

Swami Yogeshwarananda Maharaji's Raja Yoga Asana/Pranayama Meditation

By Jnana Yogi : Direct disciple of Swami Yogeshwarananda Maharaji

THE WISDOM HOLDER OF THE "YOGA NIKETAN" TRADITION

■Sadhana first period: 4 Feb. 2019 (Mon) ~ 14 Feb. (Thu) at Yoga Main Hall

Agnihotra/ Fire Ceremony: 10 Feb. (Sun) 9:30-10:30 at Yajna Hall

Meditation: 10 Feb. (Sun) 11:00-12:00

at 3rd Floor of Yoga Main Hall Private room of Swami Yogeshwarananda Maharaji

【Sadhana on July.2019】

29July. 2019 (Mon)~3 August. (Sat) for 6 days

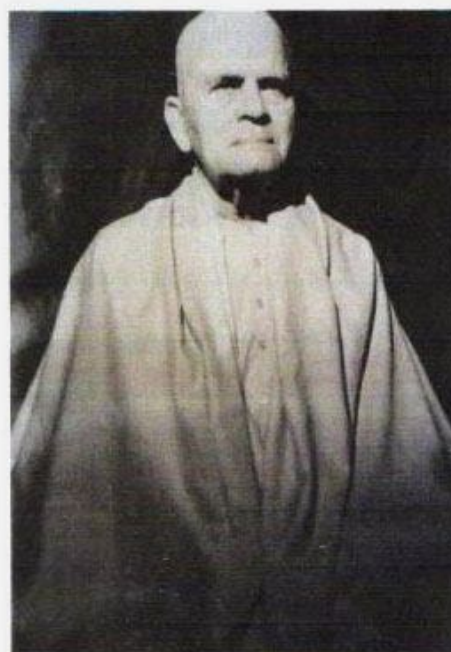
【Sadhana on November.2019】

17Nov.2019(Mon)~23Nov.(sat) for 7days

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Time table

Wake up call	5:15
Morning Meditation	5:30 to 6:30
Morning Traditional Yoga Asana/Pranayama	6:45 to 8:20
Breakfast	8:30
Lunch	12:00 NOON
Yoga Sutra lecture & Meditation	15:15 to 16:00
Evening Tea	16:00
Evening Yoga / Traditional Asana Pranayama	16:30 to 17:45
Evening Meditation	18:00 to 19:10
Dinner	19:15



Curriculum Vitae of Teacher

(Jnana Yogi / Kazuo Keishin KIMURA)

- Graduated from Tokyo University of Education in 1969
- Founded Yoga Niketan Japan in 1981
- Received Guru Diksha and yogic name Jnana Yogi



by Swami Yogeshwarananda Maharaji on 3 March 1982 at Yoga Niketan Rishkesh

- Translated "Science of Soul" in 1983 and passed it to Swami Yogeshwarananda in Kashmir at the summer of 1984
- Currently engaged in a wide variety of seminars, lectures, and yoga trainings based on traditional Raja Yoga and Yoga Therapy. "Swami Yogeshwarananda Manaraji had Maha Samadhi on 23rd April 1985 at Yoga Niketan Rishkes"