

Realise that you are a living entity and get charged with living energy!

Celebration of XI International Day of Yoga in Lighthouse

The vibrant positive atmosphere created by about 100 yoga practitioners early in the morning on June, 21 in Peace Park of Lighthouse affected even the weather, and a bulky rain cloud fled away replaced with a pleasant sunshine.

Celebration of XI International Day of Yoga started with a series of light warm-up exercises conducted by sis. Valeria, master of sport in rhythmic gymnastics.



Santosh Didi congratulated the participants for their sound decision to embrace a healthy lifestyle and come to Peace Park rather than sleeping late in the morning, drinking coffee or watching TV. Didi emphasized that the most important aspect of a yogi life was keeping our mind in the lotus posture, unaffected with negative vibrations around us. She highlighted 3 important messages of the day for our overall spiritual and physical well-being as based on the ancient wisdom of Raja Yoga.

Lighthouse, St. Petersburg June, 21

3 important messages of the day for our overall spiritual and physical well-being as based on the ancient wisdom of Raja Yoga.

1.

1) As I become aware of my true identity of being a soul, the sentient master of my physical body, I should start taking notice of the choice of my thoughts, because negative or impure thoughts will not let me remain healthy.

2.

Food obtained by taking life of other living beings cannot be part of my diet. The Day of Yoga inspires us to once again monitor our food habits and make a better choice for stable health, peace and happiness. True well-being for us, living entities, can be brought about only by pure food rich in living energy.

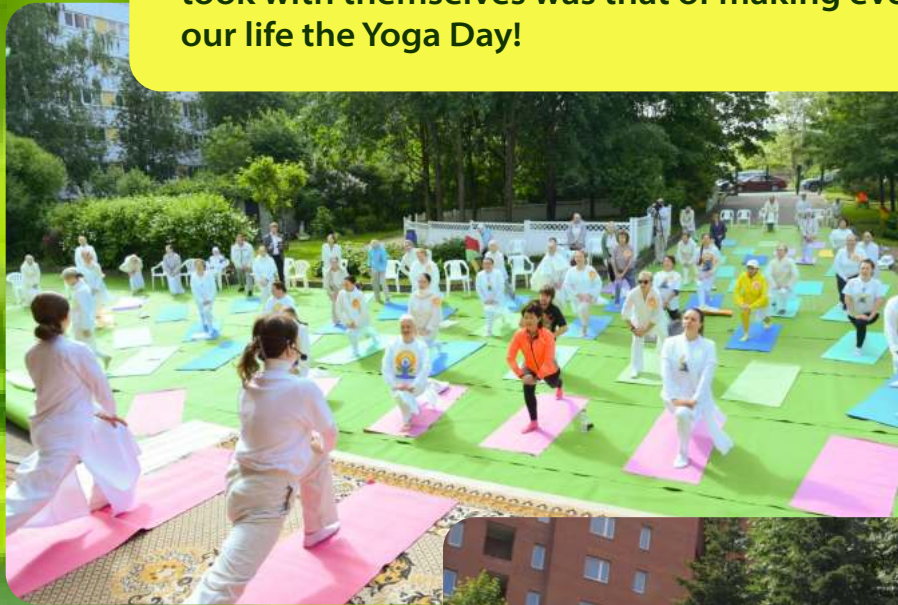


3.

While coming in contact with other living souls, I should always keep the Supreme Soul between us, realising that everyone with whom I interact is an eternal child of the eternal Father of all souls. This will ensure we do not create an account with anyone by entangling ourselves in variety of natures, expectations, and negativity, and remain bondage-free.

Keeping body and soul young

Sis. Devi, a Brahma Kumari student, member of "Divine Light" cultural group (DLCG) and hatha yoga instructor, conducted a sequence of exercises as per the official Yoga Protocol. Then everyone could enjoy a healthy light breakfast in the garden. A guided tour of the Lighthouse museum was organized for first-timers. And the main inspiration that everyone took with themselves was that of making every day of our life the Yoga Day!



St. Petersburg (Russia), Peace Park June, 21, 2025