

Volume 3 - October to December 2023



असतो मा सद्गमय
तमसो मा ज्योतिर्गमय

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

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

ROUTINE PROJECT M6

Every weekdays at 11:45AM

'Regular Sewayogi' Membership

¥1980



REGISTER HERE

patanjali.jp/campaign

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

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. ”

Interactive Sessions Summary

October ~ December

➤➤➤ 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 [Read more here](#)

➤➤➤ 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. [Read more here](#)

➤➤➤ 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 Dhāraṇā (concentration), Dhyāna (meditation) and Samādhi (being constant) in hopes to achieve inner silence and calmness in the mind. [Read more here](#)



Interactive Sessions 2024

Our 2023 interactive sessions have been met with great response and we are excited to see many more people joining our upcoming sessions.

In 2024, we hope to see more engagement with discussion-based sessions from our participants, using the “break-out rooms” feature on zoom.

Stay tuned as we will be releasing our Interactive Sessions topics in the beginning of next year!

You can also catch up on any sessions missed here. We are excited to see both familiar faces and new faces in our 2024 sessions!





Events & Updates

A little farewell...

On a bittersweet note, BTOGO Cafe (introduced in our September newsletter) has closed its doors in Koto-ku after 3 years of providing it's nourishing meals and friendly environment. But fear not, it is not a forever goodbye as services are being **relocated** to our headquarters in Yamanakako! Patanjali Japan Foundation and BTOGO will be working closely than ever to provide you with the best resources and inspiration to a healthier lifestyle!



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](#)





Events & Updates

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 a khichdi dish 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](#)



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](#)



Events & Updates

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](#)



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 — Kapalbhathi, 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](#)





Events & Updates

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](#)



FORTTUNA Global Excellence Award

We are thrilled to share that our Founder and Chief Sewa Officer Ashutosh Sensei has been awarded a Certification of Excellence by Forttuna Global Excellence Awards 2023! He has been recognized for his outstanding dedication and contributions in the field of healthcare as **Yoga Guru of the Year - Asia**.

His mission is to continue spreading the healing benefits of traditional Yoga and Ayurveda to Japan in aims to combat the stress, depression, and loneliness prevalent in Japanese society. [Read more](#)





Events & Updates

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](#)



The Benefits of Methi Dana on lowering blood pressure



Methi Dana, or Fenugreek, is a type of herb within the pea family (Fabaceae) and is often grounded and used as part of a spice mixture in many parts of the world, especially in southern Europe and the Mediterranean region.

Many research on the consumption of Fenugreek has offered evidence that the herb may be beneficial in alleviating symptoms of the following:

- Diabetes
- High Cholesterol
- Hypertension
- Menstrual Cramps
- Polycystic Ovary Syndrome
- Asthma

Yoshi san, a close friend to Ashutosh sensei, will be consuming Fenugreek seeds as part of his daily routine for three consecutive months to test the effects of the herb on his blood pressure.



Video Link: https://www.youtube.com/watch?v=Sb_Ddw9LK2c&t=54s

In the above video, Ashutosh sensei guides Yoshi san through the procedure for his experiment. It is important to leave the Fenugreek seeds to sit in water overnight, and to chew on the seeds well when consuming, for best results.

We will be back again with the results in March! [Read more here](#)

Atha Yoganusasanam (Now is the time for yoga...)



- Some yogic wisdom from Varada sensei -

Atha Yoganusasanam - this is the first Yoga Sutra of the first chapter of Samadhi pada. I see a noteworthy connection between this text and our body and mind.



As soon as we are born in this world, this sutra becomes applicable to us. We are all born with a certain responsibility or duty; we get so attached to these ideas that, as we grow, we start to live life without taking care of our own body and mind. We eat food which likes to our taste, we wear dresses that align with our preference, but we never take the time to think about whether these things are really good to our body and mind.

Whenever we get sick, pain in our bodies or stress in the mind, we finally start thinking about taking care of our body. But why is it that we cannot take care of our own body and mind from the very start?

Forget responsibilities - our utmost duty in life should be to take care of oneself with proper exercise, proper eating, quality sleep, etc. We must respect our body and mind at each moment then only we can say that we are following what is "Atha Yoganusasanam".

Atha means now an oganusasanam means "following a discipline". We must be practicing a healthy ifestyle in the very present moment. We shall respect ourself fully and unconditionally.

[Blog link here](#)



THANK YOU &
SEE YOU AGAIN
IN 2024



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

Join the yogi community!