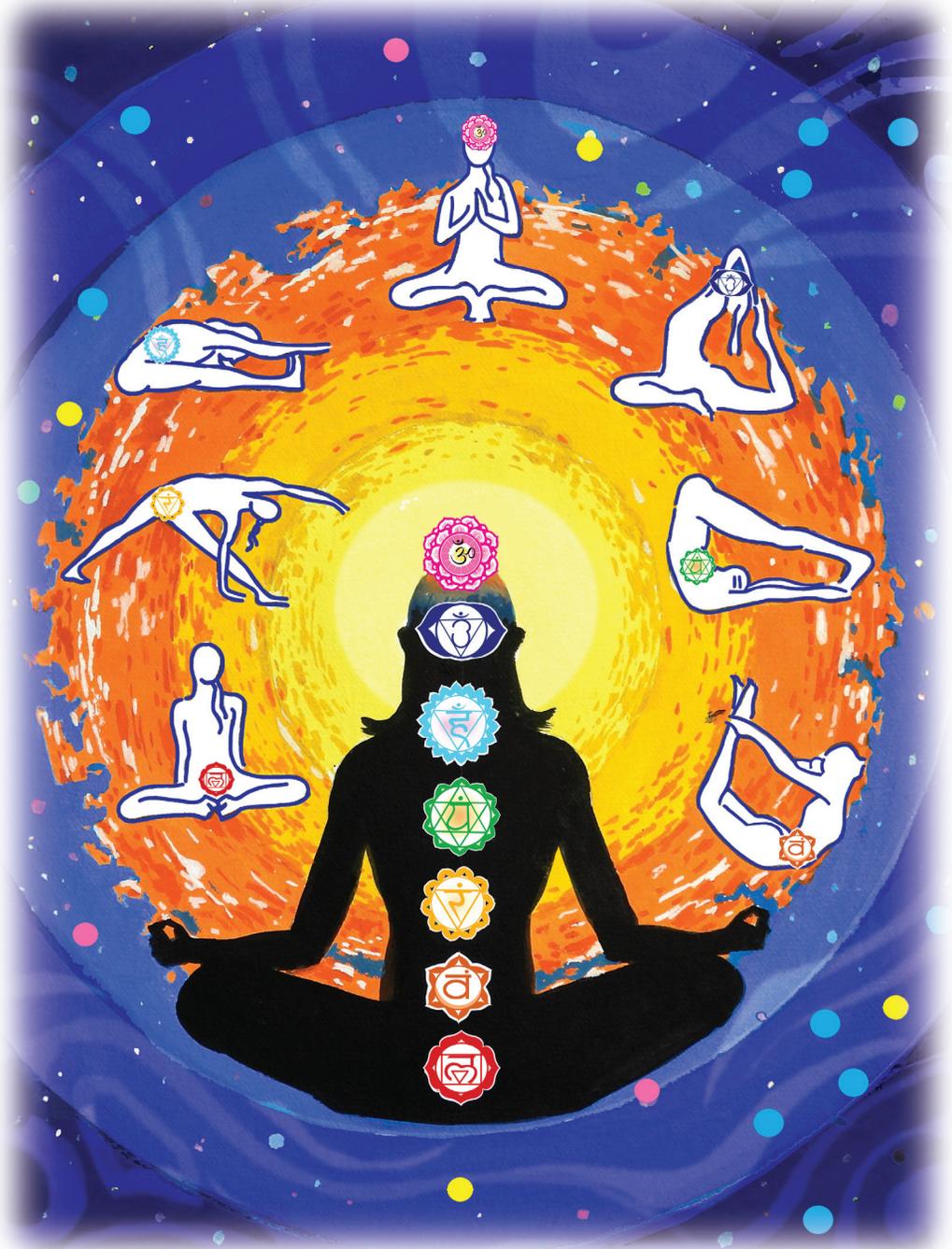


YOGI DARSHAN



2026

ANCIENT WISDOM FOR MODERN LIVING

2027

JANUARY

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AUGUST

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OCTOBER

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31						

NOVEMBER

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28	29	30				

DECEMBER

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

YOG DARSHAN

Ancient wisdom for modern living



Pradip Burman

Dear Friends,

I am proud to introduce the “*YOG DARSHAN*” calendar — a reflection of our commitment to promoting holistic health and harmony. In today’s fast-paced world, where our lives are dominated by phones and electronic devices, we often lose touch with ourselves and the natural rhythm of life. *YOG* offers us a way back — a path to reconnect with our inner self, restore balance, and experience true peace and clarity.

This year’s *YOG* Darshan calendar and accompanying booklet beautifully bring together 12 āsanas, 12 prānāyāms, and the 7 chakras, guiding you to align your body’s energy with the universal flow for optimum health and potential. Each posture and practice has been thoughtfully chosen to be simple, effective, and accessible — even for beginners.

I encourage you to take a few moments each day to embrace these practices. Let *YOG* be your companion on the journey toward mindfulness, vitality, and harmony with nature.

Pradip Burman

Chairman, Mobius Foundation
calendar26@mobiustf.org



Gautam Partho Roy

Dear Friends,

Creating the artwork for “*YOG DARSHAN*” has been an inspiring and deeply personal journey. As I painted each āsana, prānāyāma, and chakra, I found myself not just illustrating forms — but experiencing the essence of *YOG* itself.

Through the process, I discovered that *YOG* is not merely about movement or posture; it is a dialogue between the body, mind, and spirit. Each brushstroke became a moment of reflection, teaching me patience, balance, and awareness. The colours, forms, and energies of the paintings are inspired by the harmony that *YOG* brings into one’s life.

This experience has transformed my own understanding of well-being and creativity. I hope that these artworks encourage you to explore *YOG* — to connect with yourself, with nature, and with the quiet strength that lies within us all.

Gautam Partho Roy

Contact: 93508-58538

E-mail: gautampartharoy@gmail.com

2026



YOG DARSHAN

Ancient wisdom for modern living

Introduction to YOG and Its Spiritual Significance

Everything in this universe arises from one ultimate source and eventually returns to it. This eternal truth forms the essence of Indian philosophy, where **YOG is seen as the path that unites the individual self with universal consciousness.** Rooted in the Sanskrit word *yuj*, meaning “to unite,” YOG harmonizes body, mind, and spirit, guiding one toward self-realization and liberation (*moksha*).

Maharishi Patanjali defines YOG as the stilling of the fluctuations of the mind (*YOGs citta-vritti nirodha*). When the restless mind attains clarity and balance (*sattva*), **we experience our true nature—peaceful, aware, and free.**

The *Bhagavad Gita* further explains YOG as balance in thought and action—performing duties selflessly, without attachment to results. It outlines four main paths: *Karm YOG* (selfless action), *Bhakti YOG* (devotion), *Gyan YOG* (knowledge), and *Dhyana YOG* (meditation)—all leading to union with the Absolute.

Patanjali’s *Ashtanga YOG* describes eight steps to spiritual awakening, from ethical living (*yam, niyam*) and physical discipline (*asana, pranayama*) to meditation and enlightenment (*samadhi*).

Beyond its spiritual depth, YOG is **profoundly relevant in modern life.** It calms the mind, strengthens the body, and restores balance amid the chaos of technology and routine. Through YOG, we reconnect with nature, awaken inner harmony, and rediscover peace—the true foundation of health and happiness.



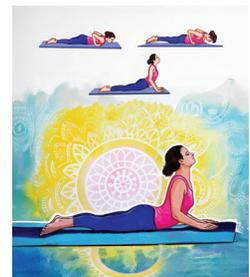
Surya Namaskar (Sun Salutation)



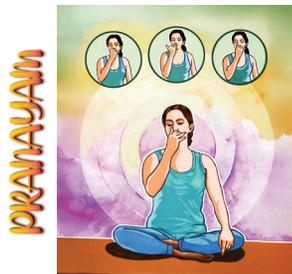
Bhadrasana (Butterfly Pose)



Dhanurasana (Bow Pose)



Bhujangasana (Cobra Pose)



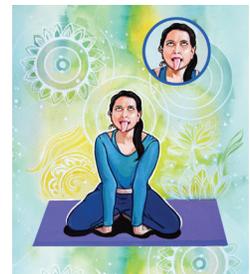
Anulom Vilom (Alternate Nostril Breathing)



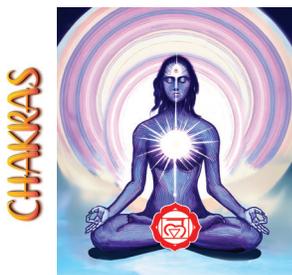
Bhamari (Humming Bee Breath)



Sheetali (Cooling Breath)



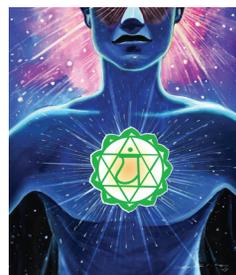
Simhasana (Lion Roaring)



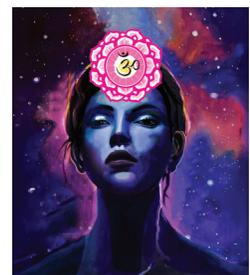
Muladhara (Root Chakra)



Manipura (Navel Chakra)



Anahata (Heart Chakra)



Sahasrara (Crown Chakra)

YOG Aasan: Definition, Techniques, Benefits, and Precautions

YOG Aasan refers to the physical postures or poses practiced in YOG to strengthen, stretch, and align the body while promoting mental focus and relaxation. The word “Aasan” means “seat” or “posture,” emphasizing stability, comfort, and mindful awareness in each position. YOG Aasans are foundational to Hatha YOG and are considered essential for preparing the body and mind for deeper practices like pranayam and meditation.

The practice of YOG Aasan is ancient, documented in classical texts such as the Hatha YOG Pradipika and Gheranda Samhita, and forms one of the eight limbs of Ashtanga YOG. Regular practice helps harmonize body, mind, and breath while supporting overall health and spiritual development.

Techniques and Guidelines

- Perform Aasans on a YOG mat or clean, flat surface to ensure stability and comfort.
- Wear loose, breathable clothing to allow free movement.
- Practice on an empty stomach, ideally in the morning or evening, avoiding heavy meals 3–4 hours prior.
- Maintain awareness of the breath, coordinating it with movement where applicable.
- Start with simpler poses like Tadasana or Sukhasana and gradually progress to advanced postures under guidance.
- Hold each posture with focus and ease, avoiding strain or pain.
- End the session with Shavasana for relaxation and integration.

Benefits

YOG Aasans improve flexibility, strength, and posture, enhance blood circulation, and support joint and spine health. They calm the mind, reduce stress, and improve concentration. Additionally, Aasans help regulate digestion, energize the body, and prepare the practitioner for meditation and pranayam, promoting overall physical, mental, and spiritual well-being.

Precautions

Avoid performing Aasans if you have recent injuries, severe joint problems, or medical conditions without consulting a healthcare professional or trained YOG instructor. Do not force the body into painful positions, and progress gradually. Pregnant women should follow specialized guidance. Temporary muscle soreness may occur, which is normal, but persistent pain should be checked.

YOG Aasan is a holistic practice that, when performed mindfully, strengthens the body, balances the mind, and enhances life energy.

YOGASAN



2026

PLANNER

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13 Lohri	14	15	16	17
18	19	20	21	22	23 Basant Panchami	24
25	26 Republic Day	27	28	29	30	31

JAN 2026

YOGASAN



Surya Namaskar (Sun Salutation)

JAN 2026

SUN MON TUE WED THU FRI SAT

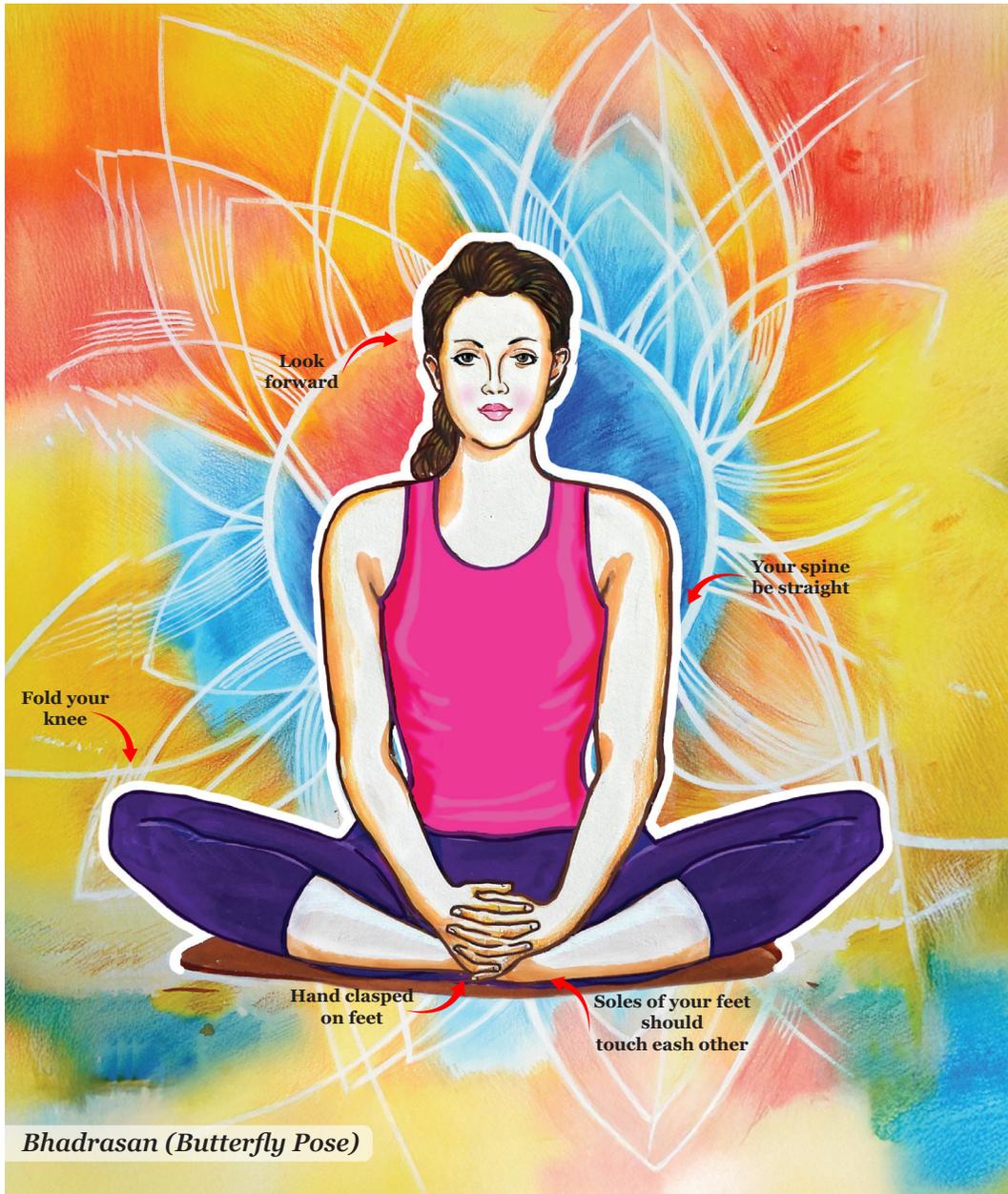
					1	2	3
4	5	6	7	8	9	10	
11	12	13 Lohri	14	15	16	17	
18	19	20	21	22	23 Basant Panchami	24	
25	26 Republic Day	27	28	29	30	31	

PLANNER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15 Maha Shivratri	16	17	18	19	20	21
22	23	24	25	26	27	28

FEB 2026

YOGASAN



FEB 2026

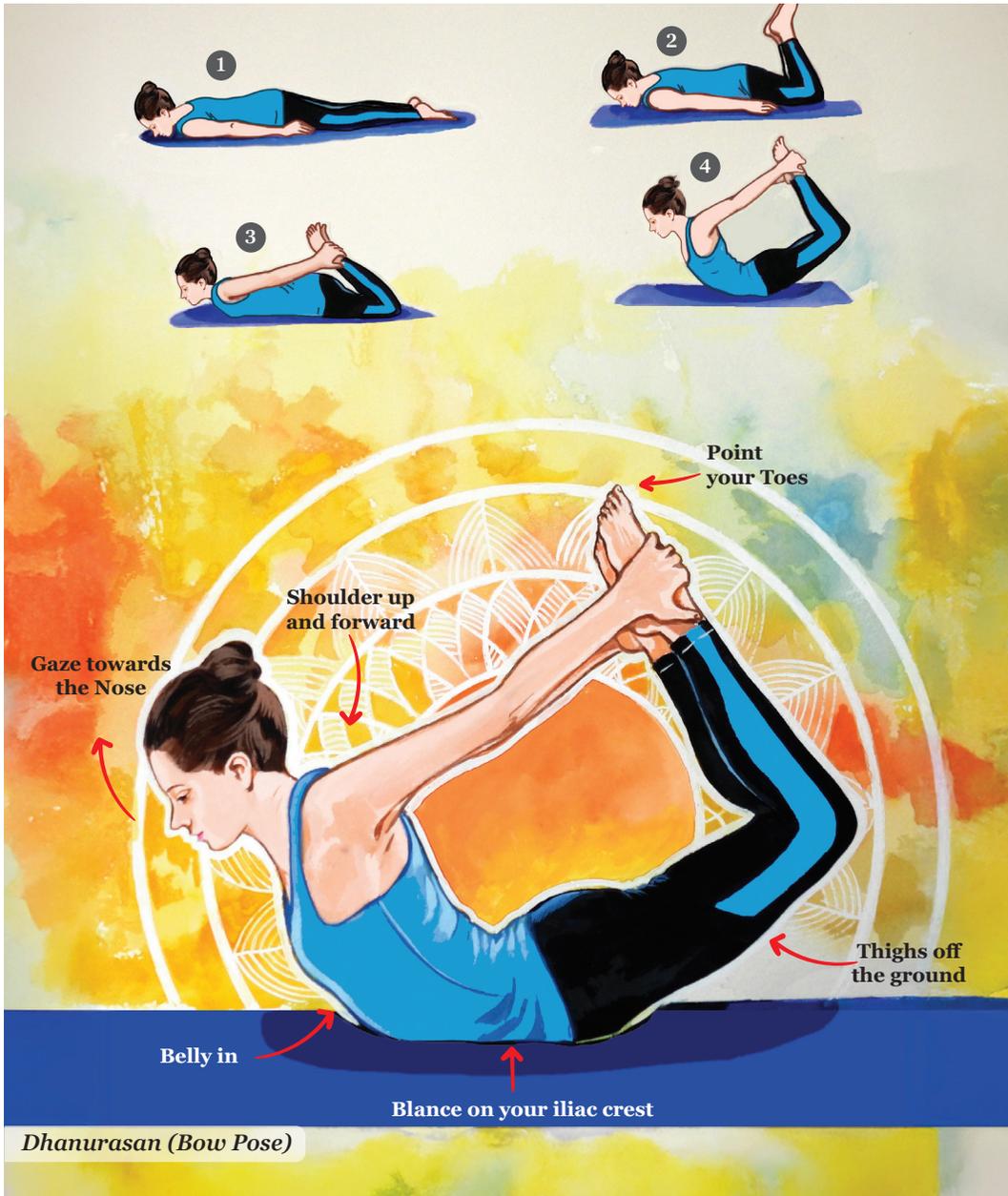
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15 Maha Shivratri	16	17	18	19	20	21
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PLANNER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 Holi	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 Spring Equinox	21 Id-ul-Fitr
22	23	24	25	26 Ram Navami	27	28
29	30	31 Mahavir Jayanti				

MAR 2026

YOGASAN



MAR 2026

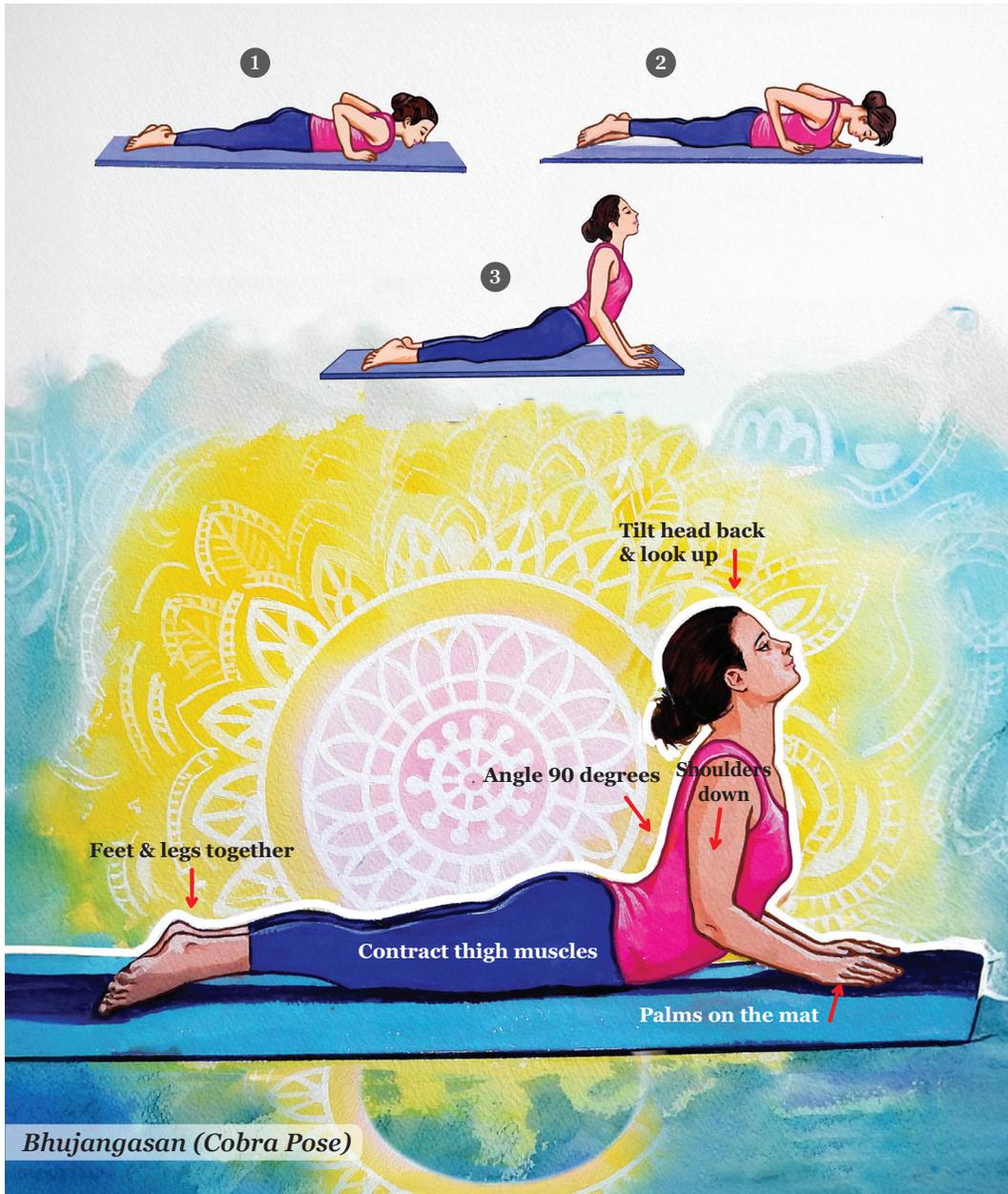
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 Holi	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 Spring Equinox	21 Id-ul-Fitr
22	23	24	25	26 Ram Navami	27	28
29	30	31 Mahavir Jayanti				

PLANNER

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 Good Friday	4
5 Easter	6	7	8	9	10	11
12	13	14 Baisakhi / Ambedkar Jayanti	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

APR 2026

YOGASAN



Bhujangasan (Cobra Pose)

APR 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 Good Friday	4
5 Easter	6	7	8	9	10	11
12	13	14 Baisakhi / Ambedkar Jayanti	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Pranayam: Definition, Techniques, Benefits, and Precautions

Pranayam is the ancient yogic practice of controlling and regulating the breath to balance the life force (*pran*) within the body. The word “Pranayam” combines *pran* (life energy) and *ayama* (expansion or control), meaning the extension or control of vital energy through breathing.

The practice dates back thousands of years, mentioned in the *Bhagavad Gita* and classical texts like *Hatha YOG Pradipika* and *Gheranda Samhita*. It is one of the key limbs of Ashtanga YOG, aimed at purifying the body, calming the mind, and enhancing spiritual awareness.

Techniques and Guidelines

- Always breathe through the nose, with gentle, smooth inhalations and exhalations.
- Practice pranayam ideally in the morning or at sunset, in a clean, quiet place with fresh air.
- Sit comfortably in steady poses like Siddhasana, Sukhasana, or Padmasana, keeping the spine straight.
- Perform pranayam after your YOG asanas and before meditation, ending with relaxation in Shavasana.
- Practice on an empty stomach, waiting 3–4 hours after eating.
- Wear loose, natural-fiber clothing and maintain good hygiene.

Benefits

Pranayam improves lung function, enhances oxygen supply, and balances the nervous system. It calms the mind, reduces stress, and helps regulate digestion. It also supports the body's energy flow, promoting overall health and spiritual growth.

Precautions

Avoid pranayam if you have serious health issues like asthma, heart disease, high blood pressure, diabetes, or neurological disorders, unless under expert supervision. Do not overexert yourself or hold your breath beyond comfort. Some temporary effects like tingling or warmth may occur during detoxification but should fade. Consult a qualified teacher if symptoms persist.

Pranayam is a powerful, mindful practice that, when done correctly, nurtures physical vitality and mental clarity.

PRANAYAM



2026

PLANNER

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Labor Day / Buddha Purnima	2
3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27 Id-ul-Zuha	28	29	30
31						

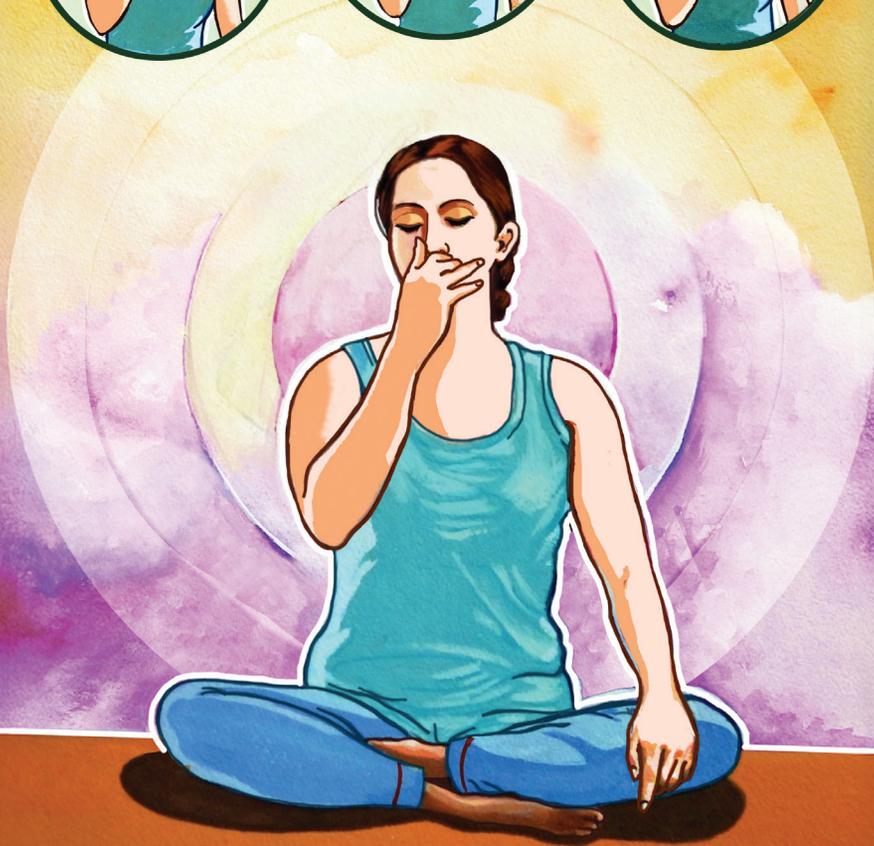
MAY 2026

PRANAYAM

1. Inhale Left

2. Exhale Right, Inhale Right

3. Exhale Left, repeat at 1



Anulom Vilom (Alternate Nostril Breathing)

MAY 2026

SUN

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Labor Day /
Buddha Purnima
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Id-ul-Zuha

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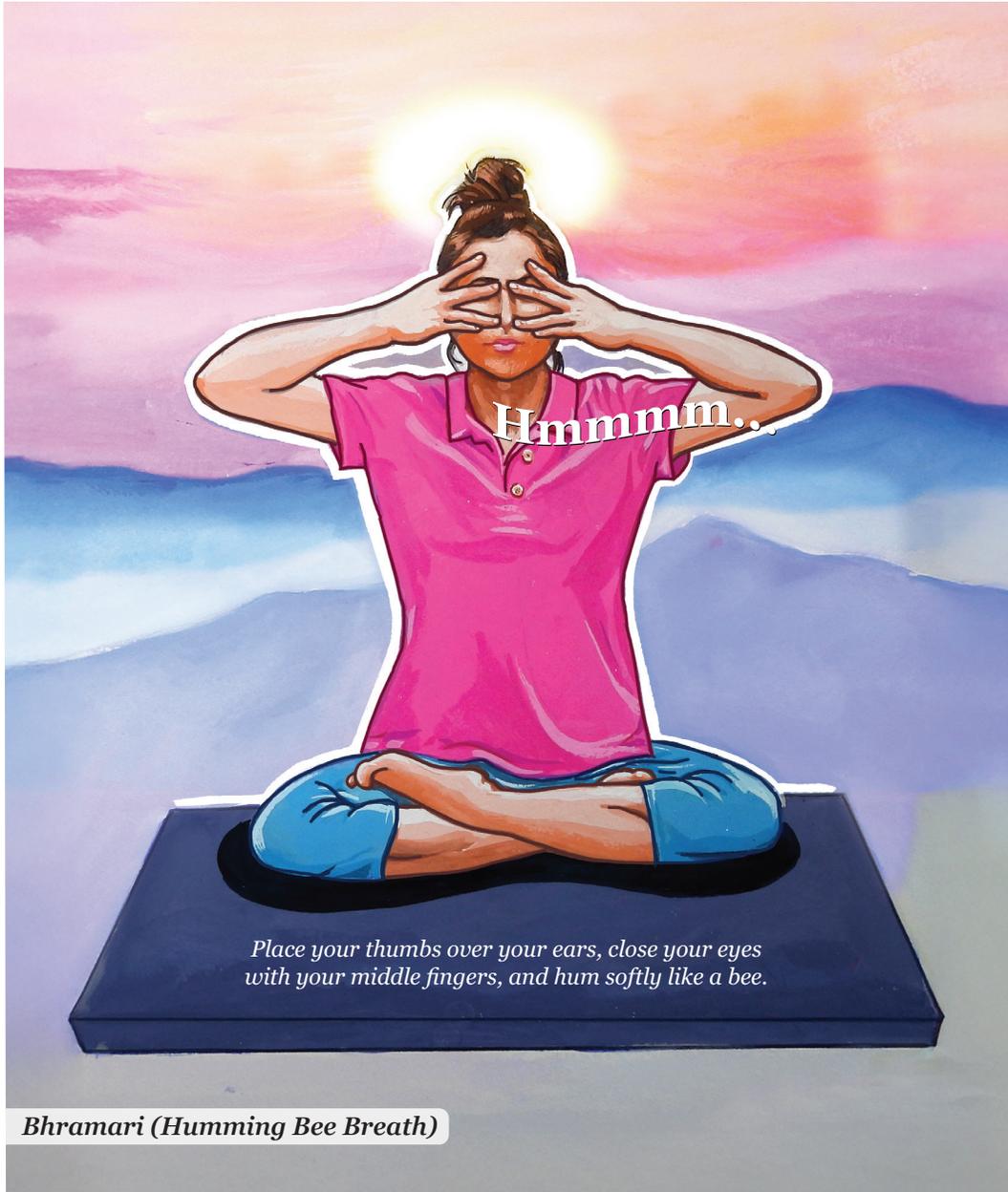
31

PLANNER

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21 Summer solstice	22	23	24	25	26 Muharram	27
28	29	30				

JUN 2026

PRANAYAM



Bhramari (Humming Bee Breath)

JUN 2026

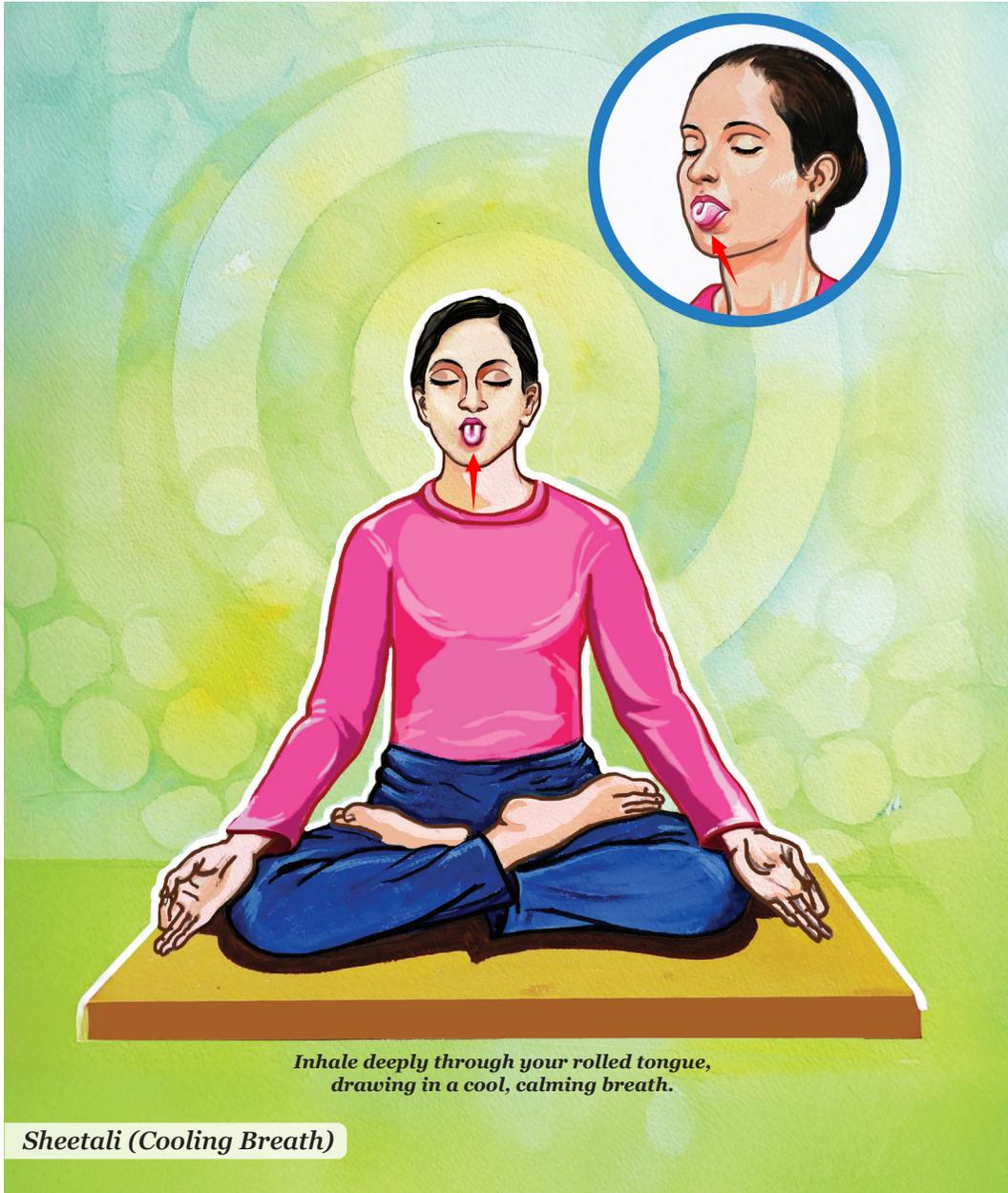
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21 Summer solstice	22	23	24	25	26 Muharram	27
28	29	30				

PLANNER

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29 Guru Purnima	30	31	

JUL 2026

PRANAYAM



*Inhale deeply through your rolled tongue,
drawing in a cool, calming breath.*

Sheetali (Cooling Breath)

JUL 2026

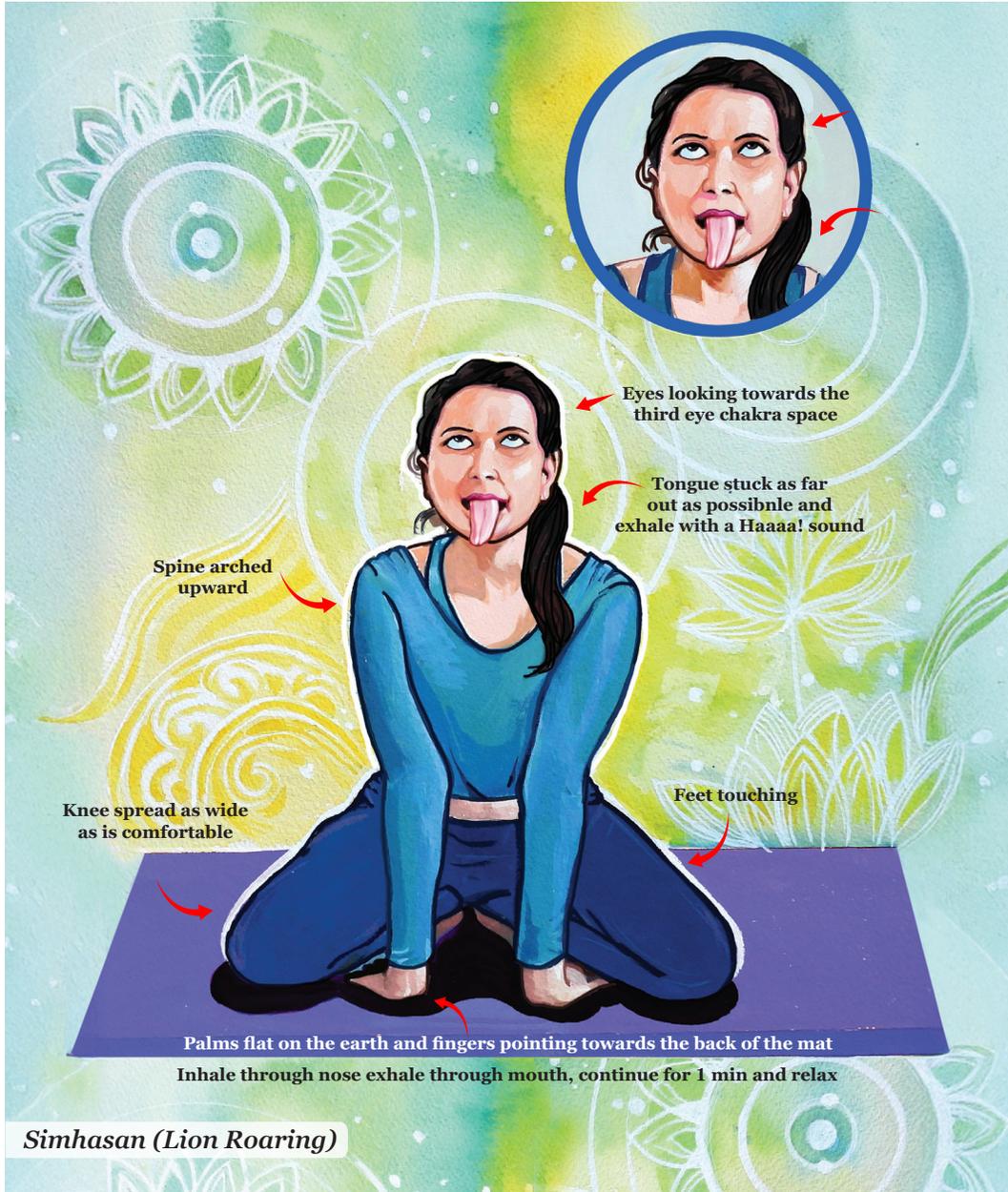
SUN	MON	TUE	WED	THU	FRI	SAT
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29 Guru Purnima	30	31	

PLANNER

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15 Independence Day
16	17	18	19	20	21	22
23	24	25 Milad-un-Nabi	26	27	28 Raksha Bandhan	29
30	31					

AUG 2026

PRANAYAM



AUG 2026

SUN MON TUE WED THU FRI SAT

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9	10	11	12	13	14	15	
16	17	18	19	20	21	22	Independence Day
23	24	25	26	27	28	29	
30	31				Raksha Bandhan		

Saat Chakr Bhedan (षट्चक्र भेदन) or Kundalini Awakening

Kundalini awakening is a profound yogic practice deeply connected to spiritual growth. According to yogic traditions, Kundalini energy lies dormant in most people. The practice of **Saat Chakr Bhedan** aims to awaken this powerful energy and raise it through six energy centers called **chakras**. When Kundalini reaches the highest chakra, **Sahasrara**, located at the crown of the head (in the brain), the practitioner attains **YOG Siddhi**—a state of spiritual perfection.

Kundalini is often described as the ‘**Nachiket fire**’ mentioned in the Upanishads, symbolizing a secret, divine energy. Those who awaken Kundalini fully and become ‘**Tri-Nachiket**’ are believed to transcend disease, illness, and even death, reaching ultimate liberation.

Madame Blavatsky, a famous spiritual teacher, referred to Kundalini as ‘**cosmic electricity**’ or universal energy—an electric, magical force coiled like a serpent inside the body. This is why Kundalini is often called ‘**serpentine power**’.

The awakening process happens through **Chakra Bhedan Sadhana**, a yogic technique that systematically activates and purifies each of the six main chakras, allowing the energy to flow upward in a spiral motion.

What Are Chakras?

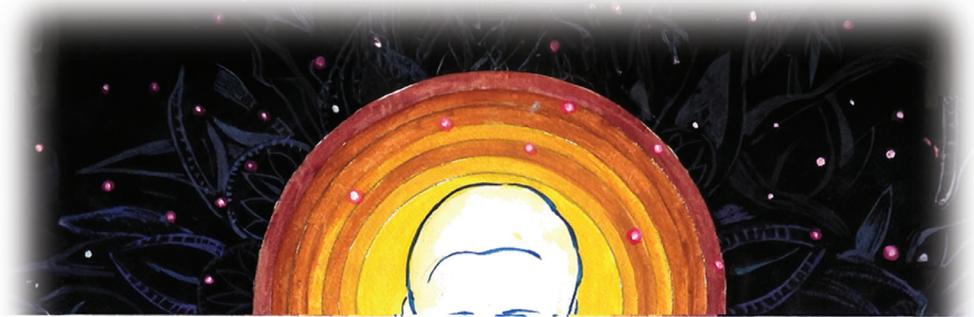
Chakras are energy centers in the subtle body, each linked to physical, emotional, and spiritual functions. The six main chakras through which Kundalini rises are:

1. **Muladhar** (Root Chakra)
2. **Swadhisthan** (Sacral Chakra)
3. **Manipur** (Navel Chakra)
4. **Anahat** (Heart Chakra)
5. **Vishuddh** (Throat Chakra)
6. **Aagya** (Third Eye Chakra)
7. **Sahasrara Chakra** (Crown Chakra)

The seventh chakra, **Sahasrara** (Crown Chakra), is where the awakened Kundalini unites with universal consciousness.

Saat Chakra Bhedan is an advanced yogic practice and should be done under expert guidance to safely awaken this powerful energy.

CHAKRAS

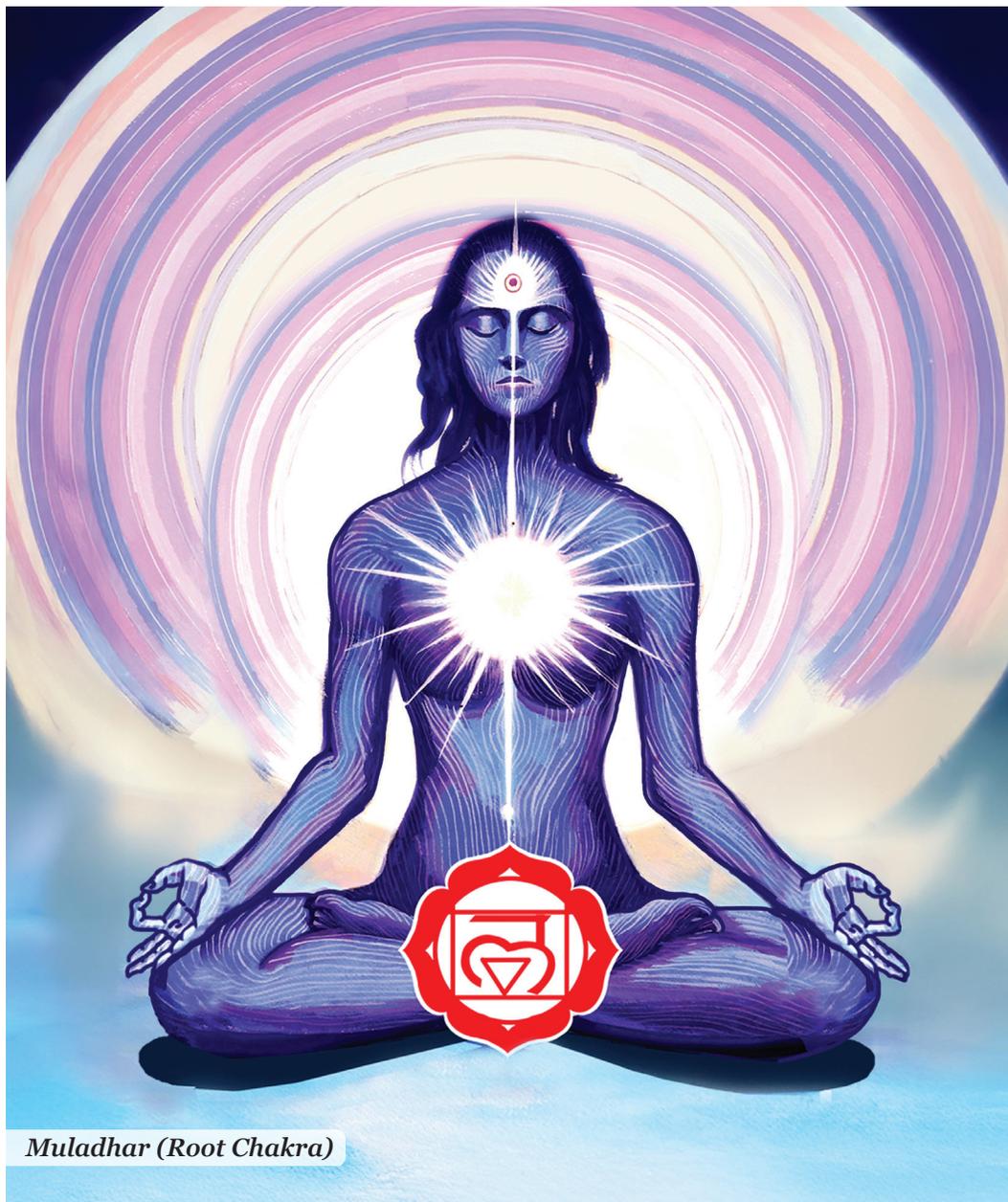


PLANNER

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4 Janmashtami	5
6	7	8	9	10	11	12
13	14 Ganesh Chaturthi	15	16	17	18	19
20	21	22	23 Autumn Equinox	24	25	26
27	28	29	30			

SEP 2026

CHAKRAS



Muladhar (Root Chakra)

SEP 2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4 Janmashtami	5
6	7	8	9	10	11	12
13	14 Ganesh Chaturthi	15	16	17	18	19
20	21	22	23 Autumn Equinox	24	25	26
27	28	29	30			

PLANNER

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 Gandhi's Jayanti	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20 Dussehra	21	22	23	24
25	26 Balmiki Jayanti	27	28	29 Karva Chauth	30	31 Halloween

OCT 2026

CHAKRAS



Manipur (Navel Chakara)

OCT 2026

SUN MON TUE WED THU FRI SAT

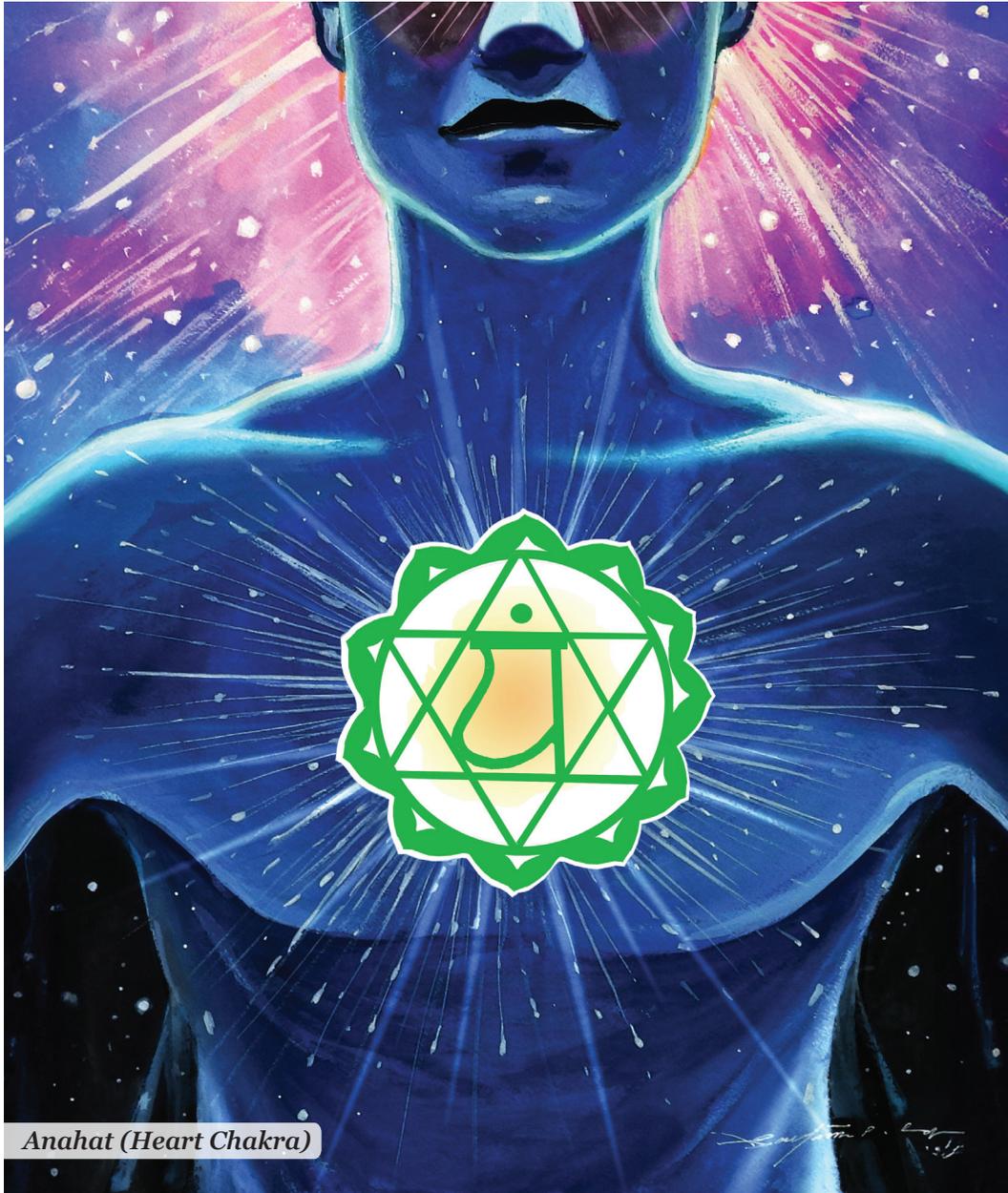
					1	2 Gandhi's Jayanti	3
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20 Dussehra	21	22	23	24	
25	26 Balmiki Jayanti	27	28	29 Karva Chauth	30	31 Halloween	

PLANNER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8 Diwali	9 Govardhan Puja	10	11 Bhai Duj	12	13	14 Children's Day
15	16	17	18	19	20	21
22	23	24 Guru Nanak's Birthday	25	26	27	28
29	30					

NOV 2026

CHAKRAS



Anahat (Heart Chakra)

NOV 2026

	SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6	7
	8 Diwali	9 Govardhan Puja	10	11 Bhai Duj	12	13	14 Children's Day
	15	16	17	18	19	20	21
	22	23	24 Guru Nanak's Birthday	25	26	27	28
	29	30					

PLANNER

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22 Winter Solstice	23	24	25 Christmas Day	26
27	28	29	30	31		

DEC 2026

CHAKRAS



Sahasrara (Crown Chakra)

DEC 2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22 Winter Solstice	23	24	25 Christmas Day	26
27	28	29	30	31		

