

Empower Intellect, Engage Mind, Enjoy Work, Enable Life. This is Yoga.

By R.Rangarajan



India, the cradle of Yoga and life wisdom offers infinite potential to explore life beyond making a living and paying bills. Vedanta Academy in Malavli hills, near Mumbai is a unique international residential facility for youngsters in the age of 16 to 28. It teaches the comprehensive Yoga which is beyond the fitness for your body. The Academy provides a vibrant environment, knowledge and guidance to learn and practise yoga for the intellect and prepare oneself both externally and internally, to live a life of challenge without succumbing to stress or peer pressure.

The Academy founded by Swami Parthasarathy, the internationally eminent philosopher, management guru and lifestyle educator offers a 3 year full time residential program on Self-Management to develop the intellect. As the cross section of humanity has embraced Yogasana for one's physical wellbeing, the Academy offers the complete recipe for wellness in life, taking Yoga to its peak of developing and strengthening the intellect.



Yogasana predominantly is physical postures, whereas 'yoga', being a Sanskrit word, derived from its root 'yuj', means 'reunion'. Yoga symbolizes the integration of mind and intellect, the integration of Spirit and matter.



The Academy's course is designed to provide a comprehensive program for self-development wherein your body, mind and intellect are all addressed with their specific requirements.

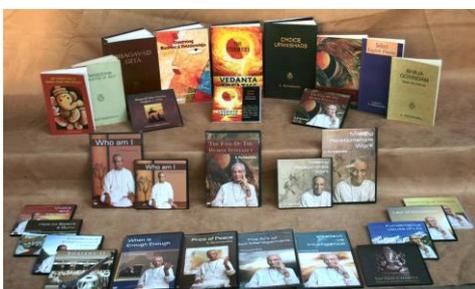
Yogasana, Gym, jogging, sports like Cricket, Volleyball, Badminton, Basketball offered daily help maintain physical wellness, cheer and cooperative endeavour amongst the residents. Nutritious and delicious vegetarian food to vitalise your body. Voluntary campus work tests the life lessons learnt at class, offering a lab to practise them. Devotional singing, sharing and community living enhance the spirit of identification. In short, this education itself is heaven on earth!

The Academy has been accorded the coveted status of a 'Scientific & Industrial Research Organisation' by Government of India, for promoting development of intellect to enhance quality of life. The students congregate from all over the world, from different denominations, faiths to pursue this life Science called 'Vedanta'.



Swami Parthasarathy has authored 12 books of which 3 have turned best sellers. He has been a resource at leading MNCs, management bodies like the World Economic Forum, World Bank, YPO, WPO and the like. He has been featured in TIME magazine as 'a man who adds new meaning to the term 'business guru''. CNBC, BBC, ESPN and many more international channels have carried his interviews. Swamiji has been extensively covered in print media as well.

At the age of 89 the Swami is a picture perfect proof of the workings of Vedanta in real life. He has maintained his weight at 67 kgs in the last 65 years. Standing tall at 6 feet, he is free from any physical ailments. He plays cricket regularly competing with players a third his age, winning best player credits. He challenges corporate executives if they can fall off to sleep in 20 seconds! He equips people to look forward for Monday mornings, not Friday evenings.



A globe trotter who travels from Auckland to Toronto each year, delivering awareness raiser events for corporations and professionals. Come October 2016, he is scheduled to address the corporate Toronto on 'Work Life Balance'. An exclusive website www.governlife.org contains all the required details, including snippets videos from past seminars, speaker credentials and a lead to register. Your donation to the event is eligible for tax relief as per CRA norms in Canada. The event is hosted by Vedanta Cultural Foundation Canada, a registered knowledge based charity in Canada.