

Ludhiana & Rishikesh (INDIA)
Registered with YA USA, YA INTERNATIONAL, YA ID- 257949

2 DECEMBER, 2021 LIVE ON 102.7 FM RAINBOW

Yogacharya Sanjeev Tyagi was live on FM with RJ Pooja.

The theme of interaction- "How to remove ill effects of pollution through Yoga."

Yes! Yoga is the key to beating pollution as well



4 DECEMBER, 2021 RAJ YOGA MEDITATION BY BRAHMKUMARIS

Sister B.K. Saras from B.K. Bhavan, Jhande , Ludhiana enlightened the participants on Raj Yoga Meditation which is an inward journey of self realization. In modern life, we are losing our inner true peace & leading towards illness & diseases. Raj Yoga is a highly effective way to connect with peace & tranquility.



5 DECEMBER, 2021 HEALTH & NUTRITION COURSE BY DR. GUNEET MONGA

Health & Nutrition Course by Dr. Guneet Monga (Yogacharya & Physiotherapist Director-Samatvam Yogashala, Udaipur; M.Sc Yoga, MBA, NET, PhD, eRYT 500) was a great opportunity to understand the nutrients & meaning of various terminologies associated with nutrition. The participants got a clear insight into the nutritional concepts.

The course was for one & all.



19 DECEMBER, 2021 LODHI CLUB SPORTS CARNIVAL

Lodhi Club, Ludhiana organised sports carnival from November to December 2021. Team Everest was the official partner with the club for the program. Intention of the carnival was to create opportunities for club members & their families to get together for physical activities & games of various sorts. There were many platforms like yoga, badminton, cricket, cycling, chess, ludo, bhangra & many other fun games. Everest's team under the leadership of Yogacharya Sanjeev Tyagi, coordinated various acts of sports & games and yoga competitions and sponsored trophies for the participants & winners. C A Nitin Mahajan, Mr Ram Sharma & all other executive members of the club played an integral role in delivering the best experience to the members.







21 DECEMBER, 2021 WORKSHOP ON RAJ YOGA - THE EIGHT FOLD PATH, BY MRS. MUKTA KAUL

Mrs. Mukta Kaul Dhadwal is an amazing yogini basically from Jammu & Kashmir, currently settled in USA & teaching yoga to local folks. She is Masters in IT & Management & pursuing her passion- Yoga through teaching & learning. Her classroom was a beautiful flow of asanas & pranayama followed by gentle meditation session. Mrs. Kaul mentioned how popular yoga is in the western countries. She gave information related to teacher training & its scope in United States & neighbouring countries.

Yoga connects!! Big time.





24 DECEMBER, 2021 ONLINE STUDENTS' GRADUATION CEREMONY

EYI celebrated graduation ceremony of freshly pass out Online TTC students. All graduates

were beaming with joy & keenly shared their experience with everyone.

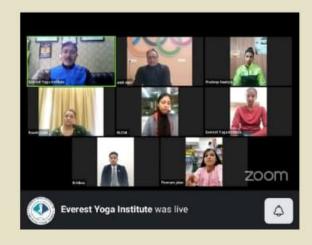
The online event was graced by the presence of Mrs. Rachna Singh & Mr. Amit Kumar Dani

who were the Guest of Honor and Chief Guest respectively. They gave their blessings & also,

shared their experiences with the students to enlighten them for next adventures of life.

The yogis who graduated were- RAJNI MUNJAL from Gurgaon, RAASHI DAVE from Mumbai,

POONAM JALAN from Kolkata, KRISHNA GOSWAMI from China, N S BHANU from Telangana.



25 DECEMBER, 2021 YOGA RETREAT CAMP @ DALHOUSIE

Yoga Retreat Camp to Dalhousie, Khajjiar ,Jot was a wonderful experience for the participants. Beautiful snow covered mountains and peaceful extremities. It was rejuvenating to connect with nature & unwind from the stress of modern life. It was a lovely opportunity for all the participants to learn how to live in groups & exchange & share. Trekking , morning walk, physical activities, yoga & meditation were part of the camp . Participants were offered certificates to all the participants as they successfully learnt how to plan & conduct a retreat & coordinate with each other.





31 DECEMBER, 2021 YOGA WORKSHOP FOR MRS PUNJAB FINALISTS

Mrs Punjab, 2021 finalists participated with full enthusiasm, in yoga workshop by Everest. Beauty & Brain is a balanced state which can be achieved through YOGA. The program was sponsored by 9 to 9 Entertainment & Mrs Samriti Oberoi is the brand ambassador of Mrs Punjab Contest. Our heartfelt thanks to them. Workshop was a complete package of warm up, asanas, sun salutations, pranayama, laughter yoga. The entire session was aligned by Everest Yoga Institute's members (Ruchi Gupta, Simmi Makkar, Seema Marwaha, Taran Mankoo, Sukh Sharma)



