

Swami Yogeshwarananda Maharaji's Raja Yoga Sadhanas at Yoga Niketan Rishikesh

■Sadhana first period: 12 Feb. 2018 (Mon) ~ 17 Feb.(Sat) at Yoga Main Hall

Agnihotra/ Fire Ceremony: 18 Feb. (Sun) 9:30-10:30 at Yajna Hall

Meditation: 18 Feb. (Sun) 11:00-12:00

at 3rd Floor of Yoga Main Hall Private room of Swami Yogeshwarananda Maharaji

■Sadhana second period: 19 Feb. 2018 (Mon) ~ 24 Feb. (Sat) at Yoga Main Hall

【Sadhana on Nov.2018】

■12 Nov. 2018 (Mon)~24 Nov. (Sat) for Two weeks

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Time table

Wake up call	5:15
Morning Meditation	5:30 to 6:30
Morning Traditional Yoga Asana/Pranayama	6:45 to 8:00
Breakfast	8:15
Lunch	12:00 NOON
Traditional Yoga/Yoga Therapy(Q&A)	15:15 to 16:00
Evening Tea	16:00
Evening Yoga / Traditional Asana Pranayama	16:30 to 17:45
Evening Meditation	18:00 to 19:10
Dinner	19:15



Curriculum Vitae of Teacher

(Jnana Yogi / Kazuo Keishin KIMURA)



- Graduated from Tokyo University of Education in 1969
- Founded Yoga Niketan Japan in 1981
- Received Guru Diksha and yogic name Jnana Yogi by Swami Yogeshwarananda Maharaji on 3 March 1982 at Yoga Niketan Rishkesh
- Translated “Science of Soul” in 1983 and gave it to his Guru in Kashmir in the summer of 1984
- Currently engaged in a wide variety of seminars, lectures, and yoga trainings based on traditional Raja Yoga and Yoga Therapy.

Designation

- Representative of Yoga Niketan Japan
- President of the board of directors of Japan Yoga Therapy Society
- Member of the board of directors of Japan Ayurveda Society
- Chief of Yonago Naikan-Meditation Training Institute
- Visiting Professor of sVYASA Yoga Deemed University Bengaluru, Karnataka State, INDIA

Presentations

- September 1994 *Self-actualization and Spirituality in Naikan*. 2nd Naikan International Conference, Vienna, Austria)
- September 1997 To see oneself (3rd and 4th Naikan International Conference, Italy)
- October 1999 *Organized new medical treatment taught by Shankara*. 21th Conference of Japan Ayurveda Society
- February 2002 *The need of Yoga therapy in modern society "A Nationwide Training Program for Yoga Therapists in Japan* (Shin-gu University, Seoul, KOREA)
- March 2002 *A Nationwide Training Program for Yoga Therapists in Japan*. Houston University/Texas, USA
- January 2003 *Yoga Therapy using Japanese Naikan Meditation for Psychosomatic Illness, a Self-Analysis Approach* (Global Holistic Health Summit Bangalore, INDIA)
- September 2003 Naikan and Spirituality (5th Naikan International Conference, Germany)
- December 2004 *Damages, Recovery and Life -Yoga: a Holistic Recovery for Mind and Body*. New Cross-over Project International Work-shop, University of Tokyo
- August 2008 *Yoga Psychotherapy in Upanishad* (The Third International Conference of the Asian Federation for Psychotherapy, Tokyo, Japan)
- October 2008 *Ayurveda and Yoga Therapy* (30th Conference of Japan Ayurveda Society)
- August 2012 *Yoga Therapy as a complementary Alternative Medicine*. Ulan Bator, Mongolia
- September 2013 *Yoga Therapy as a component of the psychosomatic treatment regime*. The 22nd World Congress of Psychosomatic Medicine. Lisbon, Portugal.
- August 2014 *Yoga therapy counselling for drug addicts ~Pilot study~* . 16th Congress Asian College of Psychosomatic Medicine in conjunction with Indonesian Society of Psychosomatic Medicine Meeting in Jakarta, Indonesia
- August 2015 *Integrative medicine and Yoga Therapy*. The 23rd World Congress of Psychosomatic Medicine in Glasgow Scotland
- June 2016 International conference on Yoga for Body organized by Ministry of AYUSH Vigyan Bhawan, New Delhi INDIA
- August 2016 *Integrative Medicine and Yoga Therapy*. The 17th Congress Asian College of Psychosomatic Medicine in Japan
- September 2017 The 24th World Congress of Psychosomatic Medicine in Beijing

Publications

<Authorship>

- Yoga Therapy Theory: Modern Methods Based on Traditional Teachings of Human Structure and Function. 2016

<Translation / Editorial supervision>

- Science of Soul • First Step to Higher Yoga • Science of Bhagavad Gita • Promotion of Health for All • A Call to Liberation • Maternity Yoga • Meditation • Yoga for Common Ailments