



A BETTER LIFE FOR GEORGIANS THROUGH YOGA IN DAILY LIFE

We, the Georgian disciples and followers of His Holiness Vishwaguru Mahamandaleshwar Paramhans Sri Swami Maheshwarananda, would like to take this opportunity and congratulate our dear Master on the occasion of receiving the great recognition of the Bharat Gaurav Life-time Achievement Award. We would like to extend our deepest gratitude to HH Sri Swami Maheshwarananda for his hard work and outstanding achievements in humanitarian, peace-building, and ecological fields all over the World. In our humble opinion, his greatest achievement is the foundation and teaching of the system Yoga In Daily Life (YIDL). This system helped millions of people throughout the whole World to regain their physical, mental, social and spiritual health.

It is a matter of pride for us, that Swami Maheshwarananda is our Master, and that his system is successfully taught in the Republic of Georgia helping many people. His Holiness initiated the teaching of Yoga In Daily Life in Georgia back in 2006, when there was not a single yoga center in Georgia, and nobody was teaching yoga openly. The first Yoga In Daily Life group started just with 15 people, but soon the word about the benefits of YIDL spread around the capital city Tbilisi, and more and more people wanted to sign for the classes. By 2010, more than 100 people in Georgia were practicing this amazing system. The first yoga center in Georgia was established in December 2010, and it was the YIDL center. The center soon became very popular among different social and age groups of Georgia. By the summer of 2014, more than 300 people went through the yoga classes of YIDL center in Tbilisi, Georgia. All people that attend the classes report enhanced physical health as well as increased energy, mental clarity and zest for life as the result of practicing YIDL system. Many of these people became vegetarians and got rid of various bad habits due to the teachings of Swami Maheshwarananda. There are currently four yoga instructors that regularly teach classes in Tbilisi, Georgia.

His Holiness visited the Republic of Georgia for the first time in December 2012. He taught a beautiful seminar over the course of three days attend by more than 150 people. Through Swami Maheshwarananda's vast knowledge and wisdom, many people got inspired to practice yoga, lead healthy way of life and become more spiritual.

Swami Maheshwarananda's ongoing message to take care of our environment and his ceaseless efforts on planting the trees throughout the World yielded their fruits also in our country. The YIDL group 'adopted' a beautiful spot at the Rose Park in downtown Tbilisi, where we have already planted and are going to plant numerous different trees. We have also initiated public YIDL classes in one of Tbilisi's parks, which are held every Saturday and are attended by more and more people.

As a result of practicing Yoga In Daily Life System, our lives became so much fuller, successful, happier, and spiritual. And for this we are eternally grateful to HH Paramhans Sri Swami Maheshwarananda. On this occasion, we would like to wish him long life, good health and a lot of success in his outstanding efforts in helping people on this planet to lead beautiful, healthy, peaceful and meaningful lives.

Group of disciples

Tbilisi, Georgia

July 29th, 2014



In June 2014, The YIDL group of Georgia took part in the "Green Day" event in Tbilisi (capital of Georgia). People planted trees and participated in various eco-friendly activities. They also performed a public YIDL class in the park, which got a lot of attention with numerous people joining in.

