



Harmony for Body, Mind and Soul

Asociación Yoga en la Vida Cotidiana México, A.C.

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ANNUAL REPORT 2016

Yoga in Daily Life Association Mexico informs the associates, collaborators, students, civil society organizations, interested companies and institutions and the general public of the activities and results in 2016.

YOGA CLASSES

The basic activity of the Association are the yoga classes that were held in 2016 in Mexico City and Ixtapaluca.

In Mexico City yoga classes were given in 10 centers:

Delegation Coyoacán:

- Community Development Center Villa Panamericana
- Huayamilpas Culture house Raúl Anguiano
- Cultural center Benemérito de Américas, Center of Coyoacán

Delegation Benito Juárez:

- Children's Party Hall Mundo de Diez, Dr. Vertiz
- Sports center Benito Juárez
- Culture house Juan Rulfo, Mixcoac

Delegation Iztapalapa:

- Culture house San Antonio

Delegation Tlahuac:

- Center Selene
- Sport Dance Club, Nopalera, Tlahuac
- Community Development Center Nopalera

In Ixtapaluca the classes were given in:

- Culture house Los Heroes

Throughout the year, **824 classes** were taught by **6 teachers** (and assistants):

- Alberto Acosta Galindo
- Gastón Francisco Caballero Pérez
- Juana Huerta Sáenz
- María del Pilar Ramírez Ramírez
- Pushpa Devi
- Salustio Barrios Sánchez

On average, **19.25 classes** per week were given, with an average of **73.42 students** per week.

SATSANG

In the year 2016, **9 satsangs** were realized, which mean an essential point in personal spiritual development through the teaching of yoga.

The topics:

- The Value of Human Life
- Maha Shiva Ratri
- The Teaching and Beauty of Bhajans
- The Glory of Mother
- GURUPURNIMA
- Some Days with the Teacher
- Diwali
- What is Alakh Puriji Sidha Peetha Parampara
- Christmas Satsang

OTHER MAIN ACTIVITIES

- Cocina Verde - the theoretical an practical course of vegetarian cooking
- Hatha Yoga Kriyas - the techniques of physical and mental purification
- Free classes in all centers for International Day of Yoga (June 21)
- Yoga Event at the Peace Tree in Mixcoac for International Day of Yoga
- Participation in the Event of the Embassy of India on Zócalo of Mexico City for International Day of Yoga
- Vishwaguruji's Birthday Event on the Peace Tree in Mixcoac
- Event on the Peace Tree, Mixcoac for the International Day of Peace (September 21)
- Cocina Verde - Practical Hindu cooking course, given by Sonia A. Punjabi of Oakland, USA.

230 persons participated in these activities.

DONORS AND VOLUNTEERS

- The members of the Board of the Association (Pushpa Devi - president, Juana Huerta Saenz - vice president, Virginia Slim Ramirez - the treasurer and accounting of the Association, Alberto Acosta Galindo - secretary)
- Different students who assisted in the activities of the Association

GRATITUDE

to:

- all centers that opened the door to classes or other activities of the Association
- teachers (and assistants) mentioned by their participation as volunteers in teaching classes and participating in other activities
- all volunteers who supported the activities of the association
- Shikoba Association for the invitation to participate in its training
- Embassy of India for the opportunity to cooperate in the event on International Yoga Day

Annex to the 2016 Annual Report:

YOGA CLASSES



COURSES OF VEGETARIAN COOKING



EVENTS

