



SIVANANDA YOGA VEDANTA CENTER

International Day of Peace

Peace circle protocol

21 September, 2026



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OM NAMO NARAYANAYA

INTRODUCTION

This booklet is a living guide for those who seek to embody peace—not as an idea, but as a way of being.

Inspired by the life and teachings of Mahatma Gandhi, and aligned with the wisdom of Yoga, Advaita Vedanta, and global peace education, this journey unfolds in three dimensions:



PURPOSE of PEACE CIRCLE

To encounter Ahimsa (non-violence) and Satya (truth) within oneself to make the world a better place.

SCHEDULE

Hiroshima Peace Retreat



Day 1 Monday, September 21st

- 14:00 – 15:30 ● **Peace Walk**
- 16:00 – 17:00 ● **Meditation & Prayer at the Atomic Bomb Dome**
- 17:00 – 18:00 ● **Visit to the Children’s Peace Monument**
Activity: Folding 1,000 Paper Cranes in honor of Sadako Sasaki.
- 18:00 – 19:00 ● **Dinner**
- 19:00 – 20:00 ● **Meditation on the Peace Flame (Flame of Prayer)**

Day 2 Tuesday, September 22nd

- 08:00 – 09:30 ● **Morning Peace Walk**
- 09:30 – 11:00 ● **Asana Class for Free**
- 12:00 – 13:00 ● **Lunch**
- 13:00 – 14:00 ● **Peace circle & Wrap-up**



AHIMSA

Ahimsa — Non-Violence The Foundation of Peace

Ahimsa means non-harming in thought, word, and action. It is meeting ourselves and others with respect and compassion, even in conflict.

Ahimsa is not passivity. We can set boundaries, address harmful behavior, and disagree firmly while respecting others.

- Respect differences.
- Remember our shared humanity.



Contemplation on Anger

Anger arises from ignorance, egoism, attachment, and unfulfilled desires.

When we look outward and identify with likes, dislikes, and expectations, anger arises.

Anger comes from unfulfilled desires.



SATYA

Satya and Satyagraha — Truth as Peace

Satya means truth and living honestly in thought, word, action, and relationships. In a Peace Circle, we speak from our own experience, acknowledge mistakes, listen to others, and seek understanding. Truth must be guided by Ahimsa. We speak honestly without using truth to shame, hurt, or attack.

Satyagraha means “holding firmly to truth.”

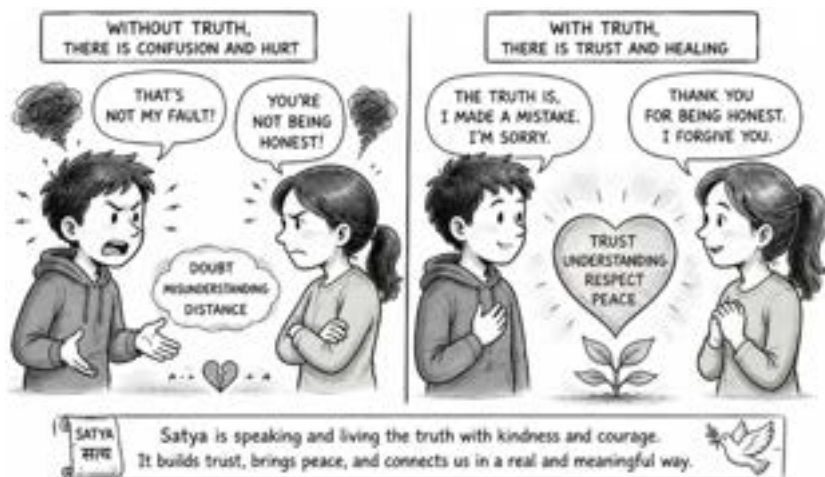
It is the courage to stand for truth and justice without hatred, violence, or revenge.

Ahimsa + Satya

Ahimsa without Satya: avoidance.

Satya without Ahimsa: aggression.

Satya guided by Ahimsa: Satyagraha — truth with courage, compassion, and respect.



Peace Circle Principle

Seek truth without aggression. Speak honestly without harm. Listen deeply. Stand for justice without hatred.



SELFLESSNESS

Finding Purpose Through Selflessness and Self-Sacrifice

A meaningful life grows when we move beyond the question “What can I get?” toward “What can I give?” Selflessness invites us to recognize that our life is connected with the lives of others and that our abilities, time, knowledge, and energy can contribute to something greater than ourselves.

Self-sacrifice does not mean neglecting ourselves, accepting abuse, or giving up healthy boundaries. It means willingly letting go of some personal comfort, preference, recognition, or advantage when doing so serves a higher value or the genuine well-being of others.



Selflessness
Putting others before yourself.

Through service, we gradually loosen the grip of ego and discover purpose in contribution rather than possession, cooperation rather than competition, and service rather than self-centeredness.



MEDITATION TECHNIQUES

12 STEPS



01

PLACE

Choose a clean, quiet space, preferably facing north or east.

02

TIME

Meditate at the same time daily, ideally 4–6 am.

03

HABIT

Practice regularly, starting with 15–20 minutes.

04

POSTURE

Sit comfortably with the spine straight.

05

BREATH

Breathe slowly, rhythmically, and naturally.

06

MIND

Let go of past and future; gently calm the mind.

07

POINT

Focus on the eyebrow center or heart center.

08

OBJECT

Use one mantra or uplifting object, such as OM.

09

WANDERING MIND

Let the mind wander, then gently bring it back.

10

WITNESS

Observe the mind without identifying with it.

11

PURE THOUGHT

Deep concentration leads to uninterrupted awareness.

12

SAMADHI

Transcendence of duality, bringing bliss and super-consciousness.



COMPASSION MEDITATION

CONTEMPLATION ON SUFFERING AND CONSEQUENCE OF VIOLENCE

Compassion Meditation

Compassion means recognizing suffering and responding with kindness.

Sit quietly, breathe slowly, and bring awareness to the heart.

May I be peaceful.

May I be free from suffering.

Extend the same wish to others:

May you be peaceful.

May you be free from suffering.

For those with whom you have difficulty:

May we be free from hatred.

May wisdom guide our actions.

Expand to all beings:

May all beings be free from suffering.

May all beings know peace.





GRIEF ACKNOWLEDGEMENT



ACKNOWLEDGING GRIEF

Grief is a natural response to loss. In a Peace Circle, we create space for sorrow without judgment or the need to fix it. Everyone grieves differently. We listen, remain present, and honor each person's experience. Grief may also lie beneath anger, resentment, or conflict. When loss is acknowledged, healing can begin.

PEACE CIRCLE PRINCIPLE

Make space for sorrow. Listen without fixing. Honor the loss. Respond with compassion and patience.



**FORGIVENESS
IS FOR
OURSELVES**

- I release the pain.
- I choose peace.
- I heal.
- I am free.

Forgiveness means releasing resentment and the desire for revenge. It does not mean forgetting, excusing harm, or giving up boundaries.

Forgiveness takes time and cannot be forced. It can bring inner freedom even without reconciliation.

We can also ask forgiveness by acknowledging harm, taking responsibility, and making amends through actions.

PERSONAL COMMITMENT

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SELF-MASTERY

Self-Mastery — Inner Discipline for Peace

Self-mastery means guiding our thoughts, emotions, words, and actions instead of being controlled by reactions.

In a Peace Circle, we pause, breathe, observe, and choose how to respond rather than reacting from anger, fear, or pride.



NON-VIOLENT COMMUNICATION

Nonviolent Communication (NVC)

NVC helps us communicate with honesty, empathy, and compassion, especially during conflict.

4 Steps:

- Observation: Describe without judgment.
- Feeling: Express what you feel.
- Need: Identify the underlying need.
- Request: Make a clear, respectful request.

NVC also means listening to understand, not to defend or blame.

Peace Circle Principle:

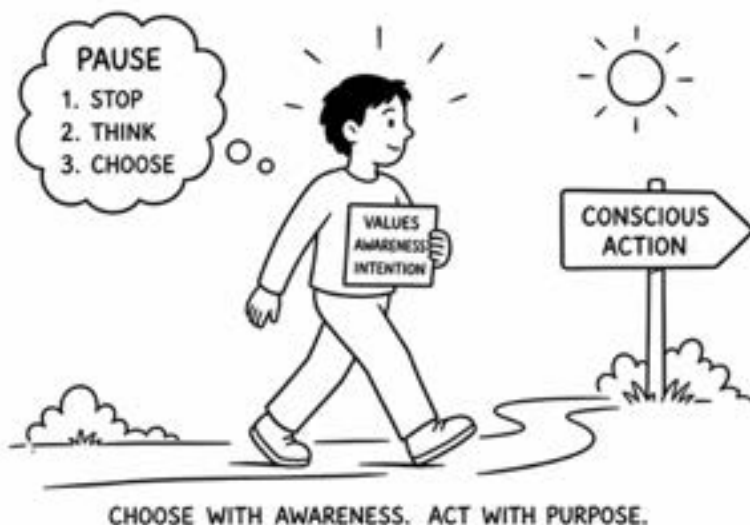
Observe without judging. Feel honestly. Recognize needs.
Request respectfully. Listen with empathy.



CONSCIOUS ACTION

Conscious Action for Peace

I commit to making peace a conscious practice in my daily life. I will pause before reacting, choose words that do not harm, listen with respect, and act with courage and compassion. I will take responsibility for the effects of my actions and seek understanding rather than conflict.



My commitment:

May my thoughts, words, and actions contribute to peace within myself, in my relationships, in my community, and in the world.



HATHA YOGA

Asana: Proper exercise



Yoga Asanas

- Practice in the morning or evening before meal.
- Begin with the Sun Salutation, synchronise the breath with each movement.
- The asanas should be practiced slowly and in a relaxed manner.
- Between asanas, relax with six to eight deep breaths in Samana to avoid fatigue.
- Concentrate your thoughts on each asana and try not to let your mind wander.
- After completion of the asanas relax for 10 minutes in Savasana.



1. Sirshasana
Headstand



2. Sarvangasana
Shoulderstand



3. Halasana
Plough



4. Matsyasana
Fish



5. Paschimothanasana
Sitting Forward Bend



6. Bhujangasana
Cobra



7a. Ardha Salabhasana
Half Locust



7b. Salabhasana
Full Locust



8. Dhanurasana
Bow



9. Ardha Matsyendrasana
Half Spinal Twist



10a. Kakasana
Crow



10b. Mayurasana
Peacock



11. Pada Hasthasana
Standing Forward Bend



12. Trikonasana
Triangle



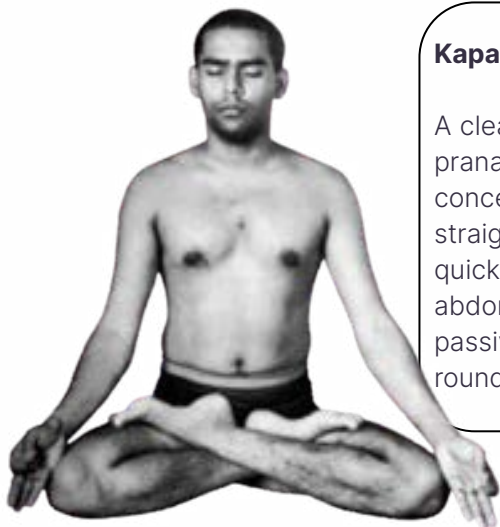
Savasana
Final Relaxation



HATHA YOGA

Pranayama: Breathing exercise

*Beginning the session – Pranayama:
practiced before Sun Salutation*

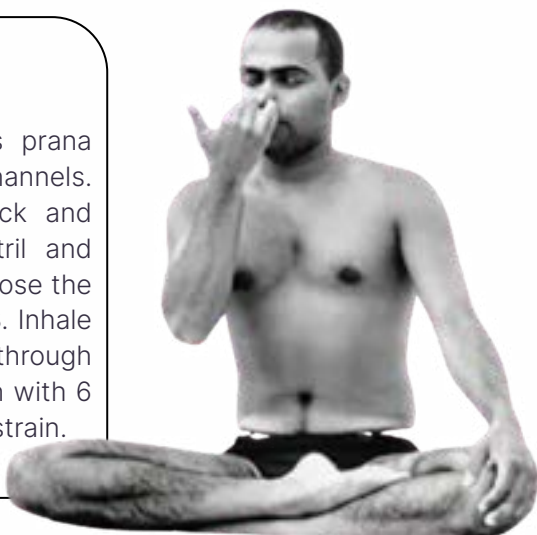


Kapalabhati - Skull shining

A cleansing breathing exercise that increases prana, clears the mind and improves concentration. Sit comfortably with the spine straight. Inhale deeply, then make a series of quick, forceful exhalations by contracting the abdominal muscles; inhalation happens passively. Practice 20–30 pumpings for 3 rounds, gradually increasing to 60–70.

Anuloma Viloma

Alternate Nostril Breathing balances prana between the left and right energy channels. Sit comfortably with the spine, neck and head straight. Close the right nostril and inhale through the left for 4 counts; close the left and exhale through the right for 8. Inhale through the right for 4 and exhale through the left for 8. This is one round. Begin with 6 rounds, breathing gently and without strain.



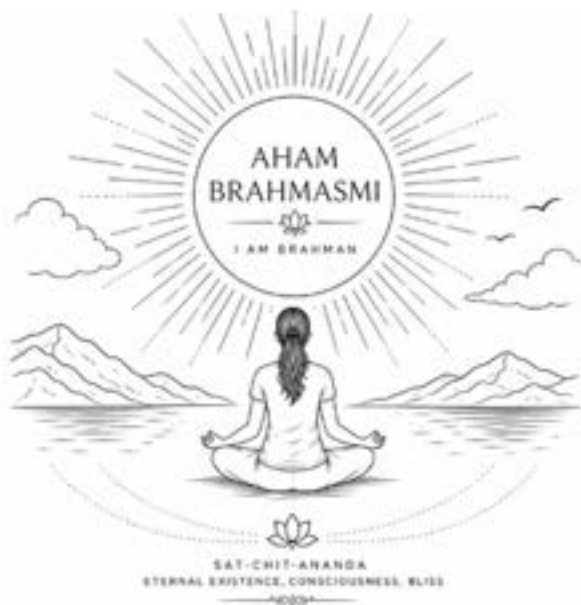


GROUND RULES PEACE CIRCLE

- Respect Everyone – Treat all with dignity, even when you disagree.
- One Person at a Time – Listen without interrupting.
- Listen Deeply – Listen to understand, not to judge or respond.
- Speak from Your Experience – Use “I” statements; avoid blame.
- Practice Ahimsa – No insults, threats, or harmful speech.
- Practice Satya – Speak honestly, with kindness and compassion.
- Keep Confidentiality – Personal stories shared here stay private.
- Right to Pass – Participation is encouraged, never forced.
- Make Space for All – Share the space so every voice can be heard.
- No Unasked Advice – Offer understanding, not solutions.
- Take Responsibility – Acknowledge mistakes, apologize, and learn.
- Respect Boundaries – Honor personal and emotional limits.
- Stay Present – Pause, breathe, and respond consciously.
- Seek Understanding, Not Victory – Build connection and find a peaceful way forward.



VEDANTA FOR PEACE



Vedantic Declaration of the Atman

I am not my past, my pain, or my suffering.
These belong to the changing body and mind.
I am the Atman—the eternal, untouched Witness.
Nothing can wound or diminish my true Self.
I am Sat-Chit-Ananda—
Eternal Being, Pure Consciousness, Infinite Bliss.
Like the sky untouched by passing storms,
I remain whole, peaceful, and free.
I am not the suffering. I am the Witness.
I am the eternal Self. I am Peace.
Om Shanti, Shanti, Shanti.



CLOSING REFLECTION

Peace is not something we create.

It is something we remember.

“When the mind is still, truth reveals itself.

When truth is lived, peace becomes natural.”



Thank you for being here!



FINAL INVOCATION

Om Shanti Shanti Shanti

May there be peace within
May there be Peace around
May there be peace for all beings.

Asato Mā — Prayer from Darkness to Light

This beautiful prayer comes from the Bṛhadāraṇyaka Upaniṣad (1.3.28)

Asato mā sad gamaya

Tamaso mā jyotir gamaya

Mṛtyor mā amṛtaṁ gamaya

Om Śāntiḥ Śāntiḥ Śāntiḥ

English

Lead me from the unreal to the Real.

Lead me from darkness to Light.

Lead me from mortality to Immortality.

Om Peace, Peace, Peace.

A deeper Vedantic meaning is: May we move from ignorance to Truth, from the darkness of misunderstanding to the light of wisdom, and from identification with the mortal self to realization of the immortal Self.



INSPIRE PEACE - EMPOWER HEALTH

Sivananda Yoga Teacher Training Course (TTC) 200-Hour International

Vietnam

2027 TTC Dates

February 13 – March 13

July 24 – August 21

October 24 – November 21

USA

Oct. 24 – Nov. 21, 2026

May 15 – Jun. 12, 2027

Oct. 9 – Nov. 6, 2027

Sivananda Yoga Health Educator Training **800 Hours (SYHET)**

January 2028

at both Sivananda Yoga Farm, USA, and Sivananda Yoga Retreat and
Training Center, Vietnam.

Sivananda Yoga Peace Educator Training – 300 Hours **(SYPED)**

One-Year Program – 300-Hour Yoga for Peace

January 2027

at Sivananda Yoga Farm, USA, and Sivananda Yoga Retreat and
Training Center, Vietnam, and India

YOGA VACATION – PEACE RETREAT

Year-Round Retreat

at Sivananda Yoga Farm, USA, and Sivananda Yoga Retreat and Training
Center, Vietnam.



SIVANANDA YOGA VEDANTA CENTER

OUR Masters

PEACE BUILDERS

SWAMI SIVANANDA



SERVE, LOVE, GIVE, PURIFY,
MEDITATE, REALIZE



SYNTHESIS OF 4 PATHS OF YOGA



SWAMI VISHNUDEVANANDA



HEALTH IS WEALTH, PEACE
OF MIND IS HAPPINESS,
YOGA SHOWS THE WAY



5 POINTS OF YOGA

ASANA - PROPER EXERCISE
PRANAYAMA - PROPER BREATHING
SAVASANA - PROPER RELAXATION
SATTVIC DIET - VEGETARIAN
VEDANTA & DHYANA - POSITIVE THINKING &
MEDITATION





ENGLISH SONGS

Shanti is The Ocean

Shanti is the ocean, Shanti is the ocean
I am one with Thee.

Once a tiny drop and now a mighty sea

Oh Peace, I am One with Thee

Ananda is the ocean ... Oh Bliss, I am One with Thee.

Prema is the ocean ... Oh Love, I am One with Thee.

Brahman is the ocean ... Oh Lord, I am One with Thee.

Prayer of St. Francis of Assisi

Make me a channel of your peace
Where there is hatred, let me bring your love
Where there is injury, your pardon, Lord
And where there's doubt, true faith in you [1]

Chorus (Refrain)

O, Master, grant that I may never seek
So much to be consoled as to console
To be understood as to understand
To be loved as to love with all my soul [1]

Make me a channel of your peace
Where there's despair in life, let me bring hope
Where there is darkness, only light
And where there's sadness, ever joy [1]

Make me a channel of your peace
It is in pardoning that we are pardoned
In giving of ourselves that we receive
And in dying that we're born to eternal life





SANSKRIT SONGS

Hara Hara Mahadeva

Hara Hara Mahādeva Shambho
Kashi Vishwanātha Gange

Bhaja Mana Ma Ma Ma Ma

Bhajamana Ma Ma Ma Ma, Bhajamana Ma Ma Ma Ma
Ananda Mayi Ma Ma, Ananda Mayi Ma Ma
Ananda Mayi Ma Ma, Ananda Rupa Ma Ma
Ananda Rupa Ma Ma, Ananda Mayi Ma Ma

Raghupati Raghava Raja Ram

Raghupati Raghav Raja Ram, Patita Pavana Sita Ram
Sita Ram, Sita Ram, Sita Ram Jai Radhe Shyam
Ishwar Allah Tere Nam, Sabako Sanmati De Bhagavan
Jesus Moses Is Thy Name, Love Thy Neighbour As Thyself
Moses Buddha... Buddha Allah...
Allah Krishna... Krishna Rama
The paths are many but the Truth is One
Love Thy Neighbour As Thyself
The Names Are Many, But God Is One,
Love Thy Neighbour As Thyself



Mahamrityunjaya Mantra

Peace, Healing and liberation chant

**Oṃ tryambakaṃ yajāmahe
sugandhiṃ puṣṭivardhanam
urvārukamiva bandhanān
mṛtyormukṣīya māṃrītāt**



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