



Harmonia ciała,
umysłu i duszy

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Congratulations for Swamiji.

Dear Gurudev,

We congratulate you receiving a Bharat Gaurav Award - Proud of India. Your humanitarian activity and spreading Yoga for teachings all over the world helps to preserve a Vedic Culture which is also our true root culture.

We are really very grateful for your teaching. Thanks to you now yoga became an important part of our life. Day by day we feel more happy, healthy and we are trying to create atmosphere of peace and harmony in our society. The principle of Ahimsa which is the main principle You teach makes more and more people become vegetarians and it saves more and more animals lives. This is the way to world peace.

Thank You for all things You do for us and for the world.

Bhaktas from Poland

Yoga in Daily Life in Poland.

Swamiji visited Poland three times - in 1999 in Cieszyn (lecture at the Uniwersytet Śląski and in the Community Centre) and in Warsaw (lecture about meditation in Warszawski Dom Technika in 2009 and the yoga seminar on hidden powers in human body – kundalini and chakras in 2010).



Visit of Vishwaguru Mahamandaleshwar

Paramhans Swami Maheshwarananda in Poland /Warsaw/ in 2009



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