

## YogaSeva -----September 26<sup>th</sup>.2010

The community of Wichita, who had a taste of Yoga through the Yogathon of Aug 29<sup>th</sup>, felt very good and were yearning for more yoga classes. There was a constant demand from the community which made me happy that people are more leaning towards the saying "Prevention is better than cure".

The feeling of fullness that I felt in my mind is beyond words. I felt happy that people are caring for their health and taking charge of the same through Yoga. I remember my husband's grand -father who lived till a ripe age of 89 was practicing yoga each and every morning from 4-5 a.m. He was fit and had no cholesterol, no diabetes and no high blood pressure and no cancer.

He was fit as a fiddle until he breathed his last. YOGA is an effective way to calm your mind and nerves which will eventually keep you free of illnesses.

### YOGASEVA WITH PATANJALI YOGPEETH

September 26<sup>th</sup> was a bright sunny day and there was a lot of activity at the Hindu Temple in Wichita, Kansas. The parking lot was full of cars and the basement hall was full of people, armed with their Yoga mats. I was amazed that so many people have showed up and was very thankful to the teachers, a husband/wife couple from Kansas City who had driven 3 hours that morning to run the class from 10a.m. till noon.

Patanjali Yogpeeth techniques of Yoga are very unique and authentic, which were believed to be practiced by ancient yogis. In the modern day these techniques are revived so that people have a healthy lifestyle free of illnesses and complaints.

The pranayama is a breathing technique of yoga which had eight steps and they went step by step through them. Breathing exercises, flexibility and acupressure techniques were very interesting that we did not feel the hour passing by.

The teachers are in their late 60's age group and narrated to us the benefits of practicing yoga early morning every day. What surprised us more was the fact that the gentleman who was diagnosed with prostrate

cancer and liver malfunction is totally cancer free after two years of Pranayam and his readings had improved on his liver function.

All the participants were feeling happy and contented after a class of Yoga for nearly 2 hrs. All the more people were happy that the classes were free, offered by Hindu American Seva Charities.

I feel happy to work for an organization that has so many contacts and partnerships with many authentic Yoga schools like Patanjali Yogpeeth  
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