

'JEEVAN YOGA' Series

by H.H. Sri Swami Adhyatmanandaji Maharaj

પ્રાયોજિત કાર્યક્રમ

જીવન યોગ 


ગિરનાર
આપણી સંસ્કૃતિ - આપણી ઓળખ



જીવન યોગ જીવન યોગ

પ્રસારણ:
તા: ૧૮-૧-૨૦૧૬ થી દર સોમવાર થી બુધવાર
સવારે ૭:૦૦ કલાકે ડીડી ગિરનાર પર

વિષય નિષ્ણાત : સ્વામી શ્રી અધ્યાત્માનંદજી
- શિવાનંદ આશ્રમ, અમદાવાદ

We are born. Death is certain. Journey between birth and death is not LIFE. LIFE, we have to find. Birth puts us on the path leading to death. LIFE, we have to find. 'Jeevan Yoga', means LIFE IS YOGA. May we breathe, speak and live in yoga. It's not impossible. It requires awareness and consciousness and that is the Jeevan Yoga. Let us gird up our loin and rejoice in the blissful life, Blessed life - Yoga a way of Life.

Doordarshan Girnar presents most Revered Sri Swami Adhyatmanandaji Maharaj, President of Sri Sivananda Ashram, Ahmedabad. Revered Sri Swamiji Maharaj, who is a renowned Yoga Acharya, will be directing the show named 'Jeevan Yoga'.

Doordarshan will be telecasting the 'Jeevan Yoga' programme on Monday, Tuesday and Wednesday at 7.00 A.M. from 18th.January.2016

Yoga Teachers of Sivananda Ashram will be demonstrating the Yoga Postures and Smt. Rupa Majmudar will be anchoring the programme. So, kindly do not miss this grand event 'Jeevan Yoga'.