



असतो मा सद्गमय  
तमसो मा व्योमितिमिह

Volume 2 - July to September 2023

よりよい生き方へ  
जीवनशैली की उन्नति

# A Better Lifestyle

Flip through our 2023 journey so far...

A new life  
with yoga  
starts here



# Welcome back!



Namaste and Konnichiwa!

We hope you enjoyed our first ever newsletter in September! Every few months, we would like to continue delivering a montage of our projects and events in order to increase transparency within our PJJ community.

We believe it is our utmost duty to deliver insightful yoga programs and other recreational / educational opportunities in order to encourage and support your health and happiness. We are always open to feedback - please feel free to share your thoughts and requests anytime. Needless to say, we thank you for your continued support on this journey.

## New Headquarters!



"During the opening ceremony of the Tokyo Olympics in 2021, I visited Yamanakako, a beautiful lake with Mount Fuji in front of me, which gave me the feeling of making this place our headquarters in the future. I watched the cycling match from there and then visited Yamanakako multiple times and stayed there to understand more about it. And now, in August 2023, we have a headquarters in Yamanakako. I have named it "DEN," a place where a Lion rests. It is a great place to stay, work, relax, play tennis and water sports, cycle, run, and recharge your body and mind completely. As a trial, we will be there for 1 year. Feel free to visit DEN to recharge yourself!"

~ Written by Ashutosh Sensei ~



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# Yoga Sessions

## DAILY MORNING PRANAYAMA SPECIAL YOGA

Every morning at 7:00AM

## YOGA FOR HEALTHY LIVING (EVENING CLASSES)

Every weekdays at 6:00PM and 8:00pm



Includes:  
Free entry to all four  
yoga programs  
Special discounts  
Opportunity for volunteer work

'Regular Sewayogi' Membership

¥1980



[REGISTER HERE](#)

[patanjali.jp/campaign](https://patanjali.jp/campaign)

## ROUTINE PROJECT M6

New!

Every weekdays at 11:45AM

Our main target audience for this project are corporate workers - we believe the content we provide can help people take some time away from work, relax, and manage / alleviate stress through the simple integration of yoga.

### Program Execution

#### STEP 1

Analyse **questionnaire results** from yogis i.e;  
"how is your current sleep quality?"  
"how is your overall health?"  
"what do you expect from our lectures?" etc.



#### STEP 2

Execute **lecture** depending on  
participants' needs



#### STEP 3

**Routinization** with  
hand-holding  
support from  
experts



#### STEP 4

Receive feedback  
and **re-evaluate**  
our lectures

FEED FORWARD



# Interactive Sessions Summary July ~ September

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## ➤➤➤ 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. [Read more here](#)



## ➤➤➤ 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. [Read more here](#)



## ➤➤➤ 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. [Read more here](#)



## Upcoming: 101 Day Pranayama Challenge!

**Event period: 31st October - 14th march 2024**

As of October 18th 2023, we have reached **1000 days** of delivering our morning pranayama sessions! What better way to celebrate routine and consistency, and honor this milestone than introducing our **101 day pranayama challenge!** Through this challenge, we will guide you through the steps to establish a sustainable and transformative daily pranayama practice!

Whether you are a beginner looking to start a new wellness journey or an experienced practitioner seeking to deepen your practice, this event is suitable for all levels. By the end of this challenge you will have the tools and knowledge needed to embark on a transformative path towards improved physical and mental health!



**[JOIN THE CHALLENGE HERE!](#)**

COMPLETE 70 DAYS AND  
YOU WILL BE ELIGIBLE FOR A  
**SPECIAL PRIZE** ☆

# Chitta Prasadana

## (Be Positive Always)

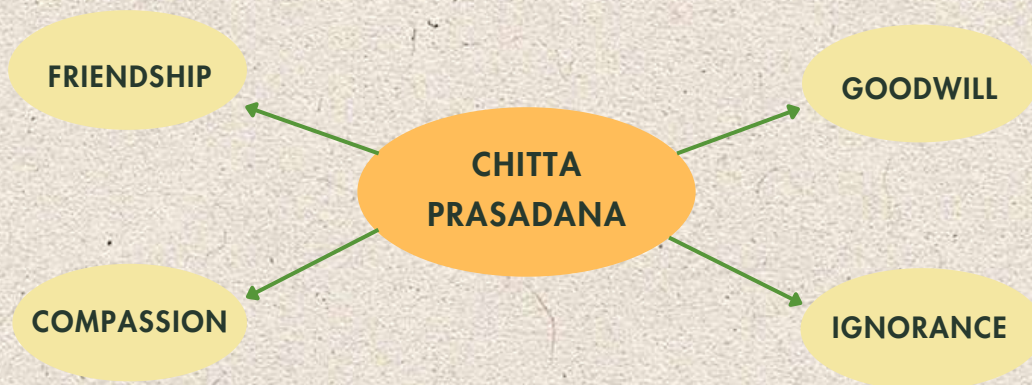
- Some yogic wisdom from Varada sensei -

Chitta is one of the four aspects of consciousness which allows for subjectivity (i.e one's emotional reaction) affected by what it sees and its own nature.



### Chitta and state of mind

Chitta is always in flux - our attitude and behavior always changes as per our mental state - if we are happy we feel everything positively but if we are sad we feel everything negatively. So how can we control this? There are simple chitta prasadanam techniques which can help to keep our state of mind always positive. They are not ordinary techniques but are very deep in their effect. They help to create a sattvic state of mind and only a sattvic mind can enjoy clarity and tranquility.



### **Maitri and Sukha (friendliness and happiness)**

Friendship does not have to be cultivated externally - we don't have to go around making friends, we have to merely cultivate this feeling of friendliness in our mind.

### **Karuna and dukha (compassion and pain)**

When meeting with people who are unhappy, we should create empathy and not sympathy in our hearts. Instead of taking delight when our enemies are in distress, we must bring about a feeling of compassion that we feel when our dear ones are in distress.

### **Mudita and Punya (goodwill and virtuosity)**

Appreciate people who are successful - when we start appreciating others, others will also start appreciating us. "We reap what we sow".

### **Upekshanama and apunya (ignorance and non-virtuosity)**

Learn to just be indifferent with non-virtuous people. It is of course difficult to handle some people, and some situations more than others. The best way to deal, is sometimes, to simply ignore...

**[Read the full article here](#)**

# 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)



**YUMI**

SALES & MARKETING LEADER  
HEALTH MANAGEMENT ADVISOR  
PHARMACIST

## CONTACT US



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

Join the yogi community!