

Welcome to YSS NCR eNewsletter

May-June 2018 Issue

We bring you updates on YSS activities
from Delhi, Gurugram and Noida,
and share with you news of upcoming events in NCR



In the eNewsletter

Upcoming Events

4th International Day of Yoga - June 21, 2018

[Programmes in YSS NCR](#)

Mahavatar Babaji Smriti Divas - July 25

[Commemoration Programme](#)

Guru Purnima Programme

[Commemoration Programme in YSS NCR](#)

[Message from Swami Chidanandaji](#)

Spiritual Retreats

[Plan your Retreats during 2018](#)

[NEW: Conducted Extended Retreat](#)

Recent Activities

Commemorations in May 2018

Children's Camps at YSS Noida Ashram

['How-to-Live' Boys' Camp \(May 2018\)](#)

['How-to-Live' Girls' Camp \(June 2018\)](#)

Photo Gallery

[Swami Sri Yukteswar Giri's Avirbhav Divas](#)

['How-to-Live' Boys' Camp](#)

['How-to-Live' Girls' Camp](#)

UPCOMING EVENTS

International Day of Yoga - June 21

It is said in the Bible: "Be still and know that I am God." In these few words lies the key to the science of Yoga. This ancient spiritual science offers a direct means of stilling the natural turbulence of thoughts and restlessness of body that prevent us from knowing what we really are.

In view of Gurudeva Sri Sri Paramahansa Yogananda's pivotal role in the spread of yoga worldwide, Yogoda Satsanga Society of India (YSS) has scheduled [various programmes](#) to commemorate this 4th International Day of Yoga. The [International Day of Yoga](#) will be celebrated at YSS Noida Ashram, Delhi Kendra and Gurugram Kendra according to the following programme:



Functions	Date	Activity	Sakha Ashram, Noida	Dhyana Kendra, Delhi	Dhyana Kendra, Gurugram
International Day of Yoga	June 17, Sun	Discourse, Guided Meditation, Open House	-	-	10:00 am to 12 noon ***
	June 24, Sun	Discourse, Guided Meditation, Open House	6:00 pm to 8:00 pm *	10:00 am to 12 noon ***	-

* Followed by Guru Langar

*** Followed by Refreshments

Mahavatar Babaji Smriti Divas - July 25



It is [Mahavatar Babaji](#) who revived in this age the lost scientific meditation technique of [Kriya Yoga](#). In bestowing Kriya initiation on his disciple Lahiri Mahasaya, Babaji said, "The Kriya Yoga that I am giving to the world through you in this nineteenth century is a revival of the same science that Krishna gave millenniums ago to Arjuna; and that was later known to Patanjali and Christ, and to St. John, St. Paul, and other disciples." (as quoted in the [Autobiography of a Yogi](#))

Mahavatar Babaji Smriti Divas will be celebrated on July 25 across YSS NCR.

[Read about the commemorations here.](#)

Functions	Date	Activity	Sakha Ashram, Noida	Dhyana Kendra, Delhi	Dhyana Kendra, Gurugram
Mahavatar Babaji Smriti Divas	July 25, Wed	Satsanga and Pushpanjali	5:00 pm to 7:30 pm*	5:00 pm to 7:00 pm	5:00 pm to 7:00 pm

* Followed by Guru Langar

Guru Purnima



"The spiritual soul contact between guru and disciple is one of eternal, unconditional divine love and friendship, bearing no taint of any selfish consideration."

- Sri Sri Paramahansa Yogananda

The programme for [Guru Purnima](#) celebrations across YSS NCR is given below:

Functions	Date	Activity	Sakha Ashram, Noida	Dhyana Kendra, Delhi	Dhyana Kendra, Gurugram
Guru Purnima	July 8, Sun	Long Meditation	—	—	10 am to 4 pm
	July 22, Sun	Long Meditation	10 am to 4 pm	10 am to 4 pm	—
	July 27, Fri	Parabhat Feri and Meditation	6:15 am to 8 am***	5 am to 8 am***	5:45 am to 7:30 am***
		Narayan Seva	12:30 pm to 2:30 pm	—	—
		Guru Purnima Programme	5:30 pm to 8 pm*	—	—
		Meditation and Pushpanjali	—	5:00 pm to 7:00 pm	5:00 pm to 7:00 pm
	July 29, Sun	Satsanga and Pushpanjali	—	10:00 am to 12:00 noon*	10:00 am to 12:00 noon**
	Aug 4, Sat	Narayan Seva	—	12:30 noon onwards	—

* Followed by Guru Langar

** Followed by Guru Langar and Narayan Seva

*** Followed by Refreshments

Guru Purnima Message from Swami Chidanandaji



"As you lay at the feet of our own beloved Gurudeva Sri Sri Paramahansa Yogananda the offering of your love and gratitude, may you open your heart fully to his spiritual bounty. There is no greater gift we can receive on the spiritual path than to be drawn to such a God-united soul, who can lead us from our maya-bound human nature to the limitless freedom of God's bliss-consciousness."

[Read more here.](#)

RECENT ACTIVITIES

"Forget the past, the vanished lives of all men are dark with many shames. Human conduct is ever unreliable until anchored in the Divine. Everything in future will improve if you are making a spiritual effort now."

- Swami Sri Yukteswar Giri

The Avirbhav Divas of Swami Sri Yukteswarji was celebrated across YSS NCR on May 10, 2018. A special *satsanga* was conducted by Swami Vishwanandaji at YSS Noida Ashram on the occasion. Commemorative programmes were also held at YSS Delhi Kendra and Gurugram Kendra.

[Read about the commemorations here.](#)

[View pictures by clicking here.](#)



Children's Camps at YSS Noida Ashram

YSS Noida Ashram held 'How-to-Live' camps - a Boys' Camp and a Girls' Camp - for children of devotees in May-June 2018.

These camps provide them an opportunity to live in the ashram environment, participate in various group activities and learn about Gurudeva's *How-to-Live* principles.

Their daily schedule is designed to inculcate in them spiritual and moral values. The activities include morning and evening group practice of the *Energization Exercises* and meditation, *Yogasanas*, interactive classes with *sannyasis* (and lady devotees in the girls' camp), stories from Gurudeva's life and the *Ramayana*, workshops, art and craft projects as well as sports. At the end of camps, the children perform in a cultural programme.

[To read the report of the Boys' Camp, click here.](#)

[Read about the Girls' Camp by clicking here.](#)

[PHOTOS: Boys' Camp](#)

[PHOTOS: Girls' Camp](#)

BOYS' CAMP

GIRLS' CAMP



Spiritual Retreats and Long Meditation

"The greatest influence in your life, stronger even than your will power, is your environment."

— Sri Sri Paramahansa Yogananda

Retreats at Noida Ashram

[June 23 – 24](#)

Fri (7 pm) to Sun (4 pm)

Retreat (Hindi)

[July 7 – 8](#)

Fri (7 pm) to Sun (4 pm)

Retreat (English)

Long Meditation at Noida Ashram

[June 17](#)

Sun (10 am to 4 pm)

Long Meditation

[July 22](#)

Sun (10 am - 4 pm)

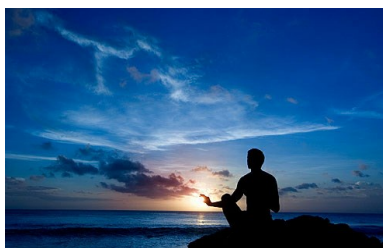
Long Meditation

For the complete retreat schedule of 2018, [click here](#).

NEW: Conducted Extended Retreat

YSS will conduct an extended retreat in the second half of this year - on an experimental basis. Conducted over a period of four days - from September 27 to 30, 2018 - this extended retreat would be open to devotees from all parts of India and abroad.

[Read more by clicking here](#)



Get Updates about YSS NCR through the NCR Website

Book Accommodation Online



We would encourage you to make your bookings for accommodation at YSS Noida Ashram through our website at noida.yssashram.org/reservation. Visit the website for YSS NCR Programmes.

Paramahansa Yogananda Marg | B-4, Sector 62 | Noida | U.P. | 201307

Phones: 9899811808

9899811909, (0120) 2400670, 2401669-76 (8 lines)

E-mail: noidaashram@yssi.org

Yogoda Satsanga Dhyana Kendra, Delhi
11-12, Bhai Vir Singh Marg, Near Gole Market, New Delhi

Phone: (011) 23362948 / 23346271

Email: ysdk.delhi@gmail.com

Yogoda Satsanga Dhyana Kendra, Gurugram
Opposite House Number 20, Near DPS (Infant Wing)
Sector-40, HUDA, Gurugram 122 003, Haryana

Phones: (0124) 4271644, 9871078270

E-mail: ysdk.gurgaon@gmail.com

[View this email in your browser](#)

This email was sent to *|EMAIL|*

|HTML:LIST_ADDRESS_HTML|

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

|LIST:COMPANY| · *|USER:ADDRESS|*

|REWARDS|
