



Yoga in Daily Life in Ukraine



Traditional welcoming with bread and salt

Abunathswamiji Mahamandaleshwar Paramhans Maheshwaranandaji, is one of the Spiritual Masters of our times and a descendant of a long line of respected yogis, first came to Ukraine in 2004 (he visited Kyiv – the capital city of Ukraine and Cherkassy) and brought the ancient Indian knowledge of yoga. Then he visited Ukraine regularly, almost every year. He has come here six times so far.

The System “Yoga in Daily Life” has been founded by Swamiji for people of modern civilization. It is designed to meet the needs of our modern times and takes into account psychosomatic conditions caused by improper lifestyle, stress, anxiety and mental diseases. The System encompasses the authentic ancient knowledge, wisdom of India and modern science.

This all-encompassing and detailed system is established all over the world, taking care of and loving every living thing.

People around the world try to have better life. In this regard, the society should understand that everyone is responsible and everyone should do something kind and useful.

The very first visit of Swamiji to Cherkassy encouraged us to think about different aspects of health including physical, mental and social.

The system has been used successfully in Ukraine for prevention and rehabilitation, especially in case of autonomic and neurotic disorders, diseases caused by stress, psychosomatic disorders, sleep disorders, cardio-vascular diseases, and functional diseases.



So, in Cherkassy this system is used in rehabilitation and healthcare center “Astra” for rehabilitation of disabled people, Chernobyl liquidators, peacekeepers, people after myocardial infarction, stroke, people with spinal or limbs injury, women after mastectomy, children with infantile cerebral paralysis, etc. (photo: Swamiji with doctors and nurses of City Hospital Cherkassy)



Public lectures of Swamiji held at the Cherkassy Regional Drama Theatre, two Universities, Medical College, Regional Hospital encouraged thousands of residents of Cherkassy.

Satsangs, meditations and practices held at rehabilitation and healthcare center “Astra” gathered a large number of listeners.

The System “Yoga in Daily Life” has proved to be a very efficient supplementary method of rehabilitation for people with multiple pathology.

Yoga practice helps children with hyperactivity, improves their memory and self-control.

Swamiji’s system helps people in their life and improves their health without regard to their age, health condition, religion and nationality.

Ten years on, hundreds of Cherkassy residents practise yoga. Some of them have become yoga instructors.

Every time Swamiji visits Ukraine he first comes to Kyiv – the capital of Ukraine, where public lectures, meetings with government representatives and members of parliament are held. During this lectures the peace and prosperity of Ukraine are discussed.



Particular importance had the meeting of Swamiji with Patriarch Filaret, the head of Ukrainian Orthodox Church of the Kyivan Patriarchate, during which the questions of the environmental responsibility, active cooperation for Peace and prosperity around the world were discussed.



World Peace Prayer with Archibishop of Ukrain Orthodox Church

For the citizens of Cherkassy every visit of Swamiji becomes a dramatic event and includes meetings with governor, mayor, Archbishop of Cherkassy and Chyhyryn of Ukrainian Orthodox Church of the Kyivan Patriarchate; tree planting, prayer for peace for the representatives of different religions, public lectures, visiting historic places, lectures on local television.



Archbishop Ioann



Meeting with Governor



HE Ambassador Shah



Mayor of Cherkassy



President Secretary



Member of Parliament

Communication with Swamiji has influenced us thanks to his inner kindness; it has taught us how to control ourselves, our emotions and thoughts consciously.

We understand that kind respectful friendly relation to adults and children, willingness to help other people come from the bottom of his harmonious soul.

The Master becomes closer with every visit. We can see the results of his open heart, friendliness, sincere feelings and thoughts.

We wish kind and happy way to those seeking the Light.

With deepest respect and best wishes,

*Head Doctor of
Rehabilitation and Healthcare center "Astra"
Honoured Doctor of Ukraine*

I. Volostchenko