



Harmonie těla, mysli a duše

We would like to take the opportunity of **Bharat Gaurav Award H.H. Swami Maheshwarananda-ji just received** to extend our congratulations and good wishes. The award which recognizes the greatest Indian leaders—the ones that India is proud of—as examples of best practice in their fields and great source of inspiration for Indian youth deeply resonates with our own feelings towards the lifelong work of H.H Swami Maheshwarananda-ji in our country as well as in many other countries of the globe.

We would like to highlight just few **events and deeds connected with our country** that we find very much corresponding with the above mentioned award.

**Five decades ago** H.H. Swamiji brought yoga and Vedic wisdom in our country. The teachings of ancient wisdom was met with great enthusiasm here and as a result **Yoga In Daily Life, the System was developed in our country**. It is used in **healthcare** as well as for **general public** to improve their physical, social, mental and spiritual condition. The system is used in spas, schools, hospitals, rehabilitation centers and universities. There are **several thousands of people**, who practice regularly according to Yoga in Daily Life System—at **several hundreds of places** throughout the country.

**Abunathswami Maheshwarananda** has been many times **officially invited** to the Czech republic and held seminars and lectures in various **organizations, sport clubs, as well as in educational centers, schools, hospitals and at the Charles University in Prague**. The system Yoga in Daily Life has been introduced and practiced at schools, training centers and spas to further physical condition, good health and rehabilitation.

Besides public lectures on Yoga and Vedic philosophy, Swamiji also initiated several **inter-religious dialogues** or conferences where representatives of all mayor religions participated in search of uniting principles of their faiths.



*Interreligijs dialogue at Pargue castle, 1998*



Harmonie těla, mysli a duše

Another important area of Swamiji's activities in Czech Republic was organizing of **World Peace Conferences**, World Peace Prayers and planting of World Peace Trees—under auspices of Sri Swami Madhavananda World Peace Council.

Swamiji also inspired many Czech people to become **vegetarians** and apostles of healthy lifestyle. There are several **kindergartens** and **schools** offering Yoga in Daily Life as well as healthy vegetarian nourishment to the young generation.



*Swamiji in vegetarian restaurant Amrit*



*Swamiji in vegetarian kindergarten Happy Child*

One of the activities aiming towards healthy environment is **planting of trees** that Yoga in Daily Life centers in cooperation of local magistrates continually do—the number of **trees planted** already reached **20 000**.



Harmonie těla, mysli a duše



In 2002 Swamiji inspired foundation of **Czech Hindu Society**, which is recognized as one of the Czech religions. The society builds upon work and activities of previous Om Vishwa Guru Deep Hindu Mandir that was established to promote Vedic culture and cultural exchange between Czech republic and India.





Harmonie těla, mysli a duše



Swami Maheshwarananda-ji was also initiator of **Youth Union of Yoga in Daily Life**—a gathering of children and youngsters who together address difficult problems of world that surrounds them. The Union organized in Czech Republic several **Conferences of Children and Youth** on topics of World Peace, Environment and Family Values and Health.



*Swamiji at children conference in Strilky, 2005*



*Swamiji at children conference in Prague, 2007*

From the beginning of Yoga in Daily Life System, the Yoga Teachers of YiDL lead **specialised classes** for **handicapped or chronically ill people** – esp. people suffer from Sclerosis Multiplex, Cancer, Crohn's disease, blind people, people with musculoskeletal disorders. Very successful is Yoga in Daily Life System for



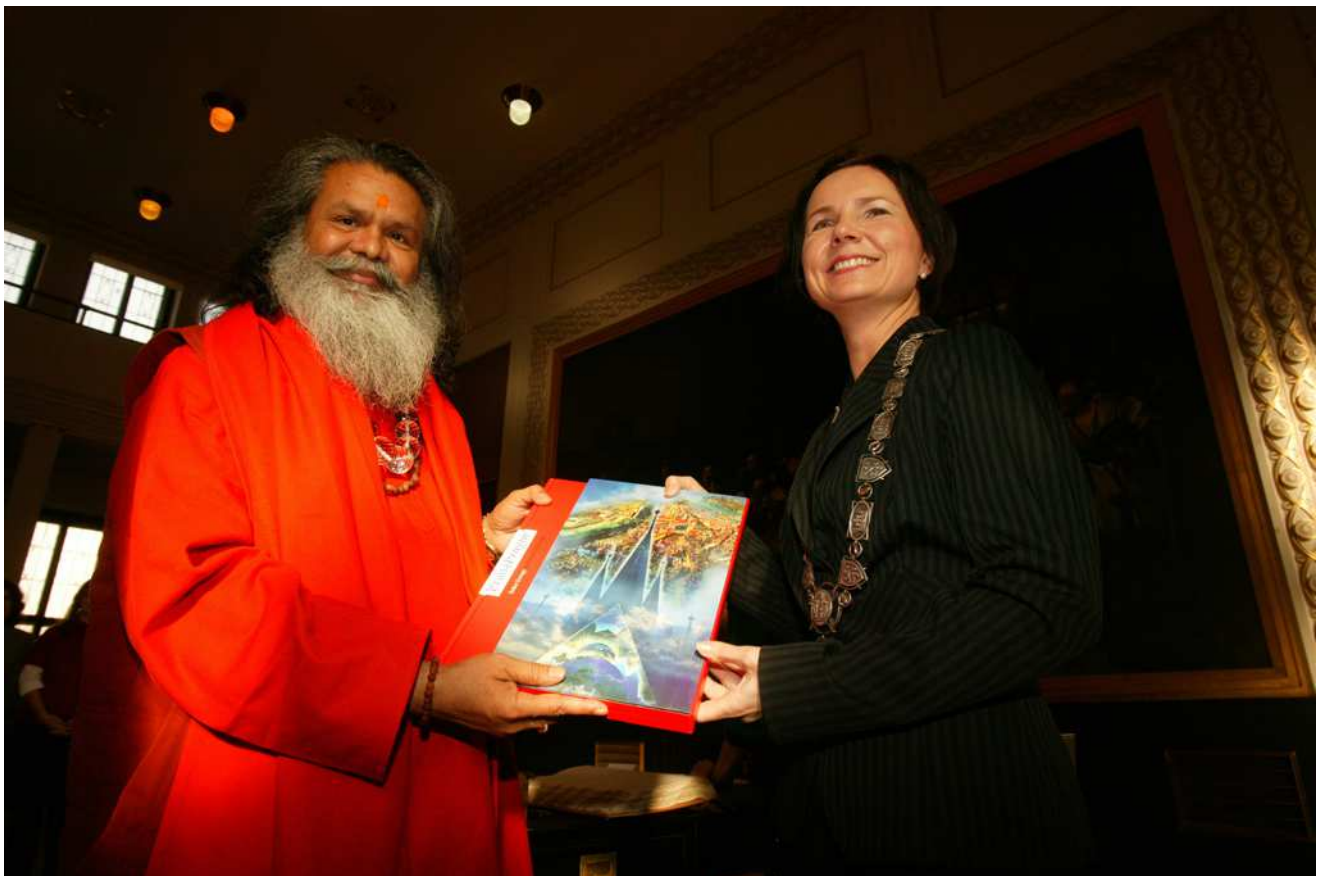
Harmonie těla, mysli a duše

seniors. There is also ongoing research of effects of Yoga in Daily Life on treatment of civilization diseases, which shows promising results in improvement of all important parameters compared to general population.

Inspired by Swamiji, many of Yoga in Daily Life **members** are active in various **humanitarian activities** – e.g. animal rights protection, ecology, integration of Roma minority in the Czech population, etc.

We participate in **fundraising for humanitarian projects in India** organised by Swamiji (Orissa disaster, draught aid for Rajasthan, school project for poor or orphaned children, medical care in desert areas of Rajasthan, etc.)

Swamiji's efforts were recognized by many dignities, among them also late **Czech president Václav Havel** and Prague Mayor Pavel Bém. The **Ministries of Education and of Culture** also thanked and **honored** him several times for his **social and educational work** and his contribution to furthering mutual understanding between **Indian and European culture**.



**Swamiji at Prague Town Hall**



Harmonie těla, mysli a duše

KANCELÁŘ PREZIDENTA  
ČESKOSLOVENSKÉ SOCIALISTICKÉ REPUBLIKY

Zdravím profesora jógy  
PARAMHÁN-SWÁMI MAHESHWARANANDA a děkuji za  
nezištnou duchovní a metodickou pomoc lidem v Českoslo-  
vensku v těžké době posledních osmnácti let.

Věřím v další přízeň pana profesora naší republice  
a přeji mnoho dobrých výsledků v práci pro zdraví a  
čistotu člověka.

V Praze dne 23. ledna 1990

*I greet professor of yoga*

*PARAMHANS SWAMI MAHESHWARANANDA and thank him for selfless spiritual and methodical aid to people of Czechoslovakia in the difficult times of the last 18 years.*

*I believe that dear professor will grant his lasting favour to our republic and I wish him much success in the work for health and purity of human.*

*In Prague on January 23<sup>rd</sup> 1990*

*Václav Havel*





Harmonie těla, mysli a duše

Bellow we list the most important **events and acknowledgements chronologically**:

1973

- **First Swamiji's visit to Czechoslovakia.** 3.3.1973 in Opava.

1974-1978

- Seminars in Havířov, Prague, Kopná, Olomouc



**Seminar in Havířov**

1978

- Published **first part of future Yoga in Daily Life System**—the Sarav Hitta Asanas.

1979-1983

- Seminars and lectures in Prague, Háje, Kopřivnice, Frýdek-Místek, Darkov, Zděchov, Ostrava, Komorní Lhotka, Bojnice, Jedovnice, Solenice



**Seminar in Beskydy**



Harmonie těla, mysli a duše





Harmonie těla, mysli a duše

1983

- **Khatu Pranam exercise was first introduced.** Created 7<sup>th</sup> part of Yoga in Daily Life System and beginning of work on 8<sup>th</sup> part—the Lake of Lotuses

1984-1985

- Seminars and lectures in Prague, Nový Jičín, Plzeň, Kopřivnice,

1985

- The first edition of **Yoga Against Backpain** was published.

1986

- Seminars in Jedovnice, Komorní Lhotka and Plzeň (**first Yoga Teacher's seminar in Czechoslovakia**).
- Work on 8<sup>th</sup> part of Yoga in Daily Life

1987-8

- Seminars and lectures in Jedovnice, Prague, Morávka, Malá Morávka, Jaroměřice, Plzeň (for Yoga Teachers), Solenice, Blansko, Brno (for Yoga Teachers), Kopřivnice



Harmonie těla, mysli a duše



### **Seminar in Blansko**

1988

- Lecture for **sports trainers and pedagogists** in Brno, lecture at **Medical Faculty** in Prague

1989

- Seminars and lectures in Prague (for Yoga Teachers), Olomouc, Boskovice, Brno, Ostrava
- Beginning of work on splitting the first level of YiDL System into 6 parts.

1990

- **Acknowledgement and appreciation from the President of Czechoslovakia, Vaclav Havel**, for Swamiji's twenty year's humanitarian activities and help for the Czechoslovakian people during the communist time through »Yoga In Daily Life«.

1991

- Seminar in Kutná Hora for Yoga Teachers

1992

- Seminar in Ostrava



Harmonie těla, mysli a duše







Harmonie těla, mysli a duše

1993

- Seminar in Kopřivnice

1994

- **Establishment of Ashram in Strilky**—since then most of the seminars in Czech Republic take place there, with occasional seminars / lectures in Prague, Brno, Zlín, Kyjov, Blansko...



1997

- Celebration of **50 years of Indian Independence** and Swamiji's birthday in Strilky, in the presence of His Excellence Ambassador of India Sri Girish Dhume and Mayor of Brno, the capital of Moravia and other local authorities and honorary guests. 16<sup>th</sup> August 1997.



Harmonie těla, mysli a duše



1998

- Celebrations of the **25 Years Jubilee of Yoga in Daily Life in Czech Republic** under patronage of the Ministries of Foreign Affairs, Education and various other authorities.

1999

- Conferences on »**Religion and Tolerance**« in Kyjov (Dist. Moravia), Prague Castle and the Ministry of Foreign Affairs in Prague with religious leaders of Christianity, Judaism, Islam and Buddhism for fostering mutual understanding and co-operation, tolerance and world peace.

2001

- Participation in the interreligious and international Conference "**Forum 2000**" organized by **President Václav Havel** on behalf of "Human Rights".

2002

- Participation in the **XIX International Conference WACRA Europe**, 7. - 11. August 2002, Brno/Czech Republic
- **Interreligious Dialogue in the Salvator Tempel**, Prague, CZ, Oct. 20, 2002



Harmonie těla, mysli a duše







Harmonie těla, mysli a duše

2003

- **"Development of Spirituality for World Peace"** Conferences and Interreligious Dialogues in Ostrava and Prague, Czech Republic, to honor the 30th anniversary of Yoga in Daily Life in the Czech Republic.

2004

- **2nd Yoga in Daily Life World Peace Summit** and the Message of Mahatama Gandhi, in memory of His Holiness Dharmasamrat Paramhans Swami Madhavananda, on the occasion of his 1st Mahasamadhi, Brno, Oct. 31, 2004



- Presentation of Swamiji's book **Hidden Powers in Human** to the **Minister of Culture**, Prague, Dec. 1, 2004
- Participation in the interreligious and international Conference **"Forum 2000"** organized by **President Václav Havel**, Dec. 2, 2004.

2005

- **3rd International Youth Peace Conference** (Initiator), Strilky, Czech Republic, Aug. 2005
- International Conference **"Yoga and Modern Techniques in Balneology"** in Karlovy Vary, Czech Republic, 20-21 Sept.



Harmonie těla, mysli a duše

2006

- Initiator and keynote speaker of the **4th International Youth Conference**, Zlin, Czech Republic, 15 Aug. 2006. Patronage by Mayor of Zlin, Senator of Czech Parliament, Deputy of EU Parliament
- **International 25th Anniversary Commemoration of the 1981 UN Declaration on the Elimination of Intolerance and Discrimination Based on Religion or Belief**, Prague, Nov. 25, 2006

2007

- **5th International Youth Peace Conference** in Prague, Czech Republic, 30 Nov.-1 Dec. 2007

2008

- **Planting a World Peace Tree at Vysehrad**, Prague with the Ambassador of India, H. E. Srivastava and Czech cultural, religious and political leaders, Dec. 1st, 2008







Harmonie těla, mysli a duše

2009

- Path to Freedom – a lecture on occasion of **20<sup>th</sup> anniversary of Velvet Revolution** (peaceful splitting of Czech and Slovak Republics) in Lucerna Hall, Prague



2010

- International Conference "**Youth and Ethics Education**", Dec. 4, 2010, Prague, Czech Republic





Harmonie těla, mysli a duše



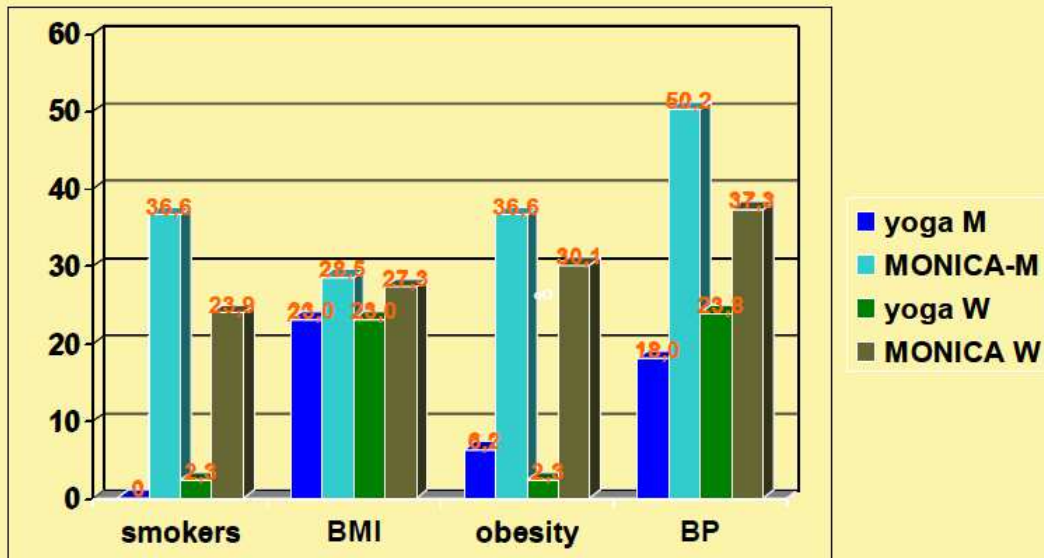
2013

- **Scientific Yoga in Daily Life Conference & Celebration of 40 years YIDL in CZ**, about 35 experts - doctors, physiotherapists, psychologists, professors and pedagogists - rendered their presentations about their long-time experiences, scientific and medical research work with the Yoga in Daily Life System and the achievements through the application of Yoga in Daily Life exercises and life-style in the fields of public health, rehabilitation, prevention and therapy, pedagogy, education, psychology, sports and nutrition., Masaryk University Brno, CZ, 02. March 2013



Harmonie těla, mysli a duše

## Comparison of exercising yoga with MONICA study



*Benefits of Yoga in Daily Life exercise compared to general population of Czech Republic (MONICA study)*



Harmonie těla, mysli a duše

## Main Centers of Yoga in Daily Life in the Czech Republic

