

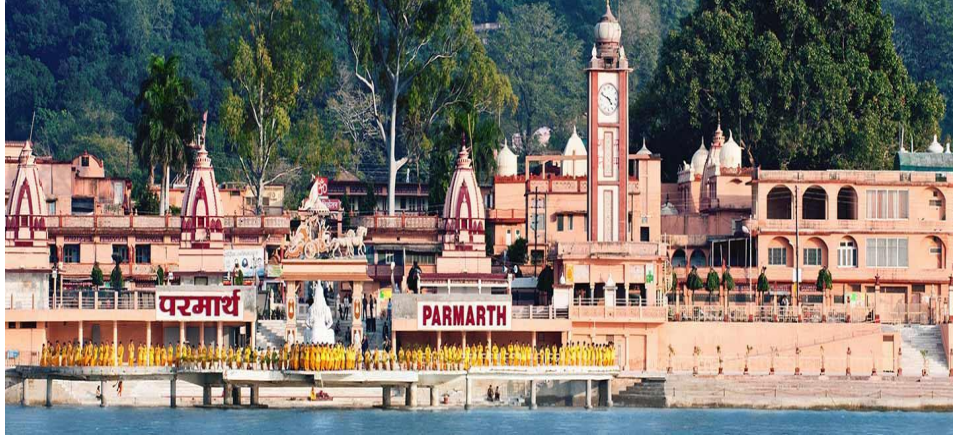
Atmamanthan Svaadhyaay Yoga Shibir Sadhana Saptha

Through Abhayas of Raj Yoga, Kriyayoga and Mantrayoga

ON THE BANKS OF MA GANGA

At Parmarth Niketan Ashram

From 13th November to 20th November 2021



Organized by
MahaMandleshwar Shri Swami Asanganandji Maharaj
Swami Sukhdevanand Trust
Parmarth Niketan, Rishikesh
Uttarakhand

CONDUCTED BY

Shri Parmanand Aggarwal
Founder & Managing Director
Aatmabodh Academy

Ms. Bhuvneshwari Makharia
Sewak, Swami Sukhdevanand Trust

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Atmamanthan Svaadhyaay Yoga Shibir Sadhana Saptha

Through Abhayas of RajYog, Kriyayog and Mantrayog

Atmamanthan Svaadhyaay Yoga Shibir will be conducted on the Banks of Ma Ganga, in Rishikesh, which is also known as the “City of the Divine, Home of the Rishis” –Rishikesh is the spiritual center where sages, rishis, saints and pilgrims have flocked for more than thousands of years.



In this Shibir each one will connect with oneself and experience the vastness, the purity, the peace, the quietude of “the inner nature” (The Principle of Purusha) together with the spiritual and therapeutic awareness.

YOGA manifests itself in the four major paths namely Karma Yoga, Bhakti Yoga, Rajyog and Janana Yoga. These four paths are like the branches of a tree or tributaries of a river. They all have the same source and resting place. In essence, they are all the same.

Shri Adi Shankaraccharya preaches:

दुर्लभं त्रयमेवैतद्देवानुग्रहहेतुकम् ।
मनुष्यत्वं मुमुक्षुत्वं महापुरुषसंश्रयः ॥ ३ ॥

durlabham trayamevaitaddevānugrahaHetukam |
manuṣyatvaṁ mumukṣutvaṁ mahāpuruṣasaṁśrayaḥ || 3 ||

There are three things which are rare indeed and are due to the grace of God – namely, a human birth, the longing for Liberation, and the protecting care of a pious sage.

।।शरीरमाद्यं खलु धर्मसाधनम्।। -उपनिषद्

Śarīramādyam̐ khalu dharmasādhanam.. –Upaniṣada

अर्थ : शरीर ही सभी धर्मों (कर्तव्यों) को पूरा करने का साधन है। अर्थात् शरीर को सेहतमंद बनाए रखना जरूरी है। इसी के होने से सभी का होना है अतः शरीर की रक्षा और उसे निरोगी रखना मनुष्य का सर्वप्रथम कर्तव्य है। पहला सुख निरोगी काया।

The body is the means to fulfill all the dharma's (duties). That is, it is important to keep the body healthy. Protecting the body and keeping it healthy is the first duty of man. The first happiness is a healthy body.

In order to achieve the highest goal of Yoga i.e. Samadhi, the Sadhak has to have a healthy body-mind complex.

The mind needs to be liberated from the six enemies which are: kama (lust), krodha (anger), lobha (greed), Mada (arrogance), moha (delusion), and matsarya (jealousy); the negative characteristics of which prevent man from attaining Moksha.

To liberate oneself from these six enemies, Muni Pantjali suggests the path of Ashtanga Yoga which is also known as Raj Yoga.

Arrival on – 13th November 2021 at Rishikesh Ashram

Shibir: from 14th November to 19th November 2021

Departure on – 20th November from Rishikesh Ashram

Daily schedule of the Shibir

Shibir – 14th – 19th November 2021

- 04.45 am. Morning - Wake up Call**
- 05.00 To 06.15 am. Daink Prathana and Dhyan - with Mahamandleshwar Shri Swami Asangandji Maharaj.**
- 06.15 To 07.00 am. Practical class - Shatkriyas with relation to Therapeutic aspect and theoretical explanations**
- 07.15 To 08.15am. Tea Break and freshen up time (Bath)**
- 08.15 To 09.30am. Practical classes -Asanas with relations to Spiritual & Therapeutic aspects and theoretical explanations - Adhyatmik Chikitsa**
- 09.30 To 10.15 am. Jalpaan- Light Breakfast**
- 10.30 To 11.30 am. Practical Session on Pranayam Practice with spiritual/therapeutic aspect as per Patanjali and Hathayog and theoretical explanations.**
- 12.15 To 01.30 pm. Lunch Break - Bhojan**
- 01.30 To 03.00 pm. Rest Time**
- 03.00 To 03.30 pm. Tea – Sayankal Ki Chai**
- 04.00 To 05.00 pm. Practical Classes - Pratyahar, Dharana, Dhyan Practice with spiritual aspect and theoretical explanations as per Pantanjali and Hathayog**
- 05.00 To 06.00 pm. Lecture on Mandukya Upanishad (the Four Stages of Consciousness & Concept of AUM)-**
- 06.00 To 07.00 pm. Ganga Aarti at Rishikesh**
- 07.00 To 07.30 pm. Chanting of Mantra**
- 07.30 To 08.15 pm. Dhyan with Mahamandleshwar Shri Swami Asangandji Maharaj.**
- 08.15 To 09.00 pm. Dinner & Retire**

Special event in the shibir on 19th November 2021:-

Morning: Dhyan – The culmination of all yogic practices is to arrive in the state of Meditation for Self Realization!

An exclusive Guided Meditation session on “Aatmamanthan Svadhyay” under the divine grace of **Mahamandleshwar Shri Swami Asangandji Maharaj.**

Ganga Snana on Kartika Purnima:-

Kartika Purnima is a [Hindu](#), [Sikh](#) and [Jain](#) cultural festival, celebrated on the [Purnima](#) (full moon) day or the fifteenth lunar day of [Kartik](#) (November–December). It is also known as Tripuri Purnima and Tripurari Purnima. It is sometimes called Deva-Diwali or Deva-Deepawali, the festival of lights of the Gods. Kartik Purnima is closely associated with [Prabodhini Ekadashi](#) which marks the end of [Chaturmas](#), a four-month period when Vishnu is believed to sleep. Purnima is also the last day to perform [Tulsi Vivah](#) ceremony that can be performed from Prabodhini Ekadashi.

Mahamrityunjaya Mantra Yajna and Japa Mahamrityunjaya Siddh Mantra:

महामृत्युंजय सिद्ध मंत्रः

ओम त्र्यंबकम यजामहे सुगंधिम पुष्टि-वर्धनं
उर्वरुकामिवा बंधनन मृत्योर मुक्षीय मामृतात

Om Tryambakam Yajamahe Sugandhim Pushti-varadhanam

Urvarukamiva bandhanan Mrityor Mukshiya Mamritat

The Mahamrityunjaya mantra was founded by Sage Markandeya.

Mahamrityunjaya Mantra Japa and Yagna is extremely beneficial. It is a verse from the Rigveda. This great mantra is dedicated to Lord Shiva.

Evening: Visit to the Holy Place, Triveni Ghat, Rishikesh:-



Triveni Ghat : Triveni Ghat is a [ghat](#) situated in [Rishikesh](#), [Uttarakhand](#). It is the biggest and most famous ghat in Rishikesh on the banks of the [Ganges](#). Triveni Ghat remains crowded with devotees to take ritual baths to get cleansed from their sins. Being the most venerated ghat in Rishikesh, Triveni Ghat is even used by devotees to perform the last rites and rituals of their loved ones. The ghat is famed for the Ganga Aarti performed to the chants of Vedic hymns.

**Shibir is organized under the aegis of Pujya Shri Swami
Asanganand Saraswatiji Maharaj**



Pujya Shri Swami Asanganand Saraswatiji Maharaj

Managing Trustee of Swami Shukdevanand Trust, Parmarth Niketan Ashram, Rishikesh. In 1945 at the age of nine, Pujya Swami Asanganandji Maharaj came to Parmarth Niketan under the guidance and as a disciple of Swami Shukdevanandji Maharaj. For the past 76 years, He has been devotedly serving the ashram. He has obtained acharya degrees in Vedanta and Sanskrit literature, as well as a Master's degree in Sanskrit literature. Since 1960, He has tirelessly served the ashram's Sanskrit Vidyalaya. Though very learned, His simplicity and humbleness is manifested in the countless number of hours performing the simplest of tasks. He is serving the Swami Shukdevanand Trust as Managing Trustee, gracing all the projects with His devotion and piety. Pujya Swami Asanganandji Maharaj has been imparting the wisdom of the ancient Holy Scriptures including yoga to countless number of devotees. His wisdom has brought inspiration, upliftment and deep knowledge to pilgrims who seek His guidance.

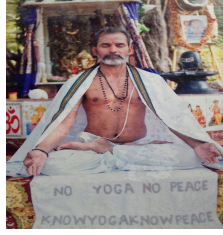
YOGACHARYAS CONDUCTING THE SHIBIR:



Shri Parmanand Aggarwal

Founder & Managing Director of Aatmabodh Academy of Yoga.

Shri Parmanand Aggarwal started his career in YOGA from Vishwayatan Yogashram, Katra (J&K) in 1972 under renowned Swami Dharendra Brahmachari. Along with Yoga, he studied the complementary subjects of Ayurveda, Naturopathy and Homoeopathy. He has served Kaivalyadhama Yoga Health Centre Mumbai as a Secretary and officer-in-charge of Kaivalyadhama (Mumbai), Principal for Certificate, Diploma & Advanced Yoga Courses and has an experience of over a period of 37 years. Shri Aggarwal is a highly qualified, knowledgeable and experienced yogacharya of yoga in all its facets. He has been teaching yoga and has conducted several workshops and camps in India and abroad through a number of national and international, seminars and conferences. His students have in turn become teachers and followers of Yoga and are teaching across the globe. He has many books and notes- Pranayama Sadhana Shibir, Back Care through Yoga –Bronchial Asthma and Respiratory disorders, Diabetes and its Management, Shatkriyas, Asana, and Pranayama. He was one of the presenters at the international Yoga Festival at Parmarth Niketan Ashram, Rishikesh (Himalayas) India. At present he is the Managing Director of Aatmabodh Academy of Yoga.



Dr Rakesh Yogi Pandey

Born in a humble Hindu Brahmin family in Varanasi Shri Rakesh Pandey is an ardent yogacharya of Hatha Yoga, Kriya Yoga and Sankhya Yoga, trained under great saints like Shri Swami Nityanandji Maharaj, follower of Bengal's Kriya Yoga School, from whom he got the opportunity to learn Shatkarmas and Asanas, and took 'Diksha' in Kriya Yoga. Thereafter, Dr Rakesh trained under Yogiraj Pandit Rajbali Mishraji who is well known for his mystique Yogic powers. Yogiraj very kindly taught him the wonderful feats of Hatha Yoga and by His Grace he can stop his pulse as well as stay in Khechari Mudra for long periods of time. Later on Shri Rakesh took lessons in Sidha Yoga tradition from Shri Swami Chandra Mohanji Maharaj from Sawai, Agra (U.P.) and took 'Diksha' in Sankhya Yoga from Shri Swami Om Prakash Aranyaji Maharaj. He has travelled to various countries teaching as "Yoga Master" in India, Nepal, Singapore, Russia, Surinam etc. Dr Rakesh established "Yogayatan International" in 2003 at Varanasi where he continues to train yoga pupils coming from all over the world.



Mrs. Shilpa Joshi-Yoga Philosopher

Mrs Shilpa Joshi is a revered Yoga Philosopher. She holds a Master's Degree in Analytical Chemistry. After completion of her Teacher Training Course in Yoga in the year 1989 from Kaivalyadhama, Mumbai, she has been actively engaged in teaching many Traditional Yogic Texts like Hathapradipika, Gherandasamhita, Patanjali Yoga Sutras at Aatmabodh Academy of Yoga and Kaivalyadhama Yoga Centre, Mumbai. After a lot of experience in teaching, Mrs. Shilpa Joshi has developed an inner vision to combine the scientific and spiritual aspect of Yoga, which reflects in her lectures on various Yogic Texts and Psychodynamics of Yoga. Mrs. Shilpa Joshi has translated the renowned Spiritual Text, "Dasbodh" by Swami Ramdas and Sant Tukaram from Marathi language to English language and Swami Kunalayananda's books on Asana and Pranayama at Kaivlyadham. Mrs. Shilpa Joshi was one of the presenters at the International Yoga Festival, 2016 at Parmarth Niketan Ashram, Rishikesh, India. She has widely travelled and presented lectures in various Yoga Seminars and Meetings and Yoga Retreats both for Indians and Foreigners.

Who can Apply for the Shibir:-

Anyone who is interested in practicing on the path of **Atmamanthan Svaadhyaay** including beginners, yoga practitioners of different levels, YOGA TEACHERS and even people who are interested in the learning of the ancient science of Yoga can participate in this Shibir to take full advantage of the unique experience!

Participation Certificate: - Each participant attending the Shibir will be given the participation certificate in the name of Atmamanthan Svaadhyaay Yoga Shibir, Sadhana Saptha.

Accommodation at the Ashram:-

1. Twin Sharing Rooms with attached Toilet and Bathroom in Parmarth Niketan Ashram Rishikesh.
2. Men and Women will stay separately, until and unless they are a married couple.
3. Hot/cold water will be available in the bathrooms.

PLEASE NOTE: - Single Room Accommodation is also available at an extra cost.

Meals: -

Healthy, Sumptuous and Satvik meals will be provided **WITHOUT ONION AND GARLIC.**

Participant Joining for the Shibir at Parmarth Niketan Ashram Rishikesh:

They should arrive on 13th November 2021 by evening and depart from Parmarth Niketan Ashram on 20st November 2021 in the morning.

PARTICIPANTS HAVE TO CARRY A COPY OF BOTH VACCINATIONS' CERTIFICATES

Shibir Contribution: Rs. 21,000/-

Shibir Inclusions:

1. Accommodations in neat and clean twin sharing rooms at the Ashram. (Please note: Parmarth Niketan Ashram is an Ashram and not a Hotel so please respect and follow the guidelines of the Ashram).
SINGLE ROOMS will be available on an extra cost.

2. All meals (breakfast, lunch dinner, morning-evening tea). Satvik meals, pure healthy vegetarian meals prepared in the canteen at the Ashram. Meals will be simple and wholesome.
3. Shatkriya kit will be provided on arrival at the Ashram prior to the beginning of the Shibir.
4. The Kartik Purnima Yagna and Mantra Jaap is arranged in the Ashram.
5. Transportation to and fro Triveni Ghat is included.

Shibir Exclusions:

1. Yoga Mats for the Shibir have to be carried by Participants themselves.
2. Loose Cotton clothes for the Asanas and Pranayam classes. It will be a pleasantly cool weather with nights cooler than the days hence participants please carry light woolens, especially for the nights.
3. All personal belongings, especially extra towels, napkins, medicines etc.
4. Anything which is not mentioned in the Inclusions.

GUIDE LINES OF THE ASHRAM:

The pilgrims staying in this ashram are required to observe and adhere to truth, non-violence, self-discipline, and polite etiquette.

- ❖ **Men and women should wear clothing that covers shoulders (no sleeveless shirts), midriff, and calves (no capris, shorts, or short dresses).** Ladies should be careful to cover their cleavage. Please avoid wearing tight clothing both for your own comfort and as a sign of respect for the local culture. Additionally, it is customary to remove your shoes before entering buildings or sacred places. **If you are not dressed appropriately you may not be allowed to participate in yoga classes or other Ashram activities.**
- ❖ **Please refrain from picking flowers and littering.**
- ❖ **The following are strictly prohibited:** smoking, drinking intoxicants, using drugs, eating egg or other non-vegetarian foods, playing cards.

It is the pilgrim's responsibility to keep his/her room clean and tidy. Rooms should always remain in the same condition as when they were assigned.

EXTENDED SCHEDULE (OPTIONAL)

20TH -21ST November 2021

20th Morning - visit to Neelkanth Mahadev Temple, Rishikesh



Neelkanth Mahadev Temple is a [Hindu temple](#) dedicated to [Nilkanth](#), an aspect of Lord [Shiva](#) and is a popular Hindu pilgrimage site. The temple is about 32 km from [Rishikesh](#) in the [Pauri Garhwal district](#) of [Uttarakhand, India](#). The temple architecture is influenced by the Dravidian style of temple architecture. According to [Hindu sacred texts](#), the place where the Neelkanth Mahadev Temple currently stands is the sacred location where Shiva consumed the poison that originated from the sea when [Devas](#) (Gods) and [Asuras](#) (Demons) churned the ocean in order to obtain [Amrita](#). This poison that emanated during the [Samudramanthan](#) (churning of the ocean) made his throat blue in color. Thus, Shiva is also known as [Neelkanth](#), literally meaning *The Blue Throated One*.

20th November 2021 - [Har Ki Pauri, Haridwar](#)

Har Ki Pauri is a famous [ghat](#) on the banks of the [Ganga](#) in [Haridwar](#) in [Uttarakhand](#). This revered place is the major landmark of the holy city of Haridwar. Literally, "[Har](#)" means "God", "Ki" means "of" and "Pauri" means "steps". Lord [Vishnu](#) is believed to have visited the [Brahmakund](#) in Har Ki Pauri in the [Vedic](#) times. Har Ki Pauri is also the area where thousands of pilgrims converge and the festivities commence during the [Kumbha Mela](#), which takes place every twelve years, and the [Ardh Kumbh Mela](#), which takes place every six years.

20th November 2021 -

Evening Ganga Aarti at Har Ki Pauri, Haridwar



Each evening at sunset, the priests of Har ki Pauri perform the – *Ganga Aarti* – an ancient tradition, where lights are set on the water to drift downstream. A large number of people gather on both banks of the Ganga River to sing *Ganga Aarti*. At that time the priests hold large Fire Bowls in their hands, ring bells at the temples situated on the ghat and sing Vedic chants. People float *Diya* (made of leaves and flowers) into the river Ganges as a symbol of worship.

Visit to Sapt Sarovar

SaptRishis or Seven

Namely [Kashyapa](#), [Vashisht](#), [Atri](#), [Vishwamitra](#), [Jamadagni](#), [Bharadwaja](#) and [Gautam](#), are said to have meditated at the site of Sapt Rishi Ashram at Sapt Rishi Sarovar, a place near Haridwar, where the Ganges split into seven currents, so that the [Rishis](#) would not be disturbed by the flow.

Overnight stay: at Parmarth Ashram, Sapt Sarovar, Haridwar

21st November 2021

Holy Dip at Hari ki Pauri

Morning Snan, a holy dip in Har ki Pauri, Haridwar

Lunch and thereafter departure for home from Haridwar.

Extended Schedule Inclusions:

1. Accommodations on twin sharing at the Ashram for one night. (Please note: Parmarth Ashram is an Ashram and not a Hotel so please respect and follow the guidelines of the Ashram).

SINGLE ROOMS will be available on an extra cost.

2. All meals (breakfast, lunch, dinner, morning-evening tea).

3. Visit to Neelkanth Mahadev, Rishikesh

4. Transportation from Rishikesh to Haridwar, visit to Har ki Pauri for Ganga Aarti and Holy Dip.

Extended Schedule Exclusions:

1. All personal belongings, especially extra towels, napkins, medicines etc.
2. Anything which is not mentioned in the Inclusions.

Participants Joining for Extended Schedule:-

Contribution: Rs. 4,000/-

Enrollment Confirmation for the Shabir/Extended Schedule:- By paying the participant contribution with Application Form to Shri Parmanand Aggarwal, by cash, cheque or online.

PLEASE NOTE: ALL PARTICIPANTS ATTENDING THE SHIBIR/EXTENDED SCHEDULE, PRIOR TO ARRIVAL AT THE ASHRAM, HAVE TO CARRY A COPY OF BOTH THE VACCINATIONS FOR REGISTERING AT THE ASHRAM

MODE OF PAYMENT:

CHEQUE/NEFT: - Account Name :- AATMABODH ACADEMY OF YOGA

Saving Account No. 50100198265761

IFSC CODE :- HDFC0000544

Branch Name :- TARDEO,

Venus Apartment ,Wadia Stree, Tardeo,
Mumbai 400 034

GPAY:- Mobile No 9920104970 in Account of Aatmabodh Academy of Yoga

For Details Please Contacts:-

Shri Parmanand Aggarwal

Founder & Managing Director
Aatmabodh Academy

Ms.Bhuvneshwari Makharia

Sewak, Swami Sukhdevanand Trust

Mobile: - 9920104970/ 8928673245

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Email:- parmanandyoga@gmail.com

Email :- b_makharia@yahoo.com

Application Form

Atmamanthan Svaadhyaay Yoga Shibir, Sadhana Saptha

13th November to 20th November 2021

(PLEASE FILL THE FORM USING ONLY CAPITAL LETTERS)

Name :- _____			
First Name	Middle Name	Surname	
Date of Birth:- _____	Age :- _____	Sex:- _____	
Address:- _____ _____ _____			
Tel (Res) _____		Whats app Mobile No. _____	
Email:- _____			
EMERGENCY MOBILE CONTACT:- _____			
ID Proof: - Aadhar Card No _____		PAN No:- _____	
Education Qualification: - _____			
Present Health Status:- _____ _____			
Aim of Participating in the Atmamanthan Svaadhyaay Yoga Shibir :- _____ _____ _____ _____ _____ _____ _____			
<u>Declaration</u> - I am participating in this shibir on my wish. Management is not responsible for any kind of natural calamities or changes in climatic conditions, during the said shibir. Please attach copy of Aadhar Card and PAN card with Medical Certificate from your family doctor.			
Date:- _____		Signature of Applicant	

