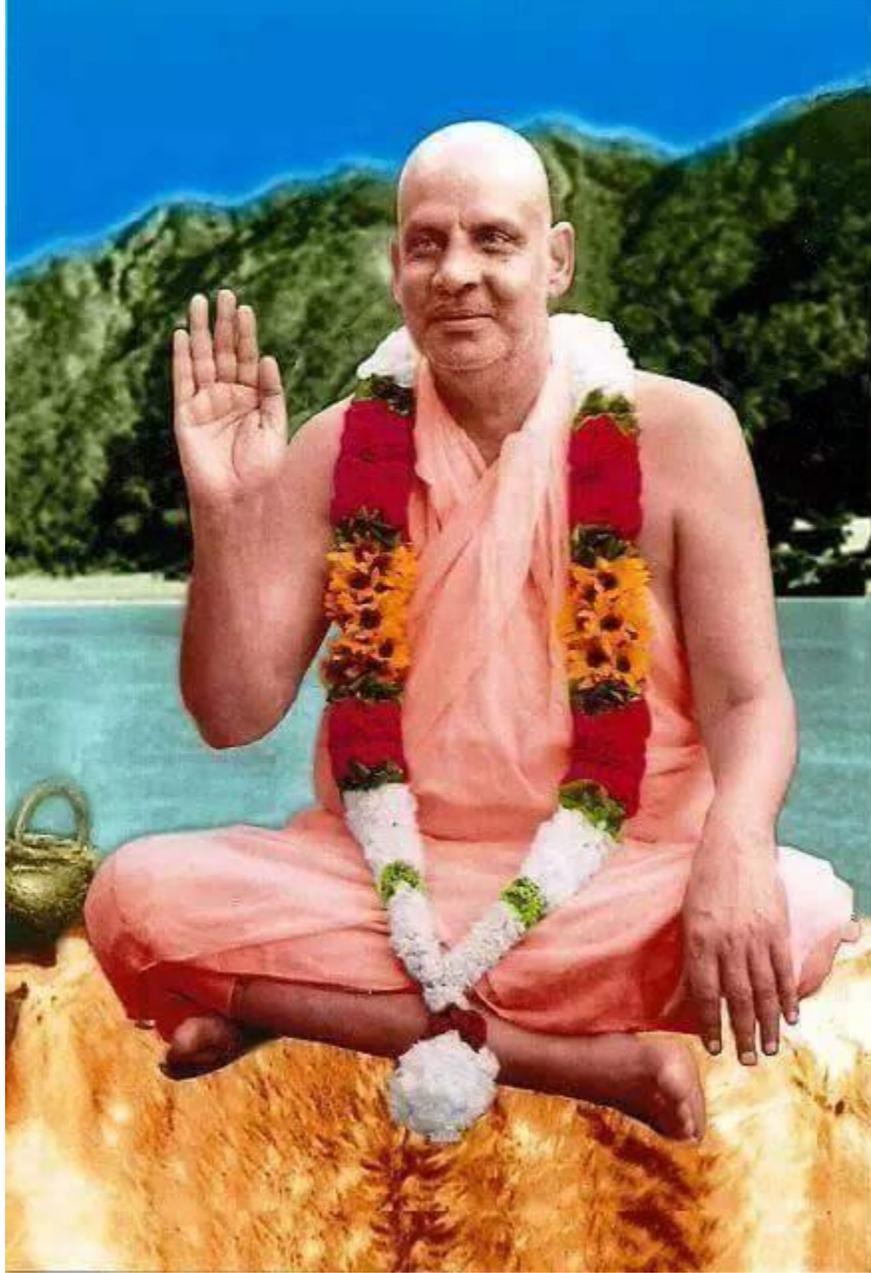


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SIVANANDA YOGA KENDRA-CHENNAI

www.sivanandasevas.org



(Serve, Love, Give, Purify, Meditate, Realize-Swami Sivananda -1887-1963)

NEED OF THE HOUR – INTEGRAL YOGA

Changing Scenario in Modern Lifestyle

Changes in lifestyle and work culture like long hours of working; night shifts, chasing targets and deadlines, sleep patterns and lack of sleep are major problems in the modern days.

It is important to maintain our health to face the new challenges in the modern world. We cannot ignore the very old saying that “Health is Wealth.”

In the modern life, we have everything like Good Education, Technology, Infrastructure, Transport Facilities, Money and Modern Equipment's etc.

Still we feel, something is missing with in us.

Have you identified the Reason?

Most of us started acting as per the advice from our Intellect-Bhudhi and neglected the advice of our Manas resulting that we are running after the money, position and power.

This has made us restless and focusing more on personal welfare than social welfare. We are going beyond the wants and inviting lots of problem in our day to day life.

What is lacking in us?

Lack of Physical and Mental fitness, unity, service, love, scarifying mentality, helping tendency, happiness and peace of mind.

Why do we suffer?

We suffer because of our own wicked actions or Karma. We need to be cautious in doing daily duties.

We need to purify our thoughts, observe silence and slowly eradicate negative thoughts.

We suffer mainly due to Ego, Greed, Lust, Hatred, Anger and Jealousy.

Is there is any way to overcome our sufferings in the modern world?

YES. The best way is to undergo an INTEGRAL YOGA TRAINING.

Is there is any way to gain good health, peace of mind and happiness?

Yes. Please incorporate the following Ten Commandments of Integral Yoga in your day to day life.

Ten Commandments of Integral Yoga

- 1) *Start & end the day with God*
- 2) *Get up early in the morning and do asana daily.*
- 3) *Practice Silence.*
- 4) *See good in all.*
- 5) *Have self-confidence and positive thinking.*
- 6) *Attach and Detach.*
- 7) *Eradicate your Ego, Fear, Greed, jealous, selfishness and wants.*
- 8) *Follow a Diet and Fasting.*
- 9) *Serve, Love, Give, Purify, Meditate and Realize.*
- 10) *Don't worry and be happy.*

For further details, please contact *SIVANANDA YOGA KENDRA, INTEGRAL YOGA,*

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