

## **SAHAJ YOGA CAMP**

**FEBRUARY 5 2020**

Yoga provides concentration, self-determination and self-motivation, which is a highly desirable trait in students as they need to remain motivated and determined during their journey on the career path. Keeping this objective in mind, a session on Sahaj Yoga was conducted for the students on **7<sup>th</sup> Feb 2020**. Yoga trainers, **Mr. Vivek Choudhary** and **Ms. Shalini Choudhary** explained the importance of yoga in students' life and stressed that it can really be a game changer for a student. It is difficult for a student to stay motivated throughout, pertaining to the ups and downs in life. Yoga is the union of physical, mental and spiritual aspects of the body.

Students were taught simple exercise and were asked to practice those daily. The trainers stressed that through the practice of Sahaja Yoga, our awareness gains a new dimension where the absolute truth of vibrations can be felt on our central nervous system and our palms. The vibrations are emanated from the palms of the person as a result of the awakening of the Kundalini. As a result of this experience, our spiritual ascent takes place effortlessly and physical, mental and emotional balance is achieved as a by-product of the self-realisation and Sahaja Yoga Meditation. The exercises consisted of combining physical postures with breathing techniques with the help of meditation and hence relaxation. According to ancient Indian texts, Yoga can open up all the senses of your body and keep us healthy and fit.

*Student Coordinators with the Sahaj Yoga Team*

