

Celebrating 40 years of Sivananda Yoga in Spain

In 1973 Swamiji founded the Sivananda Yoga Vedanta Center in Spain. Swamiji loved Spain and his yearly visit brought light, positivity and wisdom to many people. In 1985 the first European Yoga Teachers' Training Course was held on the coast of Galicia. Today Sivananda teachers share the classical yoga teachings in all parts of the country.

After several months of enthusiastic preparations, the main anniversary event took place on Saturday 8th of June 2013 in a college auditorium in Madrid. It attracted an audience of 500 teachers, students, friends, and visitors. Many close members, teachers and staff from the 70ties and 80ties came to meet and greet new and old friends.

The program began with an early afternoon asana class which was attended by 200 students. Then Gopala, senior teacher of the Center, presented the festive programme in the main auditorium. His Excellency, the Ambassador of India in Spain, Sri Sunil Kumar Lal, told a touching story from the Brihadaranyaka Upanishad about yoga as a path to unveil the subtle inner intelligence. Swami Atmaramananda's gave inspiring hints on the benefits of the 12 basic asanas, which were demonstrated by a group of teachers on stage. Teófilo Calvo, pharmacist and researcher presented the encouraging results of a blood sample study made with participants of the last TTC in Spain. Ana Moreno, a leading teacher of vegetarian nutrition in Spain, made an appeal to take a real step in shifting from processed foods to living plant foods. A choir of students and teachers of the Sivananda Center made everybody sing "I am neither body nor mind, immortal Self I am". Carlos Fiel, physician, musician and president of the "Federación Nacional de Yoga Sadhana" in Spain, spoke in representation of the many yoga schools present in the audience. His message was that yoga can unify all parts of modern society. During the main address of the celebrations, Swami Durgananda honored the selfless spirit of all Masters and Saints which are keeping the light of spirituality shining in all parts of the globe. The program ended with words of recognition by Swami Sivadasananda to Lakshmi and Gopala as shining representatives of the selfless spirit of Swamiji's mission in Spain. The evening concluded on a truly magical note with a vocal concert by Sri Venugopal Goswami and his group of musicians.

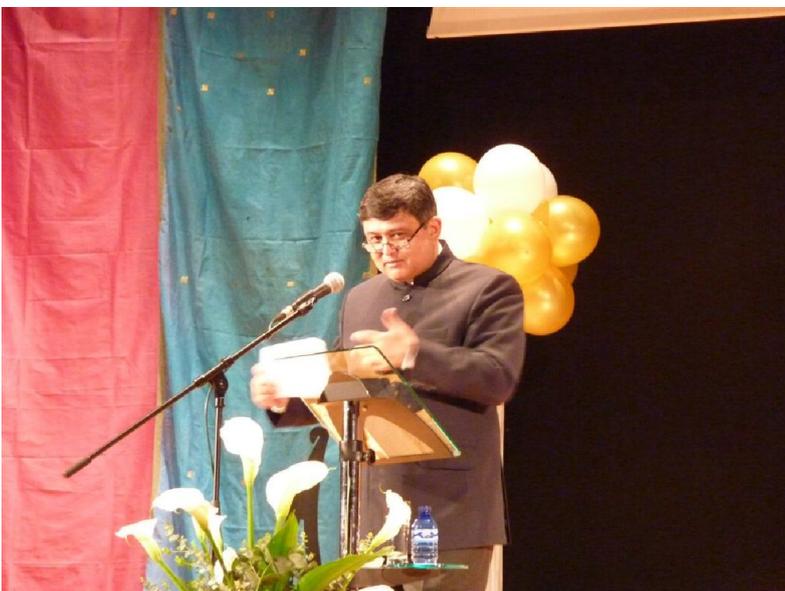
Glory to Swami Sivananda and Swami Vishnudevananda, by who's Grace the celebrations were filled with inspiration and joy.



Asana in progress in the ample sports hall; only half of the class is seen on this picture.



Master and Swamiji smiled from the screen above as Gopala, senior teacher of the Madrid Center, introduced the various presentations of the commemoration.



His Excellency, the Ambassador of India in Spain, Sri Sunil Kumar Lal, presented the opening speech.



Inspiring words on Hatha Yoga by Swami Atmaramananda



Asana demonstration by Sivananda Center teachers



Teófilo Calvo, pharmacist and researcher: *“The proofs of the benefits of Yoga can be found in each drop of our blood.”*



Graceful and practical words on the virtues of a vegetarian lifestyle were presented by Ana Moreno.



It did not take long for the audience to join the *Om Namah Sivaya* kirtan



Carlos Fiel, president of the “Federación Nacional de Yoga Sadhana” in Spain: “*Be awake in Yoga and practice from the depth of your heart.*”



Swami Durgananda gave the main address:

It is the Grace of God that the message of Yoga has spread successfully in Spain for such an extended time, full of grace and vitality.

By continuing to share the teachings as a selfless service to humanity, the true yoga will prevail.

Swami Sivananda and Swami Vishnudevananda were such servants of humanity. They dedicated their whole life to offering the millenary teachings of yoga in a selfless way.

They remain an inspiration for all those who want to share the true spirit of yoga according to the ideal of “unity in diversity”.

We thank all the masters, saints and selfless servants who kept the teaching of yoga pure. Thanks to them the yogic wisdom is so generously available to all of us today, ready to be practiced.

(excerpt of the lecture)



Swami Sivadasananda gave a vote of thanks to all the selfless supporters of Swamiji’s mission in Spain.



Sould stirring ragas and kirtans by Sri Venugopal Goswami, Bhakti Yoga Acharya from Vrindavan, North India.



The final picture includes Sri Swami Suryananda, founder president of the Confederation of Yoga in Portugal.