



**Yoga in Daily Life Society (New Zealand)**

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## *Hari hi OM and Kia Ora!*

On the occasion of Paramhans Swami Maheshwaranandaji being awarded the Bharat Gaurav Lifetime Achievement Award by Sanskriti Yuva Sanstha on 23 July 2014 we proudly present the achievements of Yoga in Daily Life in New Zealand.



### *First visit, incorporating YIDL Society and starting classes*

In March 1992 Swamiji was invited to New Zealand for the first time and has returned almost every year since.

The New Zealand-Indian Yoga Vedanta Society International was incorporated in March 1993 as a Charitable Trust. The name has since been changed to Yoga in Daily Life Society (New Zealand).

In September 1993, Yoga in Daily Life classes started in an ashram/flat in Newtown, Wellington and 1994 in hired halls and a private home in Auckland.

1998 and 1999 classes were offered in Christchurch.

In 2004 classes were offered in North Shore (Auckland).

In 2005 classes started to be held in Kapiti coast.



### *Sri Mahaprabhudeep Ashram, Wellington*

With the opening of the Yoga in Daily Life Centre in Willis Street, Wellington in February 1998, a new dimension was reached. The next step took place when, in January 2004, the Sri Mahaprabhudeep Ashram was opened in Jessie Street. This Ashram is a big building with a large hall, in the centre of Wellington city and yet very quiet. Students appreciate this calm space, where they can regain energy, they say it is like an oasis in the city.

### *Opening ceremony with Yagya 2004:*





*Sri Mahaprabhudeep Ashram 2014:*



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*Auckland Centre*

Auckland Yoga in Daily Life Centre is located in the main street of central suburb Onehunga. This location gives excellent exposure and the signs on the building are doing their quiet but valuable advertising job. Inside, there is a nice spacious room with high cathedral ceiling and windows on two sides for great natural light. The centre has a pleasant feel and good energy. People say they like coming to the centre and this is one of the major differences between a dedicated yoga centre and various gyms, community rooms and other places where yoga classes are held.





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## *Sri Devpuriji Ashram, Raumatí Beach*

About an hour north of Wellington is Raumatí Beach on the Kapiti coast. The Sri Devpuriji Ashram is located in the heart of Raumatí Beach, close to shops and transport. The peaceful atmosphere of this former church is the ideal environment for practising yoga.

### *Opening ceremony with Yagya 2007:*



### *Sri Devpuriji Ashram 2014:*



### *Swami Madharam Puri and his flute*



Swami Madhuram Puri is living and teaching at Sri Devpuriji Ashram. He is a gifted musician and has produced several relaxation CDs which are used in Yoga in Daily Life classes throughout the world. He gives Nada Yoga Concerts played on Bansuri, the Indian bamboo flute, Shakuhachi and Duduk, the traditional Armenian folk instrument. Bhajans- and Kirtan evenings are held regularly.

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In 2002 land in the lovely natural countryside was bought with the intention to build a retreat centre. In 2009 three meditation huts were built to give people the opportunity to retire, find peace, reconnect with nature and meditate. They are meant for private solo meditation retreats or small groups. In 2014 they were equipped with simple but adequate facilities.



Cooking facilities with filtered stream water,  
folding out sofa, tables; toilet and shower are outside

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### *Planting seeds for peace in the world*

Abunath Avadhuta, a special title given to Swami Maheshwarananda, met with thousands of people including community, national and government leaders from throughout the country, giving inspiration and discussing the issues humanity faces.





## World Peace Summit

In March 2008 the 7th International World Peace Summit was held in Wellington attended by national and international speakers addressing pressing issues facing mankind and the planet.



Riccaardoe Di Done



Front row: Mohan Iyer, Noel Cheer, Dr. Liladhar Gupta, Riccaardoe Di Done, Swami Maheshwarananda



Maori performing group at opening of conference



Kaumatua Sam and June Jackson

Deputy Mayor Ian McKinnon took the opportunity to express his appreciation “it is an honour to meet someone who has devoted his life to peace and it is a great honour for Wellington to host the World Peace Summit, a conference devoted to international peace and reconciliation. The fact that so many of us are here today is an indication of how strongly we feel about creating harmony in the world. The World Peace Summit theme is climate change and Wellington is committed to sustainability. There will always be debate about how to achieve sustainability, but the main thing is that we have the realisation that we need to work towards it. There is no debate about the will to live in harmony, decency and respect with each other”.

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## *Peace tree planting*

During the occasion of the World Peace Summit 2008 the first peace tree, a Totara tree, was planted Wellington, Central Park in Brooklyn, near the childrens' playground. Paramhans Swami Maheshwarananda said that "the Totara tree represents strength and power and standing tall in times of adversity, so when children play here they will be reminded of the dignity of the people of New Zealand".



Vishwaguruji with Deputy Mayor Ian McKinnon, Central Park, Wellington

In 2012 a further four trees were planted in the Wellington region (on the Kapiti Coast, in Porirua and Lower Hutt, another in Wellington on Mount Victoria) One tree was also planted Auckland (Onehunga).

The peace trees represent an enduring symbol of the potential for peace within and between individuals and nations. As the tree grows, we also wish that peace in our hearts and in the world will grow. "Peace begins within ones own heart" as Swamiji likes to say.



## *Invitation to Commonwealth day*

In March 2012 H.H. Swami Maheshwarananda was invited to the observance and reception on the Commonwealth Day, Wellington, other participants included the Rt Hon Mrs. Judith Collins, NZ Minister, Mr. Nelson, Dean of Wellington and Admiral Steer.

## *Invitation to the Celebration of 66th Independence Day*

In August 2012 Paramahans Swami Maheshwarananda was invited to the Celebration of 66th Independence Day in Auckland, organized by Bhartiya Samaj Charitable Trust, participants: Hon Melissa Lee, the Parliamentary Secretary of Ethnic Affairs (representing the Rt. Hon. John Key, Prime Minister), Members of Parliament, Councillors, Members of Local Council Board, Ethnic Panel Members, various business and community leaders.

## *Meeting of cultures:*

In April 2014 Swamiji met with Caroline Herewini and Kathy Patira-McGill of Nga Whare Whakaruruhau 0 Aotearoa (National Collective of Independent Women's Refuges)



## *Different activities all the years:*

Regular satsangs were and are held in the centres where classes are offered.

Weekend Yoga and Meditation retreats, Hatha Yoga Kriyas, children's yoga, classes for people with special needs, one to one teaching, teachers training course, Nada yoga, concerts, bhajan and kirtan evenings, vegetarian cooking classes, film and movie evenings, music workshops, ayurveda workshops, pregnancy classes, pre-natal workshops for couples, women's yoga and wellbeing workshops have been offered.

## *Cooking workshops*





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*Some impressions of our blessed time together:*









*Thank you very much for your endless support, love and light on our exciting journey as human beings!*

*Yoga in Daily Life New Zealand*