



# YogaPeace Sansthan: A Journey of Health and Happiness

## 1. Introduction

Nestled in the vibrant city of Jaipur, India, YogaPeace Sansthan has been a sanctuary for those seeking balance and well-being since 1998. Founded by Yogacharya Dhakaram, a passionate and compassionate yoga teacher, the institution is dedicated to sharing the transformative power of yoga. Recognized by the Ministry of AYUSH, Government of India, YogaPeace offers a variety of programs that cater to diverse needs, from healing physical ailments to nurturing spiritual growth. With a presence in Dubai and Leeds, UK, it extends its mission globally, reportedly touching over 2.4 million lives. While this number reflects their ambition, the true impact shines through personal stories of healing and joy. YogaPeace is more than a yoga center; it's a community that fosters health, happiness, and connection through the gentle practice of yoga.

## 2. Programs Offered

YogaPeace Sansthan offers nine thoughtfully designed programs, each crafted to meet specific needs. Below, we explore each program in detail, highlighting how they bring wellness to participants.

### 2.1. Therapeutic Yoga

Therapeutic Yoga at YogaPeace Sansthan is a heartfelt approach to healing, tailored to individual health needs. Using yoga poses, breathing exercises, meditation, and props like blocks and straps, it helps ease conditions such as back pain, arthritis, diabetes, and stress-related issues. Small classes ensure personal attention, allowing instructors to adapt poses for those with physical limitations. The program enhances flexibility, strength, and balance while reducing pain and anxiety, promoting overall well-being. Many have shared stories of improved health, reflecting the programs gentle yet effective approach to holistic healing.

### 2.2. Yoga Teacher Training TTC

YogaPeace's Yoga Teacher Training (TTC) programs nurture aspiring yoga instructors with a blend of tradition and expertise. Accredited by the Yoga Certification Board and Yoga Alliance, courses range from 200 to 1,800 hours, covering yoga history, philosophy, anatomy, asanas, pranayama, and teaching methods. Options like the Yoga Protocol Instructor and RYT 200 cater to various goals, while the Grand Master Course dives into advanced therapy and sports yoga. Led by experienced teachers, the in-person training fosters personal and professional growth over 28 months. With a



focus on physical, mental, and spiritual development, graduates leave ready to inspire others. YogaPeace's supportive environment and placement assistance make it a welcoming space for those eager to share yoga's gifts with the world.

### **2.3.      Anandam for Corporate**

Anandam for Corporate brings yoga's calming benefits to the workplace, helping employees manage stress and boost productivity. Through gentle postures, breathing techniques, meditation, and asanas, it addresses burnout, enhances focus, and improves energy and sleep quality. Offered in-person or online, sessions include lunchtime classes and stress management workshops, tailored to company needs. Certified instructors create a supportive environment, fostering team morale and reducing absenteeism. Participants often report feeling refreshed and more engaged, making this program a thoughtful way for businesses to invest in their employees well-being. By blending yoga's holistic benefits with workplace needs, Anandam for Corporate helps create a healthier, happier work culture, supporting both individuals and organizations.

### **2.4.      Yoga For Sports**

Yoga For Sports at YogaPeace Sansthan is designed for those passionate about competitive yoga, guided by Dr. Abhinav Joshi, a PhD in Yoga. The program focuses on advanced postures, precise alignment, breath control, and mental focus to enhance strength, flexibility, and spine mobility. Participants learn competition rules, pose selection, and visualization techniques to stay positive under pressure. The 150-hour course emphasizes injury prevention through proper warm-ups and cool-downs, ensuring safe practice. Regular sessions build resilience and confidence, helping athletes excel in competitions while improving overall health. This program is ideal for yoga enthusiasts and athletes aiming to master advanced techniques and compete at their best. YogaPeace's structured approach makes it a nurturing space for those seeking to elevate their yoga practice to a competitive level.

### **2.5.      Yoga For Sport Injury**

Yoga For Sport Injury, likely a specialized branch of Therapeutic Yoga, supports athletes in recovering from and preventing injuries. By focusing on both mind and body, it reduces pain, improves range of motion, and builds strength. Evidence from the National Library of Medicine suggests yoga can lessen injury perception and fatigue. Using modified poses, props, and breath-work, the program ensures safe rehabilitation for issues like joint pain or muscle strains. Available by appointment, sessions are led by certified instructors who tailor practices to individual needs. Athletes benefit from personalized guidance, helping them return to peak performance while minimizing future risks. YogaPeace's expertise in therapeutic practices creates a supportive environment for recovery, empowering participants to regain mobility and confidence through a gentle, holistic approach to healing.



## **2.6.      Yoga Therapy Tourism**

Yoga Therapy Tourism offers a unique blend of healing and cultural exploration in Jaipur. Multi-day retreats include morning and evening yoga sessions, accommodation in 3-star hotels, and meals. Single sessions target specific ailments. Led by Yogacharya Dhakaram, the program includes mindfulness meditation, yogic kriyas, asanas, pranayama, and philosophy, welcoming beginners and seasoned practitioners alike. Exclusions include sightseeing and personal expenses. This program invites participants to immerse themselves in yoga's benefits while experiencing India's rich culture, creating a rejuvenating journey for body, mind, and soul. It's a thoughtful way to combine wellness with travel, fostering deep relaxation and personal growth.

## **2.7.      Yoga for Every Need**

Yoga for Every Need is a versatile program welcoming all ages and fitness levels. It offers tailored sessions for weight loss, stretching, pregnancy, and kids, incorporating asanas, pranayama, and meditation. Programs like Slimming Yoga blend Ashtanga and Iyengar techniques, while Pregnancy Yoga eases discomfort and prepares for childbirth. Kids Yoga boosts coordination and self-esteem. Private sessions with Yogacharya Dhakaram provide personalized guidance. Held at YogaPeace's Jaipur center, the program uses props to ensure accessibility, helping participants improve strength, flexibility, and emotional well-being. Whether you are a beginner or seeking specific health benefits, this program creates a supportive space to explore yoga's transformative effects, making it a welcoming choice for anyone looking to enhance their quality of life.

## **2.8.      Anandam For Blissful World**

Anandam For Blissful World is a soulful program rooted in Vedanta philosophy, guiding participants to connect with their inner selves. Through meditation, yoga, and self-reflection, it helps release attachments and ego, fostering peace and joy. Designed for today's busy world, it includes gentle stretching, breathing, asanas, and mindfulness practices to quiet the mind and nurture emotional health. Participants learn to set boundaries and prioritize well-being, enhancing physical and mental vitality. Led by experienced instructors, the program creates a warm environment for spiritual growth, making it ideal for those seeking deeper meaning and tranquility. YogaPeace's compassionate approach ensures that everyone feels supported on their journey to a more blissful life, aligning with the organization's mission to spread happiness through yoga's timeless wisdom.

## **2.9.      Anandam For Students**

Anandam For Students is a caring program designed to support young people's emotional and physical health. Through asanas, pranayama, meditation, and relaxation, it helps reduce stress, improve focus, and boost self-esteem. Tailored for students facing academic pressures, it enhances concentration and sleep quality, supporting better academic performance. Offered in schools, studios, or community centers, sessions are led by passionate instructors. By providing tools to manage stress and maintain balance, this program empowers students to thrive in both their studies



and personal lives. YogaPeace's commitment to nurturing young minds makes this a valuable resource for students seeking a healthier, more centered approach to life's challenges.

### **3. Events and Community Engagement**

YogaPeace Sansthan is deeply committed to building community and promoting wellness through meaningful events that bring people together.

#### **3.1. Annual Blood Donation Camp**

Each year, YogaPeace organizes a blood donation camp, reflecting its dedication to social good.

#### **3.2. Annual Laughter Competition**

Annually Celebrating International Laughter Day, YogaPeace hosts a joyful laughter competition.

#### **3.3. International Yoga Day Celebration**

On June 21 each year, YogaPeace celebrates International Yoga Day with a grand festival and camps across Jaipur.

### **4. Global Presence**

YogaPeace Sansthan's mission reaches beyond India, bringing its gentle approach to international communities.

#### **4.1. Dubai**

Since 2019, senior Yoga therapists have shared YogaPeace's expertise in Dubai. A new center, launched on September 5, 2024, offers therapeutic yoga programs. Workshops, such as one on stress management at Emirates International School Theatre, highlight YogaPeace's growing influence in the UAE, welcoming people of all ages to experience yoga's benefits.

#### **4.2. Leeds, UK**

In partnership with YOGIS THERAPY, YogaPeace has established a studio in Leeds, UK, offering personalized yoga therapy sessions. This expansion reflects the organizations commitment to sharing holistic care globally, tailoring yoga to individual health needs and fostering well-being in new communities.



## 5. Achievements and Impact

### 5.1. Achievements

- Recognized by the Ministry of AYUSH as a respected yoga institution.
- Yogacharya Dhakaram honored with the Gandhi Award for promoting peace through yoga.
- Dhakaram is a two-time international gold medalist and recipient of numerous national awards, including the 2024 Yoga Ratna Award.
- Organized International Yoga Conferences in Jaipur in 1998 and 2004.
- Trained thousands of yoga teachers and therapists worldwide.

### 5.2. Impact

YogaPeace Sansthan has touched over 2.4 million lives through its programs, work-shops, and events.

## 6. Yogacharya Dhakaram: The Heart of YogaPeace

Yogacharya Dhakaram, the founder of YogaPeace Sansthan and Ekam Yoga, is a beloved figure with over 30 years of yoga experience. His journey began in 1993 under guru Shri Suraj Karan Jindal Sahib, sparking a lifelong passion for healing through yoga. A two-time international gold medalist and recipient of awards like the Gandhi Award, Dhakaram is known for his warm, smiling nature and philanthropic spirit. His teaching style, rooted in Hatha yoga with elements of Ashtanga and Iyengar, is tailored to each student's needs, making yoga accessible to all. Through community events like blood donation camps and laughter competitions, he spreads joy and connection.

Dhakaram's philosophy, Yoga is for everyone, drives YogaPeace's mission, earning him admiration as a teacher who brings smiles and healing to countless lives.

## 7. Conclusion

YogaPeace Sansthan, guided by Yogacharya Dhakaram's vision, is a haven for those seeking health, peace, and joy through yoga. Its diverse programs, heartfelt community events, and growing global presence reflect a deep commitment to holistic well-being. From helping individuals heal to training compassionate yoga teachers, YogaPeace creates a ripple effect of positive change. Whether in Jaipur, Dubai, or Leeds, the organization invites everyone to experience yoga's transformative power, fostering a world filled with smiles and wellness.