

# INDIA TRIBUNE

## Bend it like Swami Adhyatmananda



By Ravi R. Ponangi -- Atlanta: Yoga has always intrigued the West, but now high-profile fitness freaks have their own gurus and patronize yoga centers that have sprung up everywhere. Yoga is being sold as a mantra that can alleviate suffering and achieve "balance" to combat stress. In India, the country of its origin, it is being looked at with renewed interest and is emerging as a dynamic new-age exercise. Practiced for over 5,000 years, yoga is a peaceful approach to mind-

body interaction. It is practiced to help integrate physical health with mental balance with an understanding of the world. Yoga is the new buzzword the world over. People from all walks of life; men and woman of all ages are showing interest in the practice of yoga. According to a recent survey, 20 million people practice yoga in America alone. More than 200 fitness centers have introduced yoga in and around Atlanta; besides other yoga learning centers at various community centers, temples and private yoga instructors. Yoga programs involve simple postures, meditation and powerful ways of transforming one's energies to empower optimum performance in all areas of life. The practices are a proven tool for preventive and curative health, and have helped relieve many people from chronic diseases like asthma, hypertension, diabetes and arthritis. It is never too late to get started. The programs do not require physical agility or any previous knowledge or experience of yoga. For those interested in learning more about yoga or getting started, please meet world-renowned yoga master Swami Adhyatmananda. The Swami is a noted yoga teacher in the Divine Life Society tradition, working independently in Ahmedabad, India. He is on tour of the West. The Swami will be conducting eight yoga classes in Atlanta from July 28-31. The classes are free and open to all. The Swami's yoga format does not require a change of lifestyle, belief or religion, yet can easily improve one's work, relationships and level of fulfillment. No matter what one's age or occupation, this powerful experience can create a healthier and more joyous life. Adhyatmananda is an exponent of the ancient wisdom and the psycho physical science of Hata Yoga. An expert in asanas/postures, and pranayama and relaxation techniques, the Swami conducted 660 yoga training camps and has been teaching yoga in several universities, military establishments, civil administration institutions and business corporations across various countries for over 30 years. Besides, he has also written a series of articles on yoga to benefit those suffering from chronic illnesses. The swami stresses the need for maintaining self-discipline and following a perfect daily schedule. He urges all participants not to shy away from yoga, as it could cure many serious ailments. Following are the details of the Swami's Atlanta program: What: Free Yoga Classes by Swami adhyatmananda, celebrated author, yoga master and spiritual head of Sivananda Ashram, Ahmedabad, India. When: From Friday to Monday, 28-31, July. 6:30-8 a. m. and 6-8 p.m. on weekdays; and 6:30-8 a.m. and 4-6 p.m. on Saturday and Sunday. Where: Morning classes will be at the Indian American Cultural Association, 1281 Cooper Lake Road, Smyrna. For reservations, please contact Tushar Sanghvi at 404-372-7501. Evening classes will be at the Global Mall, 5675 Jimmy Carter Blvd., Norcross. For reservations, please contact Ravi R. Ponangi at 404-644-7521. Please wear loose, comfortable clothes and bring a blanket or yoga mat.