



# Newsletter ~ Vallabh Vidya Mandir ~



Publisher – VVM

Volume Number 5

Issue Number 3

Date: Mar 2009

## An Expression...

Yoga comes from the Sanskrit word “YUJ” which means “to join” or to “to unite”. Yoga is an ancient Indian body of knowledge that dates back more than 5000 years. This art is about the union of self-consciousness and universal consciousness. In the past 6 years I have had the opportunity to deepen my yoga knowledge. Although still a beginner, I do realize that one cannot have yoga without spirituality. Yoga and religion are not necessarily mutually exclusive.

Ancient Yogis believed that in order for man to be in harmony with himself and his environment, he has to integrate the body, the mind, and the spirit. For these three to be integrated - emotion, action, and intelligence must be in balance. This balance is achieved through [exercise](#), breathing, and [meditation](#) - the three main Yoga structures.

In Yoga, the body is treated with care and respect for it is the primary instrument in man's work and growth. [Yoga exercises](#) improve circulation, stimulate the

abdominal organs, and put pressure on the glandular system of the body, which can result in [better health](#).

Breathing techniques were developed based on the concept that breath is the source of life. In Yoga, students gain breathing control as they slowly increase their breathing. By focusing on their breathing, they prepare their minds for the next step - meditation. There is a general misconception that in meditation; one's mind has to go blank. On the contrary, the activities of the mind are brought into focus resulting in a 'quiet' mind. By designing physical poses and [breathing techniques](#) that develop awareness of the body, Yoga helps focus and relieves one from everyday stresses.

For a discussion on the history of Yoga, one could divide it into four periods: the Vedic Period, Pre-Classical Period, Classical Period, and Post-Classical Period.

**Vedic Period** - Veda is the sacred scripture that forms the basis of modern-day Hinduism. It is a collection of hymns that praise a

divine power. The Vedas contains the oldest known Yogic teachings and as such these teachings are called Vedic Yoga. During this time, the Vedic people relied on *rishis* or dedicated Vedic Yogis to teach them how to live in divine [harmony](#).

## No Classes

**March 22, 2009  
(Spring Break)**

**Classes will resume on  
March 29th, 2009**

Pre-Classical Yoga- The creation of the Upanishads marks the Pre-Classical Yoga. The Upanishads (the conclusion of the revealed literature) describe the inner [vision](#) of reality resulting from devotion to Brahman. These explain three subjects: the ultimate reality (brahman), the transcendental self (atman), and the relationship between the two. Bhagwad-Gita, created in 500 BC, concludes that - to be 'alive' means to be active and our actions have to be benign and have to exceed our egos.

Gita implores that three facets



# Newsletter ~ Vallabh Vidya Mandir ~



Publisher – VVM

Volume Number 5

Issue Number 3

Date: Mar 2009

must be brought together in our lifestyle: Bhakti or devotion, Jnana, which is knowledge or contemplation, and [Karma](#), which is about selfless actions. The Gita then tries to unify Bhakti Yoga, Jnana Yoga, and Karma Yoga and it is because of this that it has gained importance.

**Classical Period** -The Classical Period is marked by another creation - the Yoga [Sutra](#). (written by Patanjali around the 2<sup>nd</sup> century). It is composed of 195 sutras that expound upon the Raja Yoga and its underlying principle - Patanjali's Eightfold path of Yoga (also called Eight Limbs of Classical Yoga). These are:

1. Yama - social restraints or ethical values;
2. Niyama, - observance of purity, tolerance, and study;
3. [Asanas](#) or physical exercises;
4. [Pranayama](#) - breath control or regulation;
5. Pratyahara or sense withdrawal in preparation for [Meditation](#);
6. Dharana - which is about concentration;
7. Dhyana, - meditation; and

8. Samadhi, which means ecstasy.

Patanjali believed that each individual is a composite of matter (*prakriti*) and spirit (*purusha*). He further believed that the two must be separated in order to cleanse the spirit - a stark contrast to Vedic and Pre-Classical Yoga that signify the union of body and spirit.

## Carnival.....!!

Fun, Games, Food

Saturday March 14<sup>th</sup>, 2009  
(11 AM – 3 PM)

Mark your Calendars

For Tickets  
Contact VVM Front-Desk

**Post-Classical Yoga** - Yoga was introduced in the West during the early 19th century. It was first studied as part of Eastern Philosophy and began as a movement for [health](#) and vegetarianism around the 1930's. By the 1960's, there was an influx of Indian teachers who expounded on Yoga. One of them was *Maharishi Mahesh*, the Yogi who popularized [Transcendental](#)

[Meditation](#). Another one is a prominent Yoga Guru *Swami Sivananda*. His modified Five Principles of Yoga are:

1. Savasana or proper relaxation
2. Asanas or proper exercises
3. Pranayam or proper breathing
4. Proper diet and
5. Dhyana or positive thinking and meditation

In the midst of our modern world characterized by daily [stress](#), fatigue, and pollution, more and more people are seeking that elusive sense of relaxation and inward awareness. Hailing from an ancient tradition originated in India, [Yoga](#) has long since provided people with a refuge away from the everyday confusion, and has transported an increasing number of people to a peaceful oasis within. Though the practice of Yoga is closely associated with ancient texts, beliefs, and values, it also yields benefits useful for people's practical daily lives. Yoga may seem like the fabled elixir of life - a cure-all solution to man's daily problems and concerns such as illness. But actually, the benefits that Yogis or Yoga practitioners have been experiencing for thousands of years are only being



# Newsletter ~ Vallabh Vidya Mandir ~



Publisher – VVM

Volume Number 5

Issue Number 3

Date: Mar 2009

gradually proven by medical science now.

*Phalguni Kikani*

## The March is On..

It has been over two years since the idea of developing a playground for our youngsters was proposed. Some time ago we installed a state-of-the-art Basketball system followed by a Volleyball court. A modern playground for two age groups (2-5 years and 5-12 years) was planned. Over \$60,000 in funds were pledged by about 100 generous families. Many playground manufacturers / installers were contacted, quotations received and their bids were compared. After careful study, GAMETIME was selected as the supplier. To properly secure the expensive equipment and to restrict its usage, we waited for the fence to be ordered and installed first. Once the fence was installed, installation of playground began.

Construction of new playground is now complete. On March 1, 2009 ribbon cutting ceremony is

planned. It will be followed by buffet lunch for all invited guests.

The new playground has two sets of equipment including swings for two age groups. The equipment was selected to provide individual and interactive play, as well as exercise opportunities. It meets all safety regulations and is sturdy. It is expected to provide lasting pleasure to our youngsters for many years to come.

This playground will encourage more youngsters to come to the temple and to sign up for a variety of classes offered by Vallabh Vidya Mandir. When they grow up they will appreciate the sacrifice the donors made for the pleasure and benefit of our younger generation. Hopefully, this will inspire and motivate them to do similarly.

VVM thanks all the donors who generously contributed for the playground.

*Sureshbhai Patel*

## Yoga Class ..

Recently students from our Yoga class performed Surya Namaskar

to celebrate Makar Sankranti. Attached are a few pictures from the class.





# Newsletter ~ Vallabh Vidya Mandir ~



Publisher – VVM

Volume Number 5

Issue Number 3

Date: Mar 2009

## New Playground..

As mentioned in Suresh Bhai's article on "March Goes On..", the New Playground is ready to be broken in by our children. Attached are a few tantalizing and inviting pictures of the playground...**ENJOY!**



**..Important**  
If you are not receiving my e-mail, please send an e-mail to [kikanis@earthlink.net](mailto:kikanis@earthlink.net)  
*Phalguni Kikani*

## Indian History...

Junior and Senior History class students made short presentations on their favorite characters from Indian History. Here are a few pictures to celebrate their hard work and dedication. Thanks to the teachers Saloni Modi and Suruchi Sablok for the encouragement.

