

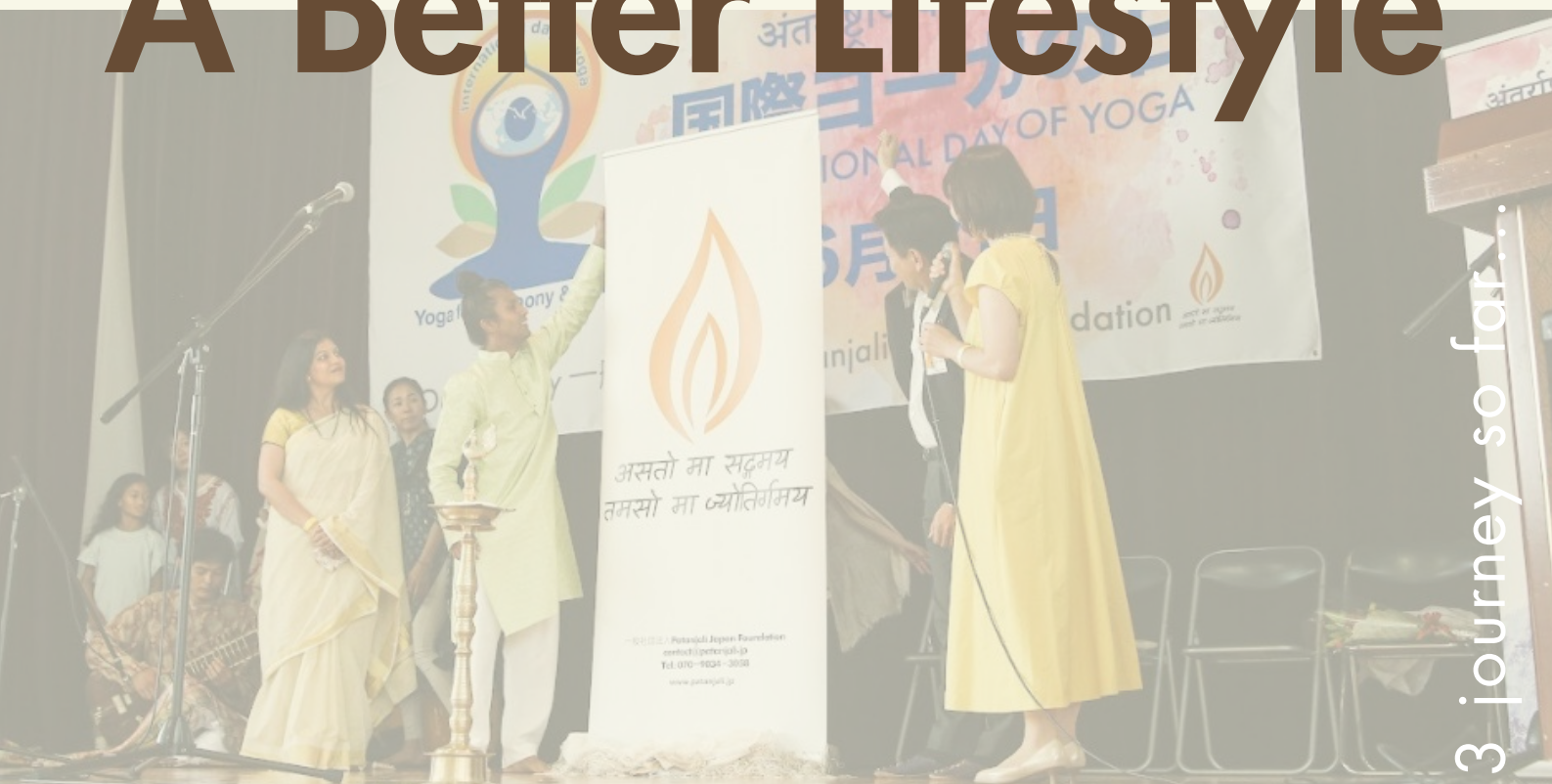


असतो मा सद्गमय
तमसो मा ज्योतिर्गमय

Volume 1 - January to June 2023

よりよい生き方へ
जीवनशैली की उन्नति

A Better Lifestyle



A new life
with yoga
starts here



Our First Newsletter



A MESSAGE FROM OUR CHIEF SEWA OFFICER



Namaste and Konnichiwa!



Introducing our newsletter starting this month. First and foremost, we would like to thank all our Yogis who have joined us in making everyone happy and healthy through our daily yoga routine. Thanks to my whole team for making this happen.

In this fast-moving modern world, most of us cannot focus on our physical, mental, and spiritual health due to our busy schedules. Let's take time off our daily routine and recharge our body and mind. Just like a sawyer sharpens his axe before cutting wood, we should also learn to sharpen our health daily so that we can lead a healthy day. I invite you to join this beautiful journey of a healthy and happy life.

About A Better Lifestyle

WE BELIEVE THE MAIN PILLARS OF LEADING A HEALTHY LIFESTYLE ARE:

1. AHARA (FOOD)
2. VIHARA (RECREATION)
3. ACHARA (ROUTINE)
4. VICHARA (THOUGHT PROCESS)

AHARA : BTOGO CAFE

BTOGO is a café based on ayurvedic concepts and is extremely friendly with vegan and vegetarian people. The menu is based on the ritucharya (season) and dinacharya (daily clock). Moreover, you can find a menu based on your dosha.

〒135-0005 Tokyo, Koto City, Takabashi, 14-2 リカールビル 1階



VIHARA : K'SHIKI RESORT

An Ayurveda Resort in Kerala, India named K'Shiki. K'shiki welcomes you to experience authentic ayurvedic treatments, traditional yoga and delicious South Indian cuisine. Various yoga & ayurveda retreat programs are available.



ACHARA : DAILY YOGA

Daily routine is the most important thing to lead a healthy lifestyle. Our experts are available to guide you with special physical and mental health techniques.

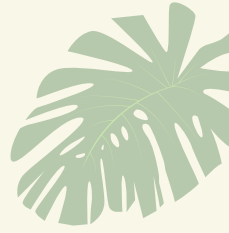


VICHARA : INTERACTIVE SESSION

Monthly Interactive sessions and regular counseling sessions are held to understand deeper aspects of yoga that can be inculcated in our daily lives. This is one of the most important pillars to lead a healthy life.



Yoga Sessions



»»» DAILY MORNING PRANAYAMA SPECIAL YOGA

June 3rd marked **900 days** of delivering our free daily morning pranayama sessions!

During our 30 minute daily sessions, we practice the following techniques to help control our breathing; "Om" chanting, Gayatri mantra chantin, Bhastrika pranayama (bellows breath), Kapalabhati (breath of fire), Ujjayi pranayama (oceanic breath), Anulom vilom pranayama/ Nadi shodhan (alternate nostril breathing), Bhramri pranayama (bee breath), Dhyana (meditation) and Shanti Path (Vedic mantra chanting) or Yoga knowledge sharing.

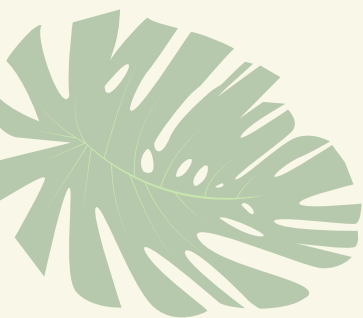
We recommend these sessions to those who want to start their day with a clear and stable state of mind and maintain a morning routine especially if working from home. We wish to continue delivering our morning sessions to aid a fresh start to your day!

"I FEEL THAT ALL DAILY PROGRAMS ARE PLANNED WITH GREAT CARE. MY SLEEP QUALITY HAS IMPROVED IMMENSELY"



»»» YOGA FOR HEALTHY LIVING (REGULAR CLASSES)

We continue to offer our Yoga for Healthy Living program every weekdays at 6pm and 8pm. We design our classes according to our yogi needs and have received many positive feedback regarding stress relief, increase in productivity and overall a healthy, positive mindset. See "Meet Our Team" to learn more about our teachers!



Interactive Sessions January ~ June



➤➤➤ 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.



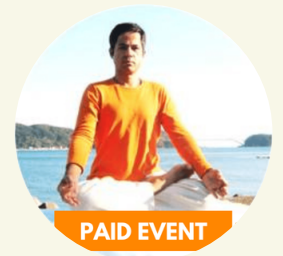
➤➤➤ APRIL - PRANAYAMA: PHYSIOLOGICAL VALUE

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.



Events Summary

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.



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.



Events Summary

➤➤➤ 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.



“Dubai Japan Club” (DJC)



➤➤➤ YOGA AT 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 Japan contestant miss Hana Tamaki, 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.

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
MEDITATION AND CHAKRA
HEALING EXPERT



AMAN KANDARI

YOGA INSTRUCTOR
YOGA AND FITNESS EXPERT
MASTER'S DEGREE IN YOGA



VARADA KULKARNI

YOGA INSTRUCTOR
YOGA THERAPY &
FITNESS EXPERT



SOKO TAKEUCHI

YOGA INSTRUCTOR
PUBLIC HEALTHCARE NURSE
MASTER'S DEGREE IN YOGA



ASHUTOSH SINGH

CHIEF SEWA OFFICER
(REPRESENTATIVE DIRECTOR)
STRESS MANAGEMENT SPECIALIST



YUMI

SALES & MARKETING LEADER
HEALTH MANAGEMENT ADVISOR
PHARMACIST

CONTACT US



patanjali.japan.foundation



Japan_Yoga



PatanjaliJapan



Patanjali Japan Foundation



contact@patanjali.jp



BACK-END TEAM: HARSHIT, SACHI, ADITI, RAVEENA

Join the yogi community!