



Yoga in Daily Life Association México

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Armonía de Cuerpo, Mente y Alma

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In the name of the Board of Yoga in Daily Life Association Mexico, on behalf of the members, yoga practitioners and supporting persons we send our congratulations to His Holiness Vishwaguru Mahamandaleshwar Paramhans Sri Swami Maheshwarananda Puriji for being awarded with Bharat Gaurav Award (Pride of India), delivered by the House of Commons, the British Parliament on July 23, 2014 for his lifelong achievements.

We express our gratitude of having the opportunity to be part of the work done by Abunathswamiji Maheshwarananda worldwide and in Mexico. Through his scientific system Yoga in Daily Life Swamiji is present in Mexico since 2008. In this period of time many people have had the opportunity to have the benefits of yoga practice and participate in humanitarian activities such as protection of the environment and development of peace in the country and the worldwide.

Through his teaching, support and blessings there is realized the practice of Yoga in Daily Life in Mexico since 2008. Practicing it, people experience better physical, mental, social and spiritual health, are improving their quality of life and raising their responsibility towards themselves, towards others, towards all living beings and the environment.



In these six years we are motivated by the effort of Swamiji and also in Mexico we perform several activities to participate in his work in the world. Each year we prepare events on the occasion of the International Day of Peace, like concerts, yoga practices for peace, meditations for peace, etc. We also make presentations and events more times a year.



In the period from July 2012 to July 2013 we participated in the global reforestation project that started Swami Maheshwarananda and in the cooperation with the government we planted the trees in the parks of Mexico City.



To improve the daily life of people we also implement courses of vegetarian cooking that people ask for them and accept them very content.



In June 2012 Vishwaguru Swamiji led the first international program in the Mexico City and on this occasion he gave to the people a direct teaching through practice and Satsang. He also planted the Peace Tree in the Peace Park and he met with representatives of the local and federal government and the Indian Embassy to share experiences and plans for the future humanitarian work in Mexico.



Once again we congratulate to our beloved Swamiji for his achievements and deserved recognition that he received for his great work for the wellbeing of mankind. We thank him for his patience and love in the work with all of us for making this world a better place to live.

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