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HEALTH & HARMONY



Newsletter from Embassy of India, Paramaribo



YOGIC CLEANSING PRACTICES - 5

The series of purification continues with another easy practice known as Kapalbhathi.

The word Kapalbhathi is made up of two words 'Kapala' means forehead and "bhathi" means 'bellows' (an instrument used by the blacksmith in olden days to create air drafts for his forge). Thus Kapalbhathi can be translated as frontal brain bellowing. Another meaning of word "bhathi" is 'light' or 'splendour'. Hence Kapalbhathi brings a state of light or clarity to the frontal part of the head.

KAPALBHATHI

In this breathing technique rapid inhalation and exhalation is done. The exhalation is forceful whereas inhalation is normal and spontaneous.

Technique of Practising KAPALBHATHI

1. Sit on the floor and fold your legs, in any meditative posture like Padmasana, Ardhapadmasana keep the spine straight and close your eyes.
2. Keep the right palm on right knee and left palm on left or you can rest your hands in Jnana mudra.
3. Now take a deep breath and exhale through both the nostrils with forceful contraction of your stomach.
4. Do not stress on inhaling. Inhalation should not involve any effort, this will take place passively or automatically after each exhalation.
5. Repeat these steps for 30 times initially (commonly known as strokes), so this completes one round.
6. Practice up to 5 rounds.
7. Gradually increase the strokes up to 60 for one round.

Precautions for practising Kapalbhathi

1. Kapalbhathi should not be practised by those suffering from Heart diseases, High Blood Pressure, Epilepsy, Vertigo.
2. This practice is NOT recommended during pregnancy.
3. This should be done on empty stomach.
4. Women should avoid this practice during first few days of their periods.

5. DON'T eat or drink anything before the practice.
6. Inform your Yoga teacher if you have any health problems before practising this.
7. ALWAYS practise or learn this technique under the supervision of Yoga Teacher.



Benefits of

KAPALBHATHI

1. It purifies the whole body by stimulating the gaseous exchange in the lungs.
2. It improves the functioning of pancreas gland, so helpful for diabetic patients.
3. Improves the metabolic rate, so balances digestive system.
4. Keeps the thoughts clear, and depression away.
5. It is a useful practice for spiritual aspirants, as it controls sensory distractions, calms the mind and prepares for the Meditation.

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This newsletter is produced by Embassy of India, Paramaribo
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Yoga Week 15 – 20 June 2015

Indian Culture Centre, Paramaribo

Indian Cultural Centre hosted a week long activities on Yoga at its Yoga hall and other venues in Paramaribo to celebrate the first International day of Yoga from June 15 – 20, 2015.

Other International organizations like Art of living, Brahmakumaris and Sahaja Yoga along with other prominent Yoga teachers of Suriname participated in the Yoga week. Lectures and workshops were held at ICC and other venues during the Yoga week.

On 15th June evening Yoga week was inaugurated in the presence of Indian Ambassador Mrs. Subashini Murgesan, and Chief Guest Mr. Stanley Sidoel, Permanent Secretary, Directorate of Culture. More than 100 persons were present.

Date & Day: 16-06-2015 (Tuesday)

Venue: Sahaja Yoga Hall

Teacher: Dulcy Oudsten / Chandra Hira Sing

Topic: Lighten Your Life

The first workshop of this Yoga week was held at Sahaja Yoga hall on the topic of **Lighten Your Life**, in the evening at **06:30 – 8:00pm**. Yoga teacher Dulcy and Chandra taught different techniques to open up the energy channels in the body. This session was marked by the presence of **60 participants** who appreciated this a lot.



Date & Day: 16-06-2015 (Tuesday)

Venue: ICC Yoga Hall

Teacher: Jane Saman

Topic: Yoga for Health

The first workshop of the Yoga week was conducted by Yoga teacher **Jane Saman** at ICC yoga hall on the Topic of **Yoga for Health** in the evening hours at **6:30- 8:00 pm**. She taught different methods of practising Surya Namaskar and a few more simple physical posture (asanas) and two breathing techniques. There were around 80 participants.



Date & Day: 17-06-2015 (Wednesday)

Venue: ICC Yoga Hall

Teacher: Dulcy Oudsten / Chandra Hira Sing

Topic: Becoming your own master

The Sahaja Yoga teachers **Dulcy Oudsten / Chandra Hira Sing** had conducted the workshop at ICC yoga hall on the Topic of **Becoming your own Master** in the evening **6:30 – 8:00pm**. She discussed about how to control the mind and practised different methods to do the same. There were around 80 participants who benefited from this session.



Date & Day: 17-06-2015 (Wednesday)

Venue: Art of Living Hall

Teacher: Oesha Gopie

Topic: Yoga & Chakras

The Yoga teacher **Oesha Gopie** conducted the workshop at Art of Living hall on the Topic of **Yoga & Chakras** in the evening **6:30 – 8:00pm**. She discussed different Chakras (energy centers) in the body and how to unfold them. It was marked by the presence of 30 participants.



Date & Day: 18-06-2015 (Thursday)

Venue: ICC Yoga Hall

Teacher: Sister Loes Bemmell

Topic: Raja Yoga

The art & importance of **Meditation** by Brahmakumaris **Sister Loes Bemmell** was well appreciated by the participants present in the ICC Yoga hall, in the morning **9:30 – 11:00 am**. During this topic she discussed different aspects like ethics, moral values and self-realization.



Date & Day: 18-06-2015 (Thursday)

Venue: Brahmakumaris Hall

Teacher: Anouscka Van der Kuyp

Topic: Restorative Yoga

Yoga in a different way - The Restorative Yoga was taken by Yoga teacher Anouscka. She focused on how Yoga can be practised with the help of props, like pillows etc, and how it can be practiced by women during their



prenatal and post-natal stages.

It was an excellent workshop which marked the presence of around 30 participants at the Brahmakumaris Yoga Hall in the evening **6:30 – 8:00 pm**. During this session she discussed some breathing techniques as well.

Date & Day: 19-06-2015 (Friday)

Venue: ICC Yoga Hall

Teacher: Kisoen Kamla / Cliff

Topic: The Art of Living

Yoga teacher **Kamla Kisoen and Cliff** had a playful yoga session. The aim of this was to make people learn and enjoy every aspect of Yoga. It was an interactive workshop which marked the presence of around 60 participants in ICC Yoga Hall in the evening **6:30 – 8:00 pm**.



Date & Day: 19-06-2015 (Friday)

Venue: Art of Living Hall

Teacher: Sister Loes Bemmell

Topic: Power of Thought

The power of thought and controlling the mind were discussed in the workshop by **Sister Loes Bemmell** with topic **Power of Thought** at the Art of Living hall in the presence of 40 participants in the evening **6:30 – 8:00 pm**.

It was an interactive session followed by Meditation practice.



Date & Day: 20-06-2015 (Saturday)

Venue: ICC Yoga Hall

Teacher: Dr. Dinesh & Mandy

Topic: Yoga for Teenagers

The age group from 12 – 18 years is the most delicate stage of life, the physical and psychological changes experienced during this phase have to be observed and regulated well. Yoga teachers **Dr. Dinesh and Mandy** had conducted the workshop for teenagers. **Yoga for Teenagers – The Transforming Life** at ICC yoga hall in the morning **9:30 – 11:00 am**. There were around 25 teens who participated along with few parents.



Dr. Dinesh discussed about how to improve concentration power, control the mind and emotions whereas Mandy had taken up a dynamic, challenging Yoga session for them. It was well appreciated too.

Date & Day: 20-06-2015 (Saturday)

Venue: Intervast Residence

Teacher: Loes Bemmél & Jane Sheoratan

Topic: Hatha Yoga & Meditation

The outdoor location at the banks of Suriname river for the Yoga practice is always exciting. To fulfill that, the final workshop of the Yoga week was held at the Intervast Residence (a farm house on the banks of Suriname River) on 20-06-2015, in the evening **6:30 – 8:00 pm**, by **Sister Loes Bemmél** and Yoga teacher **Jane Sheoratan**. It was a nice Hatha Yoga session by Jane & followed by Meditation by sister Loes Bemmél. There were around 45 participants.



INTERNATION Day of Yoga

June 21, 2015

The first International Day of Yoga (IDY) was celebrated by the Embassy of India and Indian Cultural Centre, Paramaribo at the **Flamboyant Park** in the morning at **06:00 – 09:00 am, on June 21, 2015**. There were around **375 participants and 80 volunteers** who participated in this event which was a big success among Surinamers.

On this day, there was lighting of Lamp by the Indian Ambassador **Mrs. Subhshini**, followed by a short video message of **Indian Prime Minister Mr. Narendra Modi**. The programme continued with a 30 minutes documentary presentation on Yoga, with the title Yoga – Harmony with Nature.

The celebration continued with practice of Common Yoga protocol; a universal prayer followed by a series of asanas (physical postures) and Pranayama (breathing practices), which was concluded by 20 minutes of Meditation and a Universal peace prayer.



The week June 22nd - 27nd, 2015, was a BK tribute to the IDY, on the International theme Unity and Yoga, in which every evening the center was open for the public for one hour of guided meditations, and a RY exhibition.



On June 24th there was a Panel Conversation with the theme: Yoga & Women. The participants: Radha Gangaram Panday (pharmacist), Anouscka Van der Kuyp (jurist, teacher and peace messenger) and sister Loes, women from different backgrounds in leading positions.

The evening started with an opening speech by the guest of honor Ambassador of India Mrs. M. Subashini, in which she emphasized on the importance of yoga as the base for a peaceful world. "Yoga gives strength and courage. Women are physical more sensitive but then, our inner power helps us to overcome all challenges. Yoga makes us into Angels." The panel shared how they integrated yoga in their daily life; in their work, with family, friends and society. They were also very open and spontaneous in sharing how they dealt with situations where the family was not accepting and understanding their way of living. The essence of their story was to be courageous and be determined about your decisions.



The elevated presence of our revered brother RajYogi BK Mohan Singhal, from the HQ in Mt Abu and his eloquent way of sharing deep points of knowledge on the theme Unity and Matter was another contribution to the IDY in a lecture program on Friday June 26th. The public was really showered by the jewels and the deep meditation experiences they took with them at the end of the program.

Brahma Kumaris Spiritual Organization SURINAME