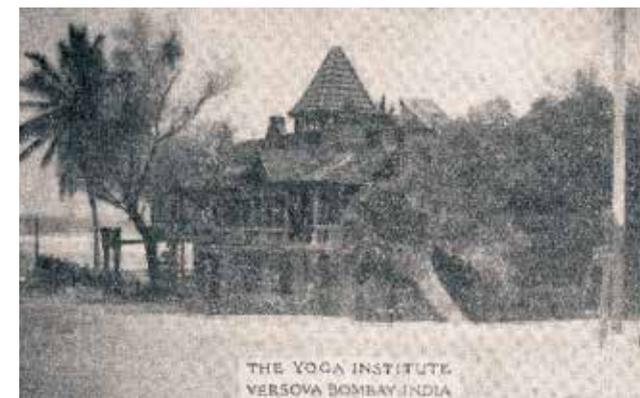
In a revelation akin to the Rishis receiving the Vedas, Shri Yogendraji received the secrets of Yoga as if from Heaven itself. Of this extraordinary experience Mani said:



"I know not how Nature disclosed her secrets to me but I found knowledge pouring in rapid continuity like a waterfall. My hands were too small to contain it. I cried, I struggled and extended my hands. I found some scattered drops. My palm is again empty, for I give them."

True to his word to his father, Shri Yogendraji married Sita Devi in the year 1927 and became India's first 'HOUSEHOLDER YOGI'. Together, Shri Yogendraji and 'Mother' Sita Devi worked tirelessly to spread the message of Yoga in India and abroad.

On December 25, 1918, Shri Yogendraji established The Yoga Institute as a Not for Profit Organisation. The Institute operated out of the Versova house of Dadabhai Naoroji, who we still remember as the Grand Old Man of India. From Mumbai, the Institute shifted to USA in the year 1920. Eight years later, it moved to Bulsar, Gujarat. In the year 1936, it was established in Chowpatty, Mumbai. In the year 1947, The Yoga Institute finally took root in Santacruz, Mumbai where it stands even today.



The world's first institute to impart practical and scientific knowledge on Yoga

Mani's father, Shri Haribhai, insisted that Mani give up his yoga studies. On the persuasion of Madhavdasji Maharaj, Shri Haribhai consented to allow Mani to continue on the condition that his son doesn't become a sanyasi and that he settle into the life of a householder.



SHRI YOGENDRAJI SPENT HOURS STUDYING THE MOVEMENT AND EFFECTS OF HIS OWN PRANA. SO INTENSE WAS HIS STUDY THAT HE COULD SOON PERFORM MIRACULOUS FEATS LIKE TRANSFERRING HIS PRANA TO OTHERS IN ORDER TO SAVE THEIR LIVES.



Shri Yogendraji laid great emphasis on Yoga as an education in living and Yoga therapy was its by-product. Seventy years ago, when medical science was not so advanced, Shri Yogendraji pioneered unthinkable research endeavours and proved that yoga could cure even the most severe ailments of the heart, lungs and joints.

For the benefit of all who came to learn from him, Shri Yogendraji broke down the complex Hatha Yoga techniques into simplified Asanas, which could be performed by anyone and into nine simple Pranayamas, which he based on a revolutionary count ratio of 1:2:4. This count system is today known as Yogendra Rhythm.

Shri Yogendraji was a prolific writer. He authored several books in English. Mother Sita Devi was the first woman to write books on Yoga for women.

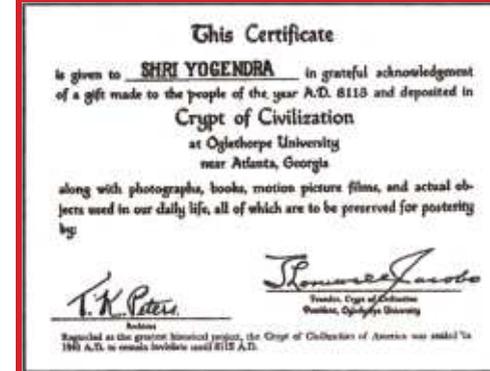
Yoga Personal Hygiene, Yoga Asanas Simplified and *Hatha Yoga Simplified* written by Shri Yogendraji along with *Yoga Physical Education for Women* by Smt Sita Devi have been buried in the **CRYPT OF CIVILISATION** for posterity, next to rare paintings, scientific instruments, costumes, and more articles. The crypt will be opened in the year A.D. 8113 and will reveal to the coming generations the authoritative knowledge of yoga as disclosed in our priceless books.

Shri Yogendraji emphatically emphasised that Yoga is a 'Science of Living' and that every human being should be taught this science. Everything he did was with a single aim: to change man from ignoble to noble.

Founder, as he was known, always said, "Experience is beyond knowledge and thinking and is often quite the contrary." At The Yoga Institute, he laid great emphasis on experiencing an Asana rather than 'doing' it.

He was a true Guru—a rare blessing to *sadhakas*.

Four of Shri Yogendraji's and Mother's books have immense historical significance; they have found a place in US-based Oglethorpe University's Crypt of Civilisation.



The Mission of a Yogi

WITH YOGA, WOMEN
RECOGNISE THEIR
UNIQUENESS SO THEY
CAN REINTEGRATE
MODERN SOCIETY
WITH SPIRITUALITY.

Smt Sita Devi Yogendra
Secretary, The Yoga Institute

Barely eighteen years of age, soon after her marriage in 1927, Sita Devi joined The Yoga Institute. After four years of intense study, she was entrusted with the responsibility of conducting Yogic practices for women. As Secretary of the Institute, she pioneered initiatives that empowered women to rediscover their innate abilities and sharpen their skills through mindful awareness, generated through Yogic techniques.

Smt Sita Devi was a registered medical practitioner. She drew on her expertise to customise health, hygiene and therapeutic techniques for women.

In 1934, the first modern textbook for guiding women in their study of practical Yoga was published under her authorship. The cumulative effect of her forward-thinking initiatives is evident from the fact that Yoga is today popular with numerous ladies who are engaged in educational, health, medical, and cultural institutions both in India and abroad.

In 1939, in recognition of her outstanding service to women in particular and society as a whole, the Women's Health Federation of America appointed Smt Sita Devi as the official delegate from India to the Health Welfare Congress at the New York World Fair. In 1940, her book received the honour of being preserved in the Crypt of Civilisation.

Despite remaining steadfast in her Yoga *sadhana*, Smt Sita Devi fulfilled all her duties—civic, social and domestic. She was the symbol of an ideal daughter-in-law, wife and mother. Verily, she proved that marriage only enhances one's spiritual progress on the path of Yoga studies.

Shri Yogendraji
said of his
wife, "Sita's
contribution to
the working of
The Yoga Institute
is exceptional.
Without her, we
could not have
progressed."



The Mission of a Yogi

MAKE CONSTANT
EFFORT TO PRODUCE
TENDENCIES THAT
DO NOT INCREASE
DESIRES, CRAVINGS
AND ATTACHMENT.

Dr Jayadeva Yogendra
President, The Yoga Institute

Speak to the *sadhakas* of The Yoga Institute and they will at once tell you that Dr Jayadeva's yogic messages are always short, sweet and stirring—much like the Yoga Sutras of Maharshi Patanjali. Despite being a scholar of Samkhya—a philosophy that assigns no role to God—Dr Jayadeva has unflinching faith in God. Lovingly raising his hand, he says, “God bless you,” to *sadhakas* who prostrate themselves before him.

The Yoga Institute's Teacher's Training Courses, which are today hugely popular all over the world, are the brainchild of Dr Jayadeva. Like Shri Yogendraji, Dr Jayadeva wrote copious books. Everyone who has read his commentary on the *Patanjali Yoga Sutras* and the four *Cyclopedias* authored by him regards the invaluable books as the last word in Yoga. He has, for the last 62 years, been the Editor of The Yoga Institute's magazine, *Yoga and Total Health*.

Especially noteworthy is Dr Jayadeva's idea of incorporating the four positive *bhavas* of Samkhya philosophy i.e. *Dharma, Jnana, Vairagya* and *Aishvarya* into everyday activities for long-lasting Yogic results. Inspired with Dr Jayadeva's pioneering efforts in education and therapeutics, National Council of Educational Research and Training sought his guidance in devising the yoga syllabus for schools all over the country.

Firmly established in the *Yamas* and *Niyamas* laid down in the Yoga Sutras, Dr Jayadeva has all his life demonstrated an unflinching commitment to *Satya*. In today's materialistic world, he remains the epitome of *Aparigraha* i.e. non-covetousness. At age 86, he has but a few possessions—two *kurta-pyjama* sets and a pair of simple slippers.

Shri Yogendraji
once said of
Dr Jayadeva, “He
is a true Yogi. He
never gets angry.”



The Mission of a Yogi

THE PURPOSE OF A STRONG BODY AND HEALTHY MIND IS TO DO ONE'S DUTY WITH LOVE AND COMPASSION.

Smt Hansa Jayadeva Yogendra
Director, The Yoga Institute

Over the years, The Yoga Institute has burgeoned from being visited by seven *sadhakas* a day to receiving 1,000 *sadhakas* a day. If you are amazed by this, know that it is because of the indefatigable efforts of Smt Hansaji. She has spearheaded the development of the women's wing and the health camps. She continues to impart practical tips to those who come here seeking relief from all sorts of ailments.

The shelves in The Yoga Institute are lined with awards and certificates, which have been conferred on Smt Hansaji for her unmatched efforts in reaching Yoga to the masses. Hailed as 'Woman of the Year' in the year 2000, Smt Hansaji is perhaps best known throughout the nation for her hugely popular television series 'Yoga for Better Living', which was first aired in 1980. With the knack of a brilliant orator, Hansaji communicates the most complex yogic topics with simplicity, in multiple languages for ease of understanding by diverse audiences. She has travelled the world, enthraling people with her engaging talks, lectures and seminars.

Her easy-to-execute tips on how to become stronger physically, mentally, emotionally, and of course spiritually, have been featured in numerous national newspapers. As a kind and compassionate counsellor, Hansaji has won the love and respect of all who have come to her seeking ways to break old destructive habits and cultivate constructive ones, which take them closer to their spiritual goals. Smt Hansaji has dedicated her life to demystifying Yoga and making it a 'Way of Life' for the common man. She has worked shoulder to shoulder with Dr Jayadeva, taking Yoga into households, teaching people of all ages how to manage their minds and emotions, and regain mental stability and happiness.

Smt Hansaji ignites in people the will to transform into better individuals who are steeped in *Dharma Bhaav* and rooted in *Karma Yoga*.



Like Father, Like Son

TO ATTAIN THE
ESOTERIC, ONE
NEEDS TO CONTROL
THE SENSES AND THE
MIND AND MEDITATE
ON HAM-SA.

Dr Patanjali Jayadeva Yogendra

In July 1975, Dr Jayadeva and Hansaji were blessed with a son whom Shri Yogendraji named Patanjali, after the great sage. Right from his childhood, Patanjali put into practice Dr Jayadeva's motto: Speak less and only when necessary. His deep interest in Yoga led him to write a PhD thesis entitled '*Yoga in Ancient India as revealed in the Upanishads*'. Dr Patanjali merged with the Lord at a young age of 37 years.

The Young Torchbearer

I OFTEN FEEL AS IF
SHRI YOGENDRAJI
IS INSPIRING ME
AND GUIDING ME TO
CONTINUE THE WORK
OF THE INSTITUTE.

Shri Hrishi Jayadeva Yogendra
Assistant Director, The Yoga Institute

At age 26, Shri Hrishi Jayadeva Yogendra gave up his cushy job in an MNC to manage the massive administrative processes of The Yoga Institute. Only 18 months into his new role, Shri Hrishi has already started giving the institute a refreshing makeover—from adding new modules to the training courses to building more rooms in The Yoga Institute; all this has been possible only because of his dynamic energy.

THE WORLD WILL
REMAIN FOREVER
INDEBTED TO
THE ILLUSTRIOUS
YOGENDRA FAMILY
FOR ITS TOWERING
CONTRIBUTION
TOWARDS FOSTERING
THE HOLISTIC
WELL-BEING OF
HUMANKIND.

In another three years, The Yoga Institute will celebrate a century of yogic living. Since 1918, the Yogendra family has been transforming people—including troubled individuals burdened with ill-health, negative thoughts and strained relationships—into healthy and happy men and women who are at peace with themselves and the world at large. Having risen above their ordeals, the *sadhakas* of The Yoga Institute walk into the world as self-aware and selfless individuals, eager to pass on to others the holistic healing benefits of Yoga. In his or her own special way, every *sadhaka* of The Yoga Institute contributes to heightening the levels of society's consciousness.

In the last 97 years, The Yoga Institute has blazed new trails in the realm of Yoga. The Yogendra family has tirelessly pioneered innovative initiatives in the fields of education, social care and health care.

Apart from the five Teacher's Training Courses of varied duration, the Institute also conducts numerous health camps for effective management of diabetes, cardiac trouble, hypertension, orthopedic and respiratory ailments, pregnancy,

obesity, and even stress. Add to this couple's classes, Yoga education camps for school and college children, Reach Out camps for special children, training camps for the Police Constables of Mumbai and the National Cadet Corps, corporate workshops, and even training for pedestrians participating in 'Equal Streets'—Times of India's energetic new initiative for the young and old alike.

EACH ONE OF
OUR PIONEERING
INITIATIVES HAS BUT
ONE AIM:
THE GROWTH OF
CONSCIOUSNESS.



LIFE SCHOOL

Is there a life-school where one learns how to live? The objective of such a life-school of course will not be in helping acquire money or power or pleasure but rather in sharing and teaching of the art of a healthy way of life at physical, mental and spiritual levels. Compassion, mindfulness and discipline will be its hallmark rather than it possessing tall buildings and an expansive campus.

All activities that go on here including interpersonal relationships in classrooms and administrative offices will lend to a spiritual awareness. Emotional tensions will get resolved against a larger understanding of the incomprehensible and irresistible twists and turns of life. Whether it is learning of Asanas or learning of Yoga Sutras, the learning would add to sattvic experiences.

The need for specific techniques will diminish in face of a change in values, motivations, attitudes and habits. Yogic living will re-establish homeostasis and treatment of diseases will be a by-product of a yogic life.

The faith in a Higher Reality will instill a positive approach to life and will definitely lead to a reduction in floating states of anxiety responsible for many psychosomatic and neurotic conditions. One would learn to participate fully in any and all activities all day. This would lead to joy in living

and meaningfulness of life. The Life School would prepare men and women to live well in the world again. They would not only learn this but would teach it to others as well, through sharing. Can we dream of such centres of learning in the country? It does not matter if we call these life-schools 'The Yoga Institute' or we call them by other names. There is an overwhelming need today for such life-schools in the society. We lack neither skills nor information. What we need is more role models who truly experience the fullness of life and illuminate the glorious path for others to follow.



Teacher's Training Courses
21-days Better Living Course
Parisamvad

Health Camps
Couple's Classes
Satsang

Children's Classes
Training for Police
Samattvam

Corporate Workshops
Home Tuitions
Book Club



योग शास्त्रं परं मतम्
FOUNDED 1918
BY SHRI YOGENDRA



The Yoga Institute™

SANTACRUZ (EAST) MUMBAI