

SRI JOYDIP ASHRAM GYAN YOGA TRAINING AND RESEARCH CENTRE

INTERNATIONAL YOGA DAY 2023

GYANA YOGA FOR LIFE ENHANCEMENT

SRI JOYDIP

6/21/2023

This is a report on International Yoga Day Program 2023 of Sri Joydip Ashram Gyan Yoga Training and Research Centre



Join the Transformative Path of Gyan Yoga at Sri Joydip Ashram! 🌟🌟

Greetings, dear seekers of knowledge and spiritual growth! 🌟🌟

I am thrilled to share with you the incredible journey we embarked on during our enchanting Gyan Yoga session on this momentous occasion of International Yoga Day 2023. The Facebook Live session held at the prestigious Sri Joydip Ashram Gyan Yoga Training and Research Centre from 8-9 am was nothing short of a revelation!

For half an hour, we delved into the profound depths of Gyan Yoga, exploring its theoretical underpinnings and understanding the transformative power it holds within. We discussed how Gyan Yoga, the path of knowledge and wisdom, leads to self-realization and ultimate liberation. The atmosphere was electrifying as we unraveled the timeless teachings of ancient sages, bringing their wisdom into our modern lives.

But the true magic unfolded during the practical demonstration of meditation based on Gyan Yoga principles. As we closed our eyes and turned inward, a serene stillness enveloped us, transporting us to a realm of pure awareness. In that sacred space, we experienced the profound union of the individual consciousness with the universal consciousness. It was a transformative experience that touched the depths of our souls, filling us with peace, clarity, and a deep sense of purpose.

Now, I invite you to witness the magical moments from our session by watching the video and exploring the captivating pictures we have shared.

Click here to access the video:

<https://www.facebook.com/SriJoydipAshramGyanYogaTrainingandResearchCentre/videos/1669600003504059/?mibextid=rS40aB7S9Ucbxw6v>

These glimpses into the Gyan Yoga session are just a fraction of the profound wisdom and spiritual nourishment that awaits you at Sri Joydip Ashram. If you have been yearning for a path that combines knowledge, introspection, and self-realization, then look no further. Join our Gyan Yoga basic and advanced programs at Sri Joydip Ashram, where the ancient teachings come alive under the guidance of experienced and compassionate teachers.

Embarking on the path of Gyan Yoga will empower you to:

- Cultivate deep self-awareness and clarity of thought.*
- Discover the true nature of existence and the purpose of your life.*
- Transcend limiting beliefs and expand your consciousness.*
- Nurture a profound connection with the universal consciousness.*
- Experience inner peace, joy, and fulfillment in every aspect of life.*

To learn more about our Gyan Yoga programs, please visit our website:

<http://www.srijoydipashram.org>

Enroll today and embark on a transformational journey that will lead you to the pinnacle of spiritual evolution.

Remember, dear friends, the path of Gyan Yoga beckons to those who seek the ultimate truth. Open your heart and mind to the infinite possibilities that lie within. Let the light of knowledge guide you towards a life of profound meaning and purpose.

Together, let us illuminate the world with the brilliance of wisdom!



With blessings and love,

Sri Joydip