



WORKSHOP REPORT ON SAHAJ YOGA

On June 27, 2025 a workshop on Sahaj Yoga was conducted in our school. Sahaj Yoga is a spiritual meditation practice founded by Shri Mataji Nirmala Devi in the year 1970. The word 'Sahaj' means 'spontaneous' and 'Yoga' means 'union'. So Sahaj Yoga translates to 'spontaneous union with the Divine.'

The resourcepersons were Mr. Anish Kohli and Ms. Ruhi Talwar. They explained the importance of Sahaj Yoga as it can help us to stay calm and balanced while handling the stress of this fast paced world. They emphasised on the fact that every human being has a dormant spiritual energy called 'Kundalini' at the base of the spine. Through Sahaj Yoga meditation this energy can be awakened effortlessly (Sahaj) and can rise through chakras (energy centres) to the top of the head, where it unites with the universal energy. This experience is called self realization.

KEY PRINCIPLES:

1. Kundalini Awakening:

- A gentle process that doesn't require physical exercises or rigorous rituals.
- Once awakened, the Kundalini helps cleanse and balance the chakras.

2. Chakras (Energy Centres):

- There are **seven main chakras**, each related to physical, emotional and spiritual aspects of life.
- Balanced chakras lead to better well-being and peace of mind.

3. Self-Realization:

- The goal of Sahaj Yoga is to attain Self- Realization and connect with the inner self and the divine.
- It brings a sense of inner peace, thoughtless awareness and mental silence.

4. Thoughtless Awareness:

- A meditative state where the mind is aware but free of unnecessary thoughts.
- This is the key to deep meditation and inner silence.





The most interesting part of the workshop was when Mr. Anish guided the audience through a practical session of Sahaj Yoga and everyone shared their experiences of its magical effect.

It was thus a very soothing and calming experience that encouraged many of us to explore Sahaj Yoga so as to know more about it.

Shalini Agarwal

PRINCIPAL