

SEPTEMBER - OCTOBER 2018 NEWSLETTER

WORDS OF WISDOM

Sri Swami Satchidananda



Respect Everything

“A yogi should respect everybody and everything—including money. Money is also a form of God. If you don’t respect it, it won’t come to you. See everything as a manifestation of the cosmic energy. Treat and respect all properly. This is Yoga.”

“Om Shanti, Shanti, Shanti.”
Sri Swami Satchidananda



ONGOING CLASSES

HATHA YOGA CLASSES & PUJA

	MON	TUES	WED	THURS	FRI	SAT	SUN
HATHA I BEGINNERS	10:30am 7:00pm	10:30am 7:00pm	10:30am 7:00pm	10:30am 7:00 pm	10:30am	11:00am	11:00am
INTERMEDIATE HATHA					7:00pm	9:00am	
PUJA (Ecumenical Service)							10:00am

Dear Friends,

*With weather changing from warm to cooler mornings and evenings
there's nothing like yoga to keep us transitioning smoothly!*

We also welcome back students who have been away for most of the Summer!

**PLEASE NOTE: WE ARE CLOSED SATURDAY, SUNDAY & MONDAY OF LABOR DAY WEEKEND
OM SHANTI!**

HATHA I-BEGINNERS

Welcome! Please try to arrive 15 minutes before class. Classes begin promptly and end after approximately one hour and twenty minutes. These classes are suitable for most anyone to "come off the street" and find yoga doable. A time to relax the body and mind and start the inner healing process.

HATHA MIXED LEVEL

Any of our Beginner Yoga Classes can be adapted to provide students more time in the pose as well as additional poses based on student population presented.

HATHA II INTERMEDIATE

Continue the journey and refine your yoga practice. Improve form and create a solid foundation to allow the asanas to become tools for higher awareness and begin to experience the benefits of these practices on a much deeper level. It is recommended students become familiar with the basic class before attending the intermediate.

NEW TO YOGA?

Take your First Class Free!

Then your first two months of unlimited classes for only \$99.00!

REGULAR CLASS FEES

\$18.00 for a single class

\$108.00 for one calendar month of unlimited classes

(plus 10% discount in store)

\$65.00 for a half month

WHAT TO WEAR: We suggest comfortable, modest clothing that will allow the body to stretch easily, such as a leotard, sweatpants and a shirt, or shorts and a T-shirt. Please refrain from wearing heavily scented perfumes.

IF PREGNANT: please call the Institute to discuss options. We have a certified Yoga for Pregnancy Instructor on staff who can provide private classes as well as groups as needed.

LATECOMERS can not be admitted once the class has begun in order to not disturb students who have already begun to relax.

PRECAUTIONS: If you have any major health problems, please let the teacher know before class. During their menstrual periods, women are encouraged to practice more gently, with more emphasis on relaxation and alternate nostril breathing. It is advised that pregnant women refrain from taking our regular class. Please call and inquire about Pre-Natal classes.

SUNDAY MORNING PUJA

Swami Satchidananda was dedicated to the principle "Truth is One, Paths are Many." His teachings have brought together people of all backgrounds and beliefs so that they may learn to respect the different paths and realize the common spirit and universality of our spiritual goals and to "Find Unity in Diversity." The Integral Yoga Puja is a special service that allows us to practice and realize these truths. The practice of puja allows us to open our hearts and to calm our minds so that we may experience all that is spiritual in our lives. During the puja we offer personal prayers, chant and meditate upon the Divine and acknowledge the light that shines within us all.

Open to All faiths, everyone is welcome. Sunday 10am

Chair Yoga! **Group Meditation**

with Rev. Premajyothi



*Find getting down on the floor
and getting back up again too
daunting?*

*Need exercise but even walking
is challenging?*

*Need to relax.... Body and
Mind?*

**Join our growing group
of regular chair yoga
students!**

Tuesdays

3:00pm - 4:00pm

\$10.00 per class

**Please *Pre-Register* by calling
201-796-7585**



*Practicing together has
enriching effects for
beginners as well as
regulars. Group meditation
makes it easier to quiet the
mind and experience
deeper benefits.*



Singing Bowls & Gong Yoga

*Join Premajyothi and Lacsmi
Scalise in a healing yoga session,
enhanced by the elegant sound of
Tibetan Singing Bowls.*



**Tuesday,
October 2
7pm: \$25
Please RSVP!**

**Tuesdays
6:15 pm-6:45 pm
\$10.00 per class
(except for Sept 4!)**

**Please *Pre-Register* by
calling 201-796-7585**

Veterans & Community Fair

Memorial Park & School
12-01 1st Street
Fair Lawn, NJ

Saturday, September 22, 2018

- Services for Veterans Booths, including **free introductory mini IYI chair yoga class**, with Garuda and Arjuna! 9am - 12pm
- Free Concert (12pm - 5pm)
- Veteran Owned Business Marketplace to include a VOB Beer Garden.
- Car & Motorcycle Show with a veteran Owned DJ Frank & Frank the DJ Docs playing all day.
- Veteran & Military Raffles – Past and Present Service members will receive a free raffle entry where we will be raffling over 70 prizes off throughout the day
- Family Activities to include a bouncy house, a special operations obstacle course, patriotic rock paintings, letters writing station for the troops, meet and speak with Veterans table, “Billy’s Baseballs”, ribbon honor wall and more.
- Iconic Barbershop from Glen Rock will be giving free haircuts to Veterans all day!
- The military will also be there. We will have the US Army recruiters from Hackensack overseeing activity stations and handing out really cool items. The New Jersey National Guard will also be landing and displaying a Blackhawk Helicopter for everyone to check out and have an opportunity to speak with the crew.
- Rock Our Vets will have an electronics drop off station where old cell phones, tablets and computers are refurbished or recycled to purchase new items. In turn, these items are given to our past and present Service members.
- Food and Ice Cream Vendors.

Special Guest Hatha Instructor



Garuda Buss offered an exceptional yoga class in August so this time we want you to know when he will be up here again from Yogaville to teach!

Mark your Calendars!

Sunday, September 23 11am

Saturday, November 3, 9am

Sunday, November 4, 11am

Integral Yoga Teachers!

Garuda is offering to you a Teachers Refresher Course

Monday, Sept. 24 7-9pm

Monday, November 5 7-9pm

Please RSVP!

Please Pre-Register by calling 201-796-7585

Antar Trataka!

Yi Gun Gin

with Margabandhu



*For Serious Students of
Yoga who wish to
understand the deeper
benefits of Yoga and go
beyond the basics of a
Beginner Yoga Class*

***Join Margabandhu's
growing group
of regular students!***

Sundays

Sept 30, Oct 7, 14, 28,

Nov 4, 11

8:00am - 9:30am

\$40.00 per class

*Yi Gun Gin brings
strength to tendons in a
way that can enhance
your yoga practice as
well as enhance your
strength in world.*

*Margabandhu shares
yogic insights in the use
of Yi Gun Gin. Class
ends with a rejuvenating
Deep Relaxation!*

Saturdays

Oct 13, 27, Nov 17, Dec 1

1:00 pm-2:30 pm

\$25.00 per class

\$80 for series

Please **Pre-Register** by calling 201-796-7585 or emailing
integralyoga@gmail.com

Laughing Yoga!



Need some inspiration to turn your frown upside down?
Laugh yourself Happy!

Laughing Yoga has become so popular around the world. Laughing has been proved to boost your Immune System and greatly increase your level of Contentment!

Norman Cousins was the first to show that laughter could help cure his diseased body!

Join Lalita Cohen in a wonderful yoga class, that includes a fun laughing session immediately following Deep



Sunday 11:00am
October 28, 2018
\$18.00

or included in Monthly Plan

Children's Yoga



Premajyothi Devi, Certified Children's Yoga Instructor and Karen Kamala Guancione, Yoga Instructor and Renowned NJ artist, together provide young students a fun experience of yoga in action and yoga in art.

Each session will begin with a 35 minute hatha class followed by an inspiring art project.

Children will be guided in collages, group mandalas, garlands, masks, and other engaging projects that stimulate young minds and inspire their hearts.

Saturdays 3:00 - 4:30pm
Sept 15, Oct 27, Nov 17,
Dec 1, 2018

\$10 per class

Please Pre-Register
integralyoga@gmail.com

Raja Yoga

*An Introduction to the
Psychology and
Philosophy of Yoga
or*

How to live a happy Life

Here is a special opportunity to study the ancient yogic teachings that are still relevant today. Learn from a Deep thinking, Compassionate and Dedicated Servant to Humanity as we receive guidance and inspiration to live our lives differently: more peaceful and more useful.

All are Welcome.



Guest Speaker:
Rev. Saraswati Lee

Monday, September 17, 2018

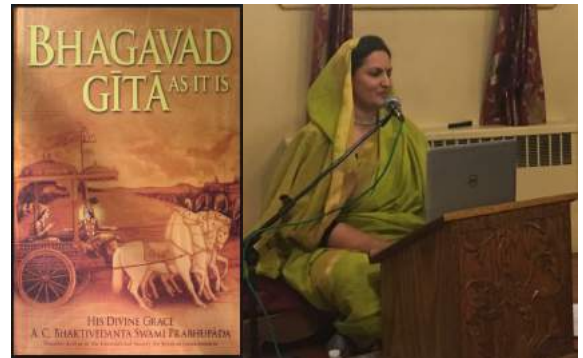
7:00 pm - 9:00 pm

\$20.00

Please RSVP: 201-796-7585

Bhagavad Gita

A timeless & universal message of love



"When I read the Bhagavad-Gita and reflect about how God created this universe everything else seems so superfluous." - Albert Einstein

The essence of all Vedic knowledge is captured in these 800 verses of the Gita, which scholars worldwide have acknowledged and appreciated. Set in the midst of a battlefield, reflecting the demons and heroes within our own hearts, Krishna speaks of the eternal principles of life, duty, suffering, and the discovery of everlasting happiness and love.

Join Arundhati Dasi as she guides us into the rich legacy of the Bhagavad Gita. An Integral Yoga Institute teacher and initiated priest in the Iskcon lineage, Arundhati seamlessly blends modern day living with ageless Vedic wisdom.

Two lectures Series: \$25.00

Monday October 9

Monday October 16

7pm - 9pm.

Includes short Kirtan and a vegetarian snack (prasadam) with instructions on how to "sanctify" the offering.

New: Dinner & Satsang!

First Friday of the Month

Join us for a vegetarian meal followed by Satsang.

Friday, October 5, 6pm - 8:30pm
Becoming a Happier, Healthier You



You can use yoga practices to improve or eradicate health concerns and provide yourself more energy, less fatigue and a renewed purpose in life. Our Director, Margabandhu, will share his insights of over 50 years of dedication and determination in honoring a “Yogic Lifestyle”, while still living in the “real world” with discipline and a caring heart.

Friday November 2, 6pm - 8:30pm
Releasing our Stress without “Yoga”



With years of experiencing stress—from Vietnam, Emergency First Aide Air Lifts, working in Saudi Arabia, relationships, children, grandchild, piloting thousands of hours, including trips with our Beloved Swami Satchidananda, Garuda will delight you with his wisdom and his humor in getting through life on the lite side!

Be sure to Pre-Register! \$50 each. Call 201-796-7585

Fall Fundraising Dinner

Save the Date!

Sunday, November 4
1:00 pm

**Join us for wonderful
Italian faire
and Wonderful
Entertainment**

**Donation:
\$54 or \$108
whichever you can afford
for this good cause!**



Tiramisu Restaurante
205 Market St
Elmwood Park, NJ

Exciting Entertainment
Great Food
Wonderful Company!
Special Cause: Continuing
Upkeep of our Center!
Thank you!!

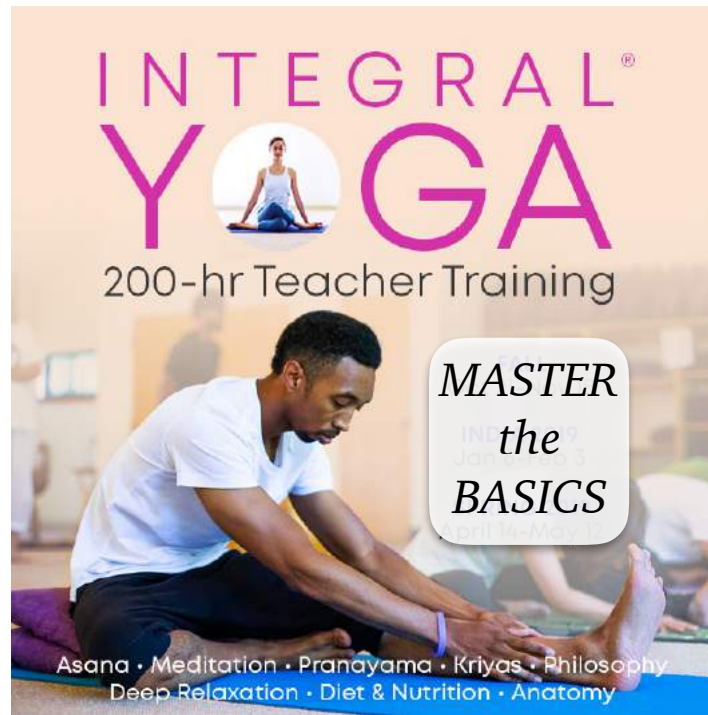
**Our Special Guest
Musician Extraordinaire
Returns!**



Anthony Duke Claus is a singer and an actor. He is a member of SAG-AFTRA, and has been performing since the age of three. His first professional roles were Off-Broadway: *Disney's 101 Dalmations*, *The People Garden*, *Home Front*, as well as regional theater: *Einstein's Breakfast*, *Winnie the Pooh Christmas Carol*, and *The Wizard of Oz*. His television appearances include *MTV-2 Wonder Showzen*, *The Late Show with David Letterman*, *PBS-Arthur*, *PBS-Dragon Tales*, *Nickelodeon*, *Blue's Clues-Nick Jr.*, *Clifford*, and a recurring role in *One Life to Live*.

Anthony's vocal recording credits include the following CDs: *John Forester's How to Eat Like a Child*, *Uncle Henry's Children's*, *TAP Kids*, *Einstein's Breakfast - Soundtrack of Musical*, *The Broadway Jr. Collection*, and *Music Theater International*. Trained by his cousins David and Eddie Brigati of legendary Hit Record bands *Joey D and the Starlighters* [Peppermint Twist] and the *Rascals* [numerous hits], he continues to sing and record with several well-known professional musicians, and is currently involved in the production of his own music CD, as well as a pilot for his own television situation comedy.

A BENEFIT FOR
INTEGRAL YOGA INSTITUTE
21-03 MAPLE AVENUE FAIR LAWN, NJ 07401
201-796-7585 WWWIYNJ.ORG



The **Integral Yoga 200-hour Teacher Training** here at Integral Yoga Institute, Fair Lawn, NJ is a five month-long non-residential program consisting of over 200 class hours.

This comprehensive Yoga teacher certification provides a strong foundation for personal and spiritual development, a space for nurturing your own practice, and the skills necessary to become a knowledgeable Yoga teacher. You will learn to teach each portion of the Integral Yoga Beginners' class, including *asanas* (Yoga poses), deep relaxation, *pranayama* (breathing practices), chanting, and meditation.

Additionally, you will explore:

- Classes in vegetarian diet
- Instruction in basic anatomy and physiology
- Chanting instruction—for personal practice and class settings
- Raja Yoga (the science of the mind and yogic lifestyle)
- Jnana Yoga (the study of Self-inquiry)
- Bhakti Yoga (the path of devotion; including chanting, worship, and self-surrender)
- Karma Yoga (the practice of selfless service)

CALL NOW FOR MUTUAL INTERVIEW TO LEARN MORE!

201-796-7585 or Email us!

integralyoga@gmail.com

Teacher Training Schedule

Saturdays
February 9, 23,
April 20*, 27
June 1

10:00am – 4:00pm
March 9, 23,
May 4, 18

Sundays
February 3, 17,
April 14,

8:00am – 12pm
March 3, 17, 31

Sunday Intensives
April 28
June 2, 16, 30

8:00am – 4:00pm
May 12

Mondays
February 4, 11, 18, 25
April 1, 15, 22, 29
June 10

6:30pm – 9:30pm
March 4, 11, 18, 25
May 6, 13, 20

**Anatomy & Physiology
with Russell Ditchfield-Agboh
Tuesdays Feb 5, 12, 19 6:30m- 9:30pm**

**Special Raja Yoga Talk
with Reverend Jaganath Carrera
Monday, March 25, 2019**

**Nutrition with Margabandhu
Saturday March 23 1pm-3pm**

**Day Retreat
*Saturday, April 20, 2019 7am – 4pm**

**Mentoring: 6 hours scheduled w/mentor
Attend 1 Meditation Class & 1 Kirtan**

**Exams & Qualifying Classes
during the Mondays and Saturdays in June**

**Graduation: Sunday July 21 6:00pm
(projected)**

The Instructors

Rev. Jagadish Ruttler

is a Senior Instructor with over 22 years experience. He is certified in Raja Yoga and Meditation as well as holds certifications in Beginner, Intermediate and Advanced levels of Hatha Yoga. Along with his commitment to sharing the teachings of Integral Yoga, Jagadish is a Certified practitioner of Acupressure, Reflexology and Reiki (Master/Teacher).

Margabandhu Martarano

has served as Director of the New Jersey IYI, at the request of Sri Swami Satchidananda, for almost 50 years when classes first began and a food co-op opened in Garfield, NJ. Margabandhu is a Senior Certified Integral Yoga Instructor, proficient in all aspects of Yoga, having learned directly from Gurudev in the early years. Professionally, Margabandhu has a BA in Education and is a Certified Massage Therapist, specializing in Acupressure and Reflexology, and a Master Herbalist, having studied with many experts over the years including: Viktoras Kulivinskas, Smoky Santillo and Dr. Ralph Alan Dale.

Rev. Premajothi Devi

is a certified Integral Yoga Instructor for Cardiac, Children's, Prenatal, Post-Partum, Raja Yoga and Beginner Hatha Yoga. On August 19, 2006, she deepened her commitment to Integral Yoga by becoming an Integral Yoga Minister, dedicated to serving all the needs of our community.

Rev. Jaganath Carrera

is a senior Disciple of Sri Swami Satchidananda and an Integral Yoga Minister with over 30 years teaching experience in the various branches, practices and theories of Yoga. He has been a principle speaker and coordinator of many Integral Yoga Teacher Training Programs in Hatha Yoga, Raja Yoga and Meditation. He currently is the founder and director of the Yoga Life Society, sharing the teachings of yoga throughout New Jersey.

Russell Ditchfield-Agboh, PT

is a Certified Integral Yoga Instructor. A Graduate of Daemen College with a BS in Physical Therapy, with a minor in Biology. He has 5 years as a PT at the New York University Medical Center. Russell is also Certified in Structural Integration (Rolfing). His engaging lectures have made him a popular Anatomy & Physiology Instructor for several yoga teacher trainings programs in NJ, but he started his teaching career here in Fair Lawn!

Tuition includes all necessary books and Hatha classes to be taken during the Teacher Training Program.

Certification will be given upon the satisfactory completion of All Training requirements.

- Taking required Yoga classes
- Teaching required Yoga classes
- Completion of written exam
- Completion of tuition payments

**For additional information call:
(201) 796-7585**



YOGA
LIFE
SOCIETY



ANNOUNCING: SACRED WISDOM ACADEMY 2018-2019

Upcoming Trainings with Reverend Jaganath

PATANJALI'S WORDS – DEEPER INSIDE THE SUTRAS
Inspired by the release of the new book by Reverend Jaganath, *Patanjali's Words*, this four-part course will debut Reverend Jaganath's most recent research on the Yoga Sutras, including insightful translations and groundbreaking discoveries!

TRIAxIAL ACUPOINTS FOR WOMEN'S HEALTH
This three-part training is designed to enhance the Yoga teaching toolbox. Participants will attain a basic understanding of the internal organs, the energetic meridian lines, and specific acupressure points that can be integrated into a Hatha class to benefit women's health.

SECRET SUTRAS: HEAR PATANJALI MORE CLEARLY
Mark your calendar in the new year for this four-part series. Join us on the last Tuesday of the month (March-June) to uncover surprising, powerful, and practical teachings with a confidential exploration of lesser known sutras with the Master!

SIX STAR YOGA – SS YOGA: SET SAIL TO LIBERATION
This course offers the opportunity to expand and deepen your own practice and cultivate the tools to live the Yoga life, and to better serve the students who attend your classes. All six branches of Yoga will be explored in depth.

Dive Into Our Tuesday Night Classes!

PROGRAMS WITH REVEREND JAGANATH

- Got Pain?
- Are You a Doubting Thomas?
- Meditation Master Class
- Good Vibration: Yoga of Sound
- Building Immunity with Triaxial Yoga

PROGRAMS WITH SENIOR TEACHERS

- Our Monthly Meditation Gathering (OMM Gathering)
- When Krishna Speaks, Arjuna Listens (Bhagavad Gita)
- Devotion & Wisdom (Bhakti & Jnana Yoga)
- Harmonious Living (Subtle Energy Practices)
- Create a Sankapla (New Year Resolve)
- Teaching from the Bhagavad Gita
- Triaxial Teaching (Yin/Yang & Energetic Organs)
- Exploring the Sutras of Patanjali
- Mental Health: Meditation, Mindfulness & Movement



YOGA
LIFE
SOCIETY

***Please check our website
for more information,
as well as locations for
Sacred Wisdom Academy,
Hatha & Special Events.***

www.YogaLifeCenter.org

Reverend Jaganath, a longtime devotee of our Swami Satchidananda, Mentor/friend of NJ Integral Yoga Institute, and now founder and spiritual director of the Yoga Life Society and his students will be our guest this Fall. They are in transition from needing to leave their Woodland Park home to being able to use their new home. They will be using Samadhi Room in the main building for all their offerings. You are welcome to attend

Registration for any program is through their website:
www.YogaLifeCenter.org

BIOGRAPHIES

Margabandhu Martarano, an E-RYT-500, has served as Director of the New Jersey IYI, at the request of Sri Swami Satchidananda, for over 40 years, beginning when classes first began and a food co-op opened in Garfield, NJ. Margabandhu is a Senior Certified Integral Yoga Instructor, proficient in all aspects of Yoga, having learned directly from Gurudev in the early years. Professionally, Margabandhu has a BA in Education and is a Certified Massage Therapist, specializing in Acupressure and Reflexology, and a Master Herbalist, having studied with many experts over the years including: Viktoras Kulvinskis, Smoky Santillo and Dr. Ralph Alan Dale.

Rev. Jagadish Ruttler is a dedicated student and teacher of Integral Yoga. A Senior Instructor with over 17 years experience, he is certified in Raja Yoga and Meditation as well as Beginner, Intermediate and Advanced levels of Hatha Yoga. On August 19, 2006, he deepened his commitment to Sri Swami Satchidananda and the teachings of Integral Yoga, and became an Integral Yoga Minister. Along with his commitment to sharing the teachings of Integral Yoga, Jagadish is a Certified practitioner of Acupressure, Reflexology and Reiki (Master/Teacher).

Rev. Premajyothi Devi is a certified Integral Yoga Instructor for Cardiac, Children's, Pre-natal, Post-Partum, Raja Yoga and Beginner Hatha Yoga. On August 19, 2006, she deepened her commitment to Sri Swami Satchidananda and the teachings of Integral Yoga, and became an Integral Yoga Minister. She is available for Weddings, Memorial Services, House Blessings, Baby Blessings, Ecumenical Services, Spiritual Counseling, and wherever the universal teachings of yoga are requested.

Kamala Karen Guancione is a popular NJ artist who has been awarded many times, including, by the NJ State Council on the Arts. Her work has been exhibited worldwide and her current exhibit can be viewed at the Rutgers Library in Newark, NJ. A long time Integral Yoga teacher, she has shared her skills as an artist by decorating the Satchidananda Ashram in Virginia for many special events.

Patrick Brown graduated St. Anselm's College in 1970 with a B.A. in Urban Studies. He was inspired by a friend and former IYI instructor, Jack Patten, to practice yoga back in 1975. In 2002 Patrick was re-inspired and became a certified Integral Yoga Instructor. Patrick is also certified as an Intermediate Yoga Teacher, enabling him to teach a more advanced level of yoga postures. His classes exhibit his proficiency and his commitment to Integral Yoga.



The *Integral Yoga Institute of New Jersey* is a nonprofit organization dedicated to the practice and teachings of Integral Yoga as taught by Sri Swami Satchidananda. These teachings enable one to attain an easeful body, a peaceful mind, a useful life and ultimately, the realization of one's true Self.

Reverend Jaganath is the founder and spiritual head of the Yoga Life Society and author of *Inside the Yoga Sutras: A Comprehensive Sourcebook for the Study and Practice of Patanjali's Yoga Sutras* and *Awaken: Inside Yoga Meditation*. Reverend Jaganath has been teaching all facets of Yoga since 1973 at universities, prisons, Yoga centers, and interfaith programs here and abroad.

He was a principle instructor of Hatha and Raja Yoga for the Integral Yoga Teacher Training Certification Programs for over twenty years and co-wrote the training manual used for that course. He established the Integral Yoga Ministry and co-developed the highly regarded Integral Yoga Meditation and Raja Yoga Teacher Training Certification programs.

He served for eight years as chief administrator of Satchidananda Ashram -Yogaville and founded the Integral Yoga Institute of New Brunswick, NJ.

DID YOU KNOW

We offer **Yoga at Work** and **Private Yoga** Instruction. The staff of Integral Yoga Institute is available for group or private classes and lectures. **We also have two Integral Yoga Reverends trained to offer Weddings, Baby Blessings, House Blessings and Memorial Services.** Please call 201-796-7585.

KARMA YOGA . . .

is the path of selfless service. It offers a valuable opportunity to practice living in the present moment, without judgement or prejudice. It also allows you to take a mini vacation from your ego! We have several Karma yoga projects in mind, if you are interested please contact us!

Thank you!



INTEGRAL YOGA NATURAL FOODS & BOOK STORE

STORE HOURS
MONDAY - FRIDAY
10:00 AM - 7:00 PM

SATURDAY
10:30 AM - 1:00 PM

CLOSED
SUNDAYS

*Due to our "Volunteer Staffing",
our store may not always be open.
Please call ahead if you need something,
especially if you come from a distance.
Thank you! OM Shanti!*

Integral Yoga® Institute New Jersey



His Holiness Sri Swami Satchidanandaji Maharaj (Sri Gurudev) (1914–2002) founded Integral Yoga® in 1966, the worldwide Integral Yoga® Institutes, and Satchidananda Ashram–Yogaville®, a dynamic community. He is regarded by many as an apostle of peace and served as a living example of the teachings of Yoga and its goal of self-realization. Dedicated to the principle "Truth is One, Paths are Many," his teachings bring together people of all backgrounds and beliefs so that they can learn to respect all different paths and realize their common spirit and the universality of their spiritual goals. Sri Gurudev served on the advisory boards of numerous peace and interfaith organizations and authored many books, including *To Know Your Self*, *The Living Gita*, and *The Golden Present*. Among the many awards and honors he received are the Albert Schweitzer Humanitarian Award, the Humanitarian Award of the Anti-Defamation League of B'nai B'rith, the Juliet Hollister Interfaith Award, and the U Thant Peace Award.

Integral Yoga, as taught by Sri Swami Satchidananda, offers a synthesis of six branches of classical Yoga: Hatha, Raja, Japa, Karma, Bhakti, and Jnana Yoga. Its aim is to purify and calm the body and mind in order to experience the peace and joy that is our true nature. Integral Yoga practitioners bring that peace into the world by fostering interfaith dialogue and leading service-oriented lives. Founded in 1966, there are currently 30 Integral Yoga centers on six of the seven continents and 5,000 teachers

The Goal of Integral Yoga is achieved by maintaining our natural condition of:

- ~ A body of optimum health and strength
- ~ Senses under total control
- ~ A mind well disciplined, clear and calm
- ~ An intellect as sharp as a razor
- ~ A will as pliable as steel
- ~ A heart full of unconditional love and compassion
- ~ An ego as pure as crystal
- ~ A life filled with supreme peace and joy

Truth is One, Paths are Many