

WHY YOGA INSTITUTIONS FAIL BUT “YOGA NEVER”

The recent spate of closures of fitness centers promoting Yoga in Hong Kong has adversely affected the reputation of Yoga which is an established ancient science of personal growth for spiritual experience that has simultaneously become a science of health and healing.

Generally people have a myopic view of the word “Yoga.” The physical aspects of Yoga (Asanas and Pranayama) are an integral but only a small of the various “Yoga’s” prevalent today that have originated from the most ancient texts of “The Tantra’s”

Yoga has emerged from the mists of prehistoric times dating back 5000 BC and has gradually evolved over time with its own philosophy and endorsed by scientific revelations- precision and experimental accuracy.

Yoga in all its phases “Tried and Tested” over centuries has in this millennium embarked on an irrevocable journey from shore to shore and door to door.

Yoga in its preliminary and highly technical terminology can be defined as a “Somatopsychic science, the physical aspects of which are an unparalleled examples of bio-engineering that places body parts into postures or positions so as to create a positive influx on the neurological –physiological- muscular - skeletal systems.”

The end purpose is to arrive at a state of ‘homeostasis’ (inner equilibrium) enabling one to ultimately access all levels of subconscious mind so as to learn to modulate it at will.

Yoga as a whole is a holistic approach to life with multidimensional effects and incidentally the greatest gift to humanity from the land of Bharat i.e. “From India with Love”.

Everyone as per his depth and maturity has their own interpretations of the word “Yoga” which varies in a figurative sense from “the gyrations of the hip to the perennial rotation of the galaxies.”

In the ancient scriptures of “Hatha Yoga” there is a terse warning that those who perform yoga for physical reasons only and without any higher aspirations do not benefit in long run and some even come to grief. This is one of the primary reasons that some yoga students and institutions fail.

Secondly a Yoga school should have a mixture of Instructors, Teachers and a Master. An instructor specializes in the physical skill and movements with basic knowledge. A teacher is the one that enlightens you on the theoretical aspects of the postures and is well versed in the inner culture of yoga and its profound benefits. Lastly it is the master

who has the experience to doctor anyone in the practices of yoga for the purpose of “cure or endure” and to rise over the normal limitations of the body-mind complex.

Thirdly yoga students-teachers who migrate to Hong Kong do not necessarily have the business acumen to set up shop in one of the most expensive and roller coaster city in the world.

Some owners or partners with Yogic background become vulnerable to the greed- fame syndrome and fall all too often, a prey to commercially incompetent or dishonest managers/partners.

Lastly with the capricious spiraling of rents – property prices and the fickleness of landlords-developers, so typical of Hong Kong, who know no end to the “property carnival” any business could come in the line of fire and become a casualty.

In colloquial and lucid terms yoga is like a lifetime and lifelong support, for it is concerned with your whole being.

“The way you think, the ways you feel, eat, exercise, breathe, and act.”
Its measures, techniques, and practices if conducted in concurrence with its tenets, have the potentials to become the very pillars of invincibility.

This is the sublime and open challenge of the ancient yogis and Yoga itself and above all, a humble and affectionate invitation for all to the domain of Yoga so as to realize and say: “People may fail you, Yoga institutions may fail the masses but Yoga can never fail anyone, now or ever.-- D N Harjani aka Daduzen

Author of Book “Why Yoga for you” and Laugh your way to knowledge –Dance your way to God.”