

## Yoga in Daily Life in Cuba

In October 2014, Sadhvi Yamuna Puri and Yoga in Daily Life group of 20 yidl-practitioners from Spain participated in the Ibero-American Congress of Thought and a Festival of Ibero-American Culture as representatives of Abunath Swamiji's worldwide recognised system Yoga in Daily Life.



Excerpt from Holguin Culture newspaper "The Light" 26 Oct, 2014 about the Ibero-American Congress of Thought: *After the speech on undeniable relation men-nature-healthy life of the ambassador of Guatemala to Cuba, the table was filled with spirituality by Sadhvi Yamuna Puri by her special speech titled "Human development and sustainability as a process of a healthy culture through practice of Yoga in Daily Life."*

Sadhvi Yamuna was awarded a special recognition for the collaboration with the University Oscar Lucero Moya of Holguín, where Yoga in Daily Life is an optional subject. The recognition was conveyed by the head of the Chair of University of Holguín professor Dr. Xiomara Garzón Montes de Oca. Prof. Amparo Berillo (ethic professor at the university) introduced the scientific system Yoga in Daily Life of Paramhans Swami Maheshwarananda and her practice with the students.



Speeches, performances, public yoga practice and other activities were carried out during the week. Children with mental challenges who practise according to YIDL were visited and they also participated in some events. The children have been taught YIDL since more than three years, and the director and the managing team are very satisfied with the results.



On the central square of the city, the group practised a Meditation for Peace.



They also performed a Bhajan concert and a march through the streets of the city, a Brahma Muhurta Meditation Brahma Muhurta Meditation on a hill overlooking the city of Holguin, and a YIDL performance at the spectacular Caribbean Pesquero Beach, satsang and prayer.



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Local newspapers reported about Yoga in Daily Life and their activities during the Culture Festival. Excerpt from an article by Ms. Sallis Quesada Requejo: *It is very unusual to see a group of people meditating in the streets of Holguin. Yoga in Daily Life teacher Sadhvi Yamuna Puri led a meditation in front of Iberoamerican House. I was only present as an observer and do not know how to meditate, but I felt the peace she spoke about.*