



Armonía de Cuerpo, Mente y Alma

ASSOCIATION YOGA IN DAILY LIFE SPAIN

With great joy we congratulate and send our best wishes to **HH Vishwaguru Mahamandaleshwar Paramhans Sri Swami Maheshwarananda Puriji** on the occasion of being honored with the prestigious **Bharat Gaurav Award** by the House of Commons, the British Parliament, on July 23rd of this year.

This is a remarkable recognition of His humanitarian and spiritual work; promotion of tolerance and world peace. The award is bestowed to the greatest Indian leaders of whom this country is so proud.

Swamiji with His divine presence and with His tireless effort is the ideal and great inspiration not only for India, but also for the whole world.

In Spain we have had a great privilege of Swamiji's presence every year from 1997 and we took advantage of his teachings, philosophy and the Vedic wisdom imparted during numerous years and through various events.

Swamiji has helped many Spanish and Latino Americas to achieve physical, mental, social, and spiritual health through his majestic System of Yoga in Daily Life. He has inspired people to work for: world peace; interreligious dialogue; humanitarian, reforestation, animal protection, and water sustainability projects.

Yoga in Daily Life – the System

is delivered in Yoga centers in Spain, also in civic, cultural, sports, rehabilitation, psychiatry, psychology centers; in schools, universities, and in companies.

The world peace (World Peace Council) and the interreligious dialogue:

2001 Swamiji attending a joint prayer for peace at Barcelona beach with church and public figures.

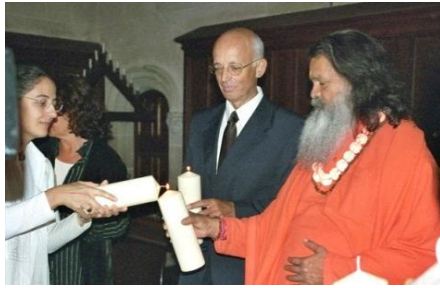


Swamiji was invited to Spain in order to participate:

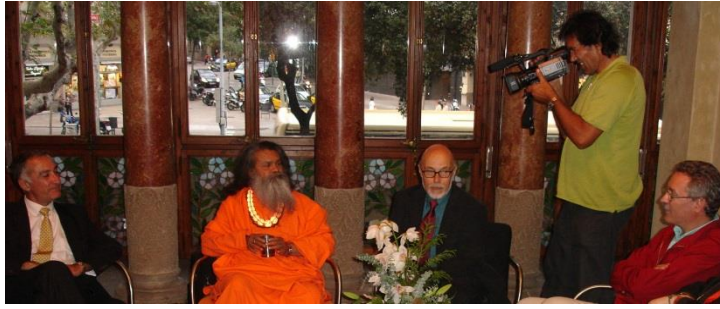
2004 in World Religious Parliament during the Cultures Forum in Barcelona
Swamiji's reception with a press conference



And as Assembly Member of the spiritual leaders for peace and sustainability in Montserrat



Conference "Meditation as a Culture of Peace" in House of Asia



Interreligious gathering and a prayer for peace at Pedralbes Monastery
(Organized by Asociación Yoga en la vida Cotidiana & UNESCOCAT).



An interview with the director of Secretary of Religious Affairs of the Generalitat de Catalunya



Visiting the head office of UNESCOCAT in Barcelona



HH Paramhans Swami Maheshwarananda's Humanitarian Projects

Spiritual Centers and Ashrams, hospitals, schools, universities, animal shelters, etc.

2014 Students of Badalona College collected 5,000 € to support Gyan Putra Project with their "Solidarity Roses" during a Catalan holiday of St. Jordi



Reforestation

Yoga in Daily Life members and practitioners planted trees as an act of reforestation in Huesca



The Forest of HH Paramhans Swami Maheshwarananda
360 Holy Oak trees were planted on this piece of land



And in Gran Canary Island an area affected by a fire was reforested.



CUBA

Paramhans Swami Maheshwarananda's message and blessings have reached the **island of Cuba**, where the System Yoga in Daily Life is imparted in universities, sports and religious centers, geriatrics, hospitals; and is helping the country of Cuba to achieve physical, mental, social, and spiritual health. The Cubans express their deepest gratitude for His work.

A meeting in the University of Holguin on social health and joint collaboration



YIDL class in Franciscan Convent for mentally challenged children



YIDL class at Guardalavaca beach



YIDL Class at St. Jose Church in Holguín



Cultural exchange collaboration – Ibero American Culture House of Holguín



YIDL class in Jose R Rodrigues Solarana School in Holguin for mentally challenged children



A lecture on YIDL – the System during the Festival of Ibero-American Culture



YIDL class in the University of Holguín



A conference on YIDL for elderly people at House of Ibero-American Culture



Ashram in Holguin praying



YIDL class at Holguín Aloma hilltop for “coaching yoga” group



The practitioners and the students for the YIDL instructor training practicing Shankhaprakshalan technique in open air - Guardalavaca Province



“Yoga Coach” is an elective course at the University of Holguin. The group



Open air toilets



YIDL class in Ashram in Holguín



BOLIVIA

Swamiji's wisdom and blessing have reached Bolivia, where YIDL is practiced

YIDL practitioners in city Cochabamba



The group in Bolivian city - La Paz

