



Ganga Darshan
Munger

Gurukul Lifestyle Courses 2010

The purpose of gurukul lifestyle training is to open the mind, whereas the purpose of yoga is to focus the mind. When we practice yoga we learn how to focus the mind and bring it to one point with the help of asana, pratyahara, pranayama, dharana and dhyana. In the gurukul process, the achievement is not to focus the mind, but rather to broaden and open the mind. This can only happen when the individual is continually exposed to different situations and has to learn how to manage themselves and their interactions with a positive, creative and constructive state of mind. This is the lesson of Sri Swamiji's teachings.

—Swami Niranjananda Saraswati

In 2010, Bihar School of Yoga, Munger, is holding two fully residential Gurukul Lifestyle courses.

February 1–July 25
August 1–January 25

Following the traditional gurukul disciplines and principles of service, renunciation and compassion, the training given will focus on practical experience and application of the skills required for any balanced development in spiritual life.

Gurukul Lifestyle courses will be conducted in both Hindi and English medium and are open to Indian nationals and foreigners alike. The daily routine from 5.00am to 7.30pm is rigorous, and participants will need to be physically fit and in good health. Both males and females between eighteen and sixty are welcome to apply.

The minimum board and lodging charge of Rupees 12,000/- must be paid at the time of admission.

For an application form or further information, contact:

Bihar School of Yoga, Ganga Darshan, Munger, Bihar, 811201, India

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Enclose a stamped self-addressed envelope for your reply.