



असतो मा सद्गमय
तमसो मा ध्योतिर्गमय

Volume 4 - 2023 Yearly Digest

よりよい生き方へ
जीवनशैली की उन्नति

A Better Lifestyle



JANUARY 2024

2023 YEARLY DIGEST

一般社団法人 PATANJALI JAPAN FOUNDATION



Happy new year to all members of the PJF community!
We wish you a very healthy and blessed year ahead,
and hope that you will continue your yoga journey with us
in 2024. To start off the year, we are delighted to present you
with a complete “2023 digest” in wish to celebrate our
achievements and milestones in the past year.



Inside this newsletter, you will find...

- 2023 Highlights & Milestone
- Complete overview of our 2023 Interactive Sessions
- Voice of Yogis
- 2023 Events Summary

2023 Highlight & Milestones

New Classes

We introduced two new classes including an additional evening class from 6:00PM as well as a 15 minute class targeted towards corporate workers called Routine Project M6. Routine Project M6 classes are held every weekdays at 11:45AM and aims to allow workers to take some time away from work, relax, and alleviate stress through the simple integration of yoga.

New Headquarters in Yamanakako

In August 2023, we introduced our new headquarters in Yamanakako, a location which Ashutosh sensei aspired as our headquarters for many years after his visit in 2021 during the Olympics season. We refer to it as our "DEN" (where lions rest) to signify the power and potential the place holds. The area is great for those who want to enjoy some peace and serenity, and discover the vast landscapes of mount fuji.



Awards & Recognitions



Ashutosh sensei, Representative Director & Chief Sewa Officer of Patanjali Japan Foundation has been honored with two prestigious titles in 2023 including the "Outstanding Leadership Award" at the Health 2.0 Conference in Dubai, as well as "Yog Guru of the Year, Asia" by Forttuna Global Excellence 2023!

Voice of Yogis



“ I am now able to be kinder to myself and take care of my mind and body more. My heart feels at peace and ease. I am excited to continue my yoga journey. ”



“ I feel like my shoulders and neck feel less stiff and more lighter. I look forward to the changes in my body after each class. ”



“ Yoga gave me a great motivation to be active in the morning, and I am now able to start my day 4 hours earlier than usual. ”



“ I am amazed by the changes I have seen in myself through yoga. Eg: I feel positive all the time, I don't worry about trivial things anymore, I feel kinder. My body is definitely changing in many ways including improved flexibility and blood flow. ”




“ Thanks to starting my day with yoga, I was able to spend the day feeling refreshed and less negative than usual. I felt calmness in my body and mind as I breathed deeply in today's meditation. ”



“ Having to not think about time and just being present was very relaxing and had a great impact on me ”



“ It feels good to be active early in the morning. When I was working, I said that it was natural for me to be sleepy, but I am happy that I can start working early. ”

[Join here](https://patanjali.jp/campaign) as a Sewayogi! 

Includes: Free entry to all four yoga programs, special discounts, opportunity for volunteer work, etc.

<https://patanjali.jp/campaign>



Interactive Sessions 2023 Overview



➤➤➤ JANUARY - OVERVIEWS OF HOLISTIC YOGIC APPROACH FOR POST COVID LIFESTYLE

We began the year by conducting a detailed discussion on Covid-19 related health issues such as increase in depression and anxiety, lifestyle changes (lack of exercise, interpersonal changes, etc.) and recommended ways in which one can regain a healthier lifestyle through yogic measures.



➤➤➤ FEBRUARY - ASANA: ANATOMICAL AND PHYSIOLOGICAL VALUE

Genboku sensei led an informative discussion on the purpose of Āsanas and explained ways in which yoga can bring the body into a state of ease and balance. The session also covered details on the human anatomical systems such as the muscular and cardiovascular systems and how yoga can be practiced in accordance to the targeted systems.



PAID EVENT

➤➤➤ MARCH - ASANA: PSYCHOLOGICAL AND SPIRITUAL VALUE

To continue the previous discussion on the values of Āsanas, Sara sensei additionally shared the spiritual values of Āsanas. Although Āsana is performed with body movement, it cannot be called Āsana if performed without awareness of the mind. This session was to promote the benefits of learning deeper aspects of yoga and the importance of not limiting one's potential at a physical level.



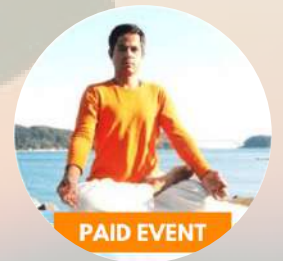
➤➤➤ APRIL - PRANAYAMA: PHYSIOLOGICAL VALUE

For an opportunity to solely explore the breath this time, Purunendu sensei presented various ways Pranayama may help in ensuring health such as regulating the endocrine system and autonomic nervous system, preventing issues like diabetes, hypertension, menopausal issues, etc.



➤➤➤ MAY - PRANAYAMA: PSYCHOLOGICAL AND SPIRITUAL VALUE

To follow up on April's interactive session, Ganesh sensei guided us through understanding, this time, the relationship between the breath and the mind. Attendees were led through a series of pranayama techniques which can be used to alleviate anxiety and fearful thoughts. The session stressed the importance to be friends with one's breath as it can help support us in difficult situations.



PAID EVENT

➤➤➤ JUNE - INTERNATIONAL DAY OF YOGA SPECIAL GRAND FINALE

The grand finale was conducted in the wish to complete and commemorate the rigorous 75 day journey of celebrating International Day of Yoga. The event included speeches by dignified guests, a 2 hour yoga program, release of the new PJF logo, live music and dance performances, and mantra chanting.



[CLICK HERE TO READ MORE ABOUT OUR INTERACTIVE SESSIONS](#)

www.yoga.patanjali.jp/monthly-interactive-session/



Interactive Sessions 2023 Overview



➤➤➤ JULY - KRIYA (NETI, KAPALABHATI, ETC.)

During July's captivating session, Rajiv sensei, a well known face in the Authentic Yoga industry, wowed the audience with his extraordinary demonstration of Sutra Neti and Jal Neti. Participants were guided through similar techniques, leaving them inspired to embark on a journey of inner wellness and spiritual growth.



➤➤➤ AUGUST - OVERVIEW OF MUDRA AND BANDHA

Led by Yoko Sensei, a renowned authority in yoga and meditation, this session offered participants an opportunity to delve deep into the art and science of Mudras and Bandhas. Attendees gained insights into the origins and philosophy behind Mudras and Bandhas, learned how to perform them accurately, and understand their impact on overall health and spiritual development.



➤➤➤ SEPTEMBER - OVERVIEW OF MEDITATION

In this session, Todo sensei who has completed various advanced yoga certifications from top prior institutes has discussed how meditation works on physical, mental, emotional, social, and spiritual aspects of our personality. Meditation can be argued as the most important element in Yoga. It offers a gateway to inner peace and mindfulness, helping us navigate life's challenges with a clear and focused mind.



➤➤➤ OCTOBER - LIMBS OF YOGA (ASHTANGA YOGA / YAMA AND NIYAMA)

In the vast landscape of yoga, there exists a framework that extends beyond physical postures and stretching exercises. Varada sensei guides us through the profound ethical and moral system, known as Yama and Niyama, allowing practitioners to gain a deeper understanding of themselves and their connection to the real world

➤➤➤ NOVEMBER - LIMBS OF YOGA (ASHTANGA YOGA / ASANA, PRANAYAMA, PRATYAHARA)

With a keen focus on the physical postures of Asana, the breath control techniques of Pranayama, and the profound withdrawal of the senses in Pratyahara, Varada Sensei very well explained the interconnectedness of these limbs, revealing how they synergistically contribute to a holistic approach to well-being.



➤➤➤ DECEMBER - LIMBS OF YOGA (ASHTANGA YOGA / DHARANA, DHYANA, SAMADHI)

In our last session of 2023, we focused on the core part of Yoga called Antaranga Yoga. Varada sensei led us through the three steps of Antaranga Yoga including Dhāranā (concentration), Dhyāna (meditation) and Samādhi (being constant) in hopes to achieve inner silence and calmness in the mind.

[CLICK HERE TO READ MORE ABOUT OUR INTERACTIVE SESSIONS](#)

www.yoga.patanjali.jp/monthly-interactive-session/



2023 Events Overview

INTERNATIONAL DAY OF YOGA

Patanjali Japan Foundation was proud to take part in the grand celebration of International Day of Yoga at **Tsukiji Honganji Temple** organized by the Embassy of India Tokyo, Japan. It was an honor having such a respected organization recognize our mission to promote the practice and benefits of yoga all over the world.

In addition, we came to a closing end of our 75+ Days of classes where we delivered various forms of yoga and it has been our utmost pleasure to share our journey with you. The journey lasted roughly three months between the **3rd of April to the 21st of June** and was filled with yogic wisdom! All yoga classes provided an opportunity to engage in guided asanas, pranayama, and meditation techniques, fostering both one's physical and mental well-being. Participants enjoyed a rejuvenating experience while immersing themselves in the transformative power of yoga.

[Read more](#)



GRAND FINALE + NEW LOGO

On the **18th of June 2023**, we successfully completed our biggest event, the Grand Finale of International Day of Yoga.

The event included a series of speeches, yoga programs, mantra chanting, live music and dance performances, as well as the long-anticipated release of PJF's new logo.

The new logo depicts a flame representing the presence of knowledge and light. There is a shloka written underneath in Sanskrit; "असतो मा सद्गमय तमसो मा ज्योतिर्गमय", which translates to "Lead from ignorance to knowledge, and from darkness to light", which is ultimately the key concept and goal of our organization. We would like to express our sincere gratitude to all those who have joined us in making the event successful.

[Read more](#)



2023 Events Overview

➤➤➤ HEALTH 2.0 CONFERENCE IN DUBAI

The Health 2.0 Conference, held between the **19th to 21st of June** this year, is an acclaimed event shedding light on the latest developments within the field of health and wellness, where some of the most renowned and respected experts unite. The event is also held in hopes to recognize professionals and business leaders who contribute in improving the quality of life of others. It is with pleasure to share that our Chief Sewa Officer and founder of PJF Ashutosh Sensei was invited to receive the Outstanding Leadership Award for his contribution in promoting and practicing the traditional approaches of Yoga and Ayurveda in Japan.

Ashutosh Sensei also participated in two panel discussions regarding mental health and ways in which one has tackled stigma around conversations on mental wellbeing, and on quality assurance methods in designing and evaluating healthcare education initiatives. The panel discussions allowed an opportunity for Ashutosh Sensei to re-emphasize PJF's goals in achieving a zero stress, zero depression and zero suicide Japanese community. [Read more](#)



“Dubai Japan Club” (DJC)



➤➤➤ YOGA @ PARLIAMENT

On the **23rd of May and 14th of June 2023**, PJF was kindly invited by the Japanese government to host a yoga event at the parliament, leading up to the celebration of International Yoga Day.

Ashutosh Sensei offered a Pranayama session after speeches delivered by respected assembly members.

Miss World Japan contestant Tamaki Hoshi, who participated in the event, shared her thoughts on the relationship between yoga practice and women empowerment.

Participants were delighted by her humble soul and her insightful thoughts on helping women of all walks of life to gain a peace of mind through the simple practice of yoga, which clearly aligns with the spirit of PJF. [Read more](#)

2023 Events Overview

➤➤➤ CAMPLUGGED VOL.6 @ BIOTOPIA

Patanjali Japan Foundation recently conducted a well-received yoga shivir at BIOTOPIA MeBYO Valley on October 28, as part of a retreat event allowing participants to refresh and rejuvenate in nature.

The yoga shivir was a journey that aimed to promote physical and mental well-being through the practice of traditional yoga asanas and meditation techniques. Varada Sensei, Ashutosh Sensei, and Dhanashree Sensei led participants through a series of gentle warm-ups, strengthening and breathing exercises.

The highlight of the event was Varada Sensei leading a prayer dedicated to the teachings of Patanjali, emphasizing the importance of the yoga sutras and their significance in modern life. The collective energy of the participants added a sense of unity and purpose to the shivir. [Read more](#)



➤➤➤ INCLUSIVE SOCIETY EVENT @ NORAKURODO

On the 12th of November, we participated in a dynamic event graced by the presence of Koto-ku councillor Mr. Kaname san, that brought together diverse elements of culture, wellness, and community engagement. The event included various educational activities including an evacuation drill, an earthquake car simulation, and health-focused demonstrations such as the use of AEDs.

The highlight of the event was the lively marché which included various booths selling fresh vegetables to directly support local agriculture and allow access to high-quality produce. As part of the charitable initiative, PJF also served Khichdi on behalf of BTOGO to support community welfare. Despite being briefly interrupted by rain, a walking event organized by yoga enthusiasts brought participants together for a healthy and community-oriented activity. The event reinforced the importance of cultural celebration, community wellness and the importance of inclusivity. [Read more](#)

2023 Events Overview

➤➤➤ KARTIK PURNIMA (DEV DEEPAWALI)

The event commemorating Kartik Purnima, held on the 26th of November in Shri Ram Mandir, Ibaraki, featured a series of activities including temple puja, prayers, sacred tree plantation, and a cultural program. The cultural program commenced with the practice of Pranayama, led by Ashutosh sensei.

The event also featured a spectrum of stalls catering to varied interests, including the ISKCON Divine Books stall for spiritual literature, handicrafts stalls, and many more. The occasion was also met with the distribution of delicious prasada, which was a testament to the many selfless services from those involved in the event.

[Read more](#)



➤➤➤ YOGA @ PARLIAMENT

In a resounding celebration of unity and holistic well-being, Patanjali Japan Foundation proudly participated in a distinguished yoga session event hosted by the Parliamentary Yoga League. The event, held under the theme named "Harmony Through Asanas: The Role of Yoga in Resolving World Conflicts," brought together esteemed members of the Parliamentary Yoga League, renowned yoga practitioners, and representatives from various sectors to explore the transformative power of yoga in fostering global harmony.

The foundation's commitment to spreading the benefits of yoga aligned with the overarching theme of the session, emphasizing the role of yoga in resolving world's conflict. [Read more](#)

2023 Events Overview

YOGA SESSION FOR MITSUBISHI ESTATE

On the 2nd of December, Ashutosh sensei offered a yoga session for Mitsubishi Estate, as part of a seminar looking at the practices & teachings of Yoga and Ayurveda in India. The event was one sector to **a three-part seminar** focusing on philosophies and practices that have enabled Indian executives to excel in the global corporate landscape.

Ashutosh sensei explained how the image of Yoga and Ayurveda has been distorted and clarified the real meaning and purposes of the practices. He then introduced the concept of the "Silver Triangle," a combination of three pranayama techniques — Kapalbhāti, Anulom Vilom, and Bhramari, that enhances mental clarity and emotional wellbeing. The session was well-received by the members of the Mitsubishi Estate.

On another positive note, our Sales and Marketing Leader, Yumi san, facilitated four attendees to a seamless enrollment into our Sewayogi Program. [Read more](#)



PROFESSIONAL YOGA CERTIFICATION EXAM 2023

Japan witnessed a significant milestone in the field of Yoga as the Professional Yoga Certification Exam was conducted successfully. The event, held in Tokyo on the 3rd of December, showcased the dedication and proficiency of aspiring yoga practitioners.

Renowned Yoga expert, Ashutosh Sensei played a pivotal role as an examiner, contributing to the high standards and success of the certification process. Ashutosh Sensei reflected; "It is heartening to see the commitment of individuals towards advancing their knowledge and practice of Yoga. The certification exam is a commendable initiative that contributes to the professionalisation of Yoga instruction, aligning with its transformative potential". [Read more](#)

2023 Events Overview

WELLNESS TOURISM @ YAMANAKAKO

A wellness tourism program was delivered on the 16th and 17th of December by the initiative of the Yamanakako Tourism Program.

The two-day program included yoga programs, delivered by PJF, designed to alleviate digestion issues as well as increase productivity and sleep quality whilst also promoting the values of Yamanakako as a tourist location. Participants were also given a special tracking device to monitor their sleep quality on the night of the stay. They enjoyed a relaxing stay at Pension Jamoo who also provided healthy meal options throughout the program as part of promoting "wellness" as a lifestyle.

PJF and Yamanakako hope to continue our collaboration in promoting a healthy lifestyle. [Read more](#)



PJF 2023 Year-end Get Together

Our year-end get together at Shagun (Mizonokuchi) was met with great success! It was a pleasure to enjoy a heartfelt meal with the close-knit community of PJF, and to celebrate our achievements over the months. The get-together has given us a mutual reminder of how far we have come as an organization.

We look forward to another successful year with you all! [Read more here](#)



THANK YOU FOR A SUCCESSFUL YEAR

Closing comments from our Chief Sewa Officer;

Namaste, Good morning, Ohayo Gozaimasu and Suprabhat, Happy New Year!

2023 brought us many changes, and we have witnessed overall growth despite many personal challenges. I am moved by seeing the hard work and team spirit of my team members to give all our yogis a better lifestyle.

We have provided more than 1980 Yoga Classes daily without delay and never missed. This is an outstanding achievement and could be achieved only by positive collaboration within our team.

Our team has seen significant growth in terms of quality and numbers and I express my gratitude to all those who have been involved in making our events, activities and services successful.

The most important is our yogis, for whom we all work hard for. Your love and support are making us move forward continuously. When you become healthy and happy, then we feel that our goal is achieved.

The year 2024 will be very exciting for all of us, and hopefully, many new things will happen. We want to unite and grow together. So, I invite you to join this holistic and beautiful journey to make ourselves healthy and our surroundings healthy. I firmly believe that we together can achieve this goal of zero stress, zero depression, and zero suicide in Japanese society with the traditional approach of yoga and Ayurveda.

Thank you, and happy new year again!

As Patanjali Japan Foundation concludes this eventful year, it reaffirms its commitment to promoting the timeless wisdom of yoga, fostering community engagement, and contributing to the well-being of individuals and society at large. For more information, please visit www.patanjali.jp

Meet Our Team

WE ALL HAVE SOME POWER, SOME SKILL AND SOME STRENGTH.
WHEN WE SYNERGIZE OUR ENERGY, OUR STRENGTH AND OUR SKILLS FOR A COMMON GOAL,
IT GIVES EXPONENTIAL RESULTS AND OPENS THE DOOR FOR TREMENDOUS
GROWTH AND SELF-SATISFACTION.

SO, WE RESPECT EACH OTHER'S SKILLS, POWER AND STRENGTH AND SUPPORT THEIR
WEAKNESSES WITH OUR STRENGTH AND SKILLS.

OUR PROGRAMS ARE DELIVERED BY EXPERTS CERTIFIED BY THE **MINISTRY OF AYUSH
GOVERNMENT OF BHARAT (INDIA)**, AND THE **MINISTRY OF HEALTH, LABOR AND WELFARE OF JAPAN**.

- OUR SPECIALITY IS **QUALITY, COST, AND CONSISTENCY** -



DHANASHREE DATE

YOGA INSTRUCTOR
TEACHER'S HEAD OF DEPARTMENT
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HEALING EXPERT



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Join the yogi community!

BACK-END TEAM: HARSHIT, YOKO, ADITI, RAVEENA, DEEPIKA