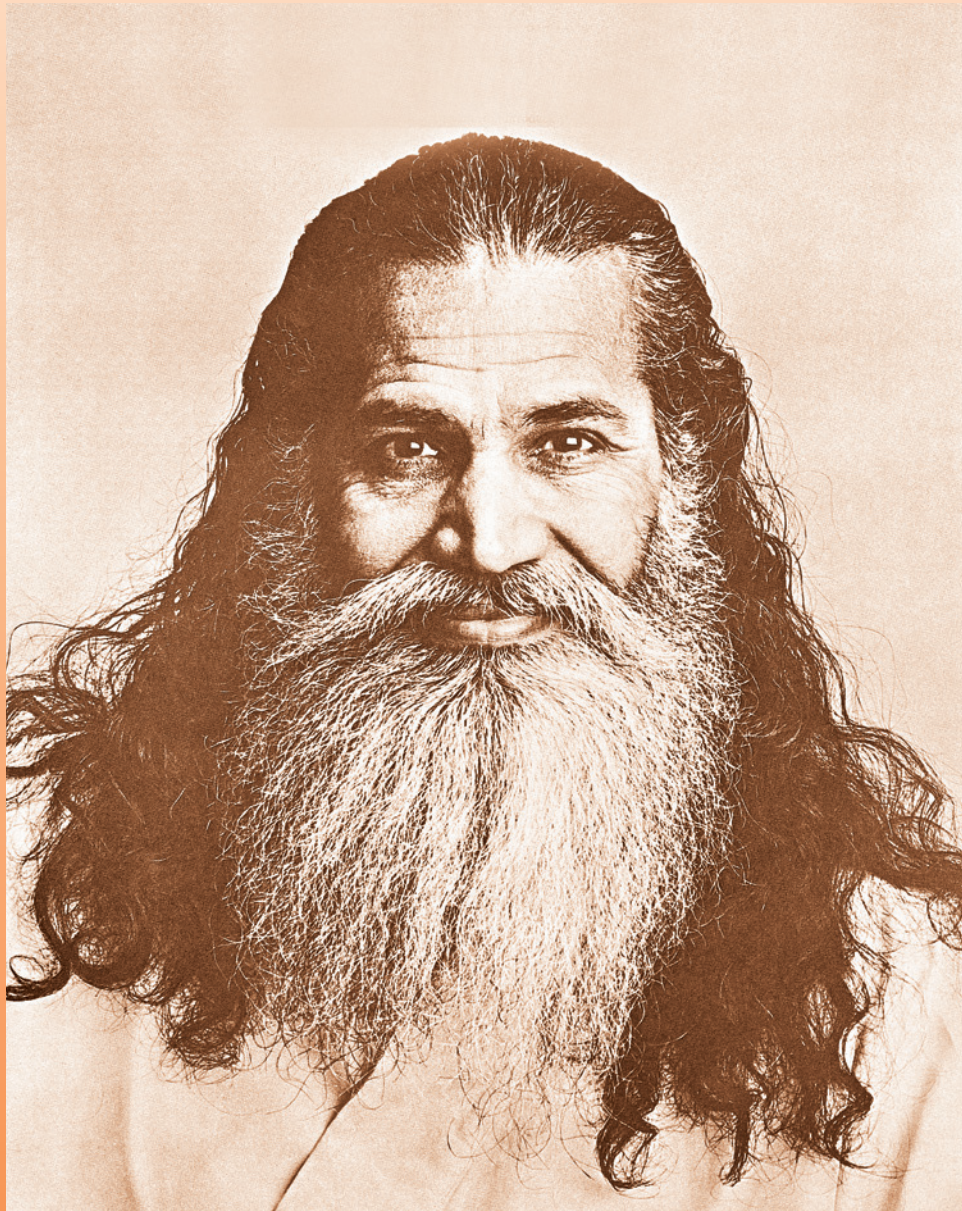


THE WOODSTOCK FESTIVAL & The Woodstock Guru



CELEBRATING THE 50TH ANNIVERSARY



WHAT IS INTEGRAL YOGA®

The Integral Yoga teachings of Swami Satchidananda are a pathway to an “easeful body, peaceful mind, and a useful life” and to harmony, balance, integration, and Self-realization.

The Integral Yoga method is a synthesis of six classical branches of Yoga: Hatha, Raja, Japa, Karma, Bhakti, and Jnana. Its aim is to purify and calm the body and mind in order to experience the peace and joy that is our true nature.

Integral Yoga practitioners bring that peace into the world by fostering interfaith harmony and leading service-oriented lives. Founded in 1966, there are currently 30 Integral Yoga centers on six of the seven continents and 5,000 teachers worldwide.



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*"Let all our actions and all our arts express Yoga.
Through that sacred art of music,
let us find peace that will pervade all over the globe.
Let us not fight for peace,
but let us find peace within ourselves first . . .
The future of the whole world is in your hands."*

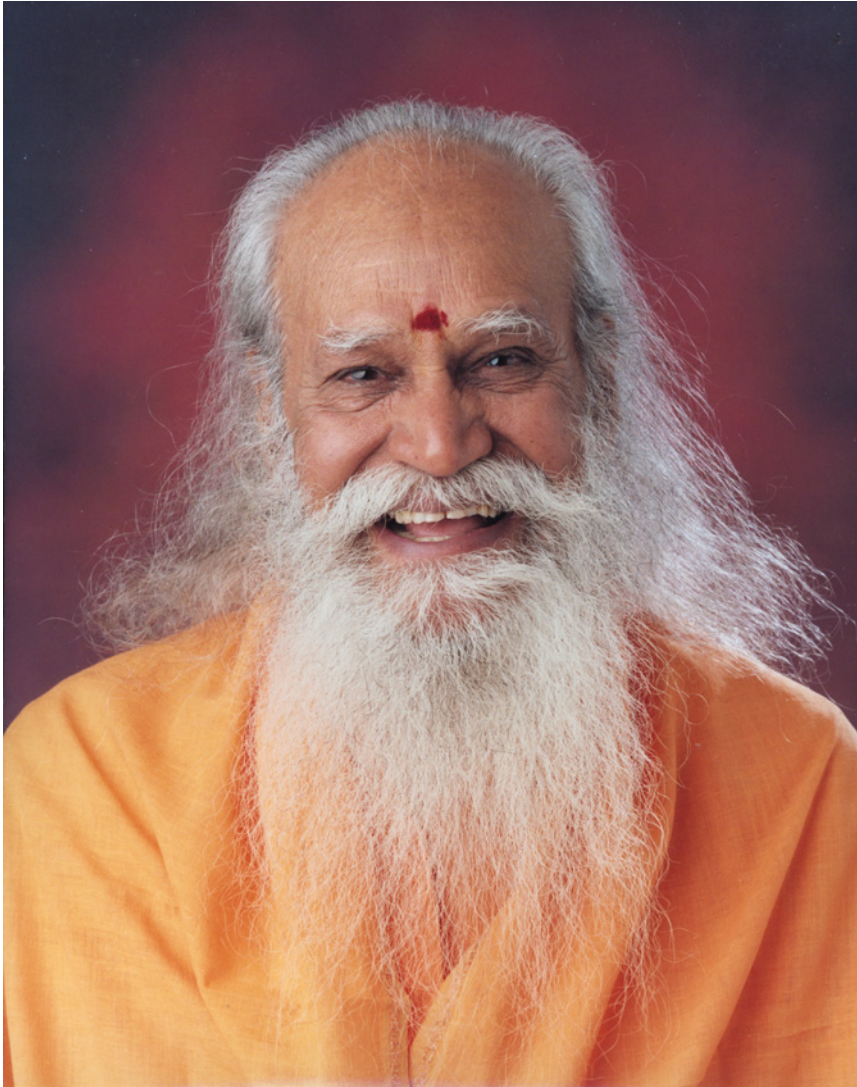
~ Sri Swami Satchidananda, 1969 Woodstock Music Festival
(EXCERPT FROM OPENING ADDRESS)





About Swami Satchidananda and the Journey to Woodstock

Who Is Swami Satchidananda?



Sri Swami Satchidananda was one of the great Yoga masters to bring the classical Yoga tradition to the Western world in the 1960s. He taught Yoga postures and meditation, and he introduced students to a vegetarian diet and a more compassionate lifestyle.

During this period of cultural awakening, iconic pop artist [Peter Max](#) and a small circle of his artist friends invited Swami Satchidananda to extend an intended two-day visit to New York City so that they could learn from him the secret of experiencing physical health, mental peace, and spiritual enlightenment.

Three years later, he led some half a million American youth in chanting “Om,” when he delivered the official opening remarks at the 1969 Woodstock Music and Art Festival and became known as “the Woodstock Guru.”

The distinctive teachings that he brought with him blend the physical discipline of Yoga, the spiritual philosophy of India, and the interfaith ideals he pioneered. These techniques and concepts influenced a generation and spawned a Yoga culture that is flourishing today. Currently, over 35 million Americans (and 300 million worldwide) practice Yoga as a means for managing stress, promoting health, slowing down the aging process, and creating a more meaningful life.

The teachings of Swami Satchidananda have spread into the mainstream, with over 30 [Integral Yoga](#) Institutes and Centers on six continents. Today, Integral Yoga Institutes, teaching centers, and certified teachers throughout the United States and abroad offer classes, workshops, retreats, and teacher training programs featuring all aspects of Integral Yoga. The Integral Yoga global community includes over 5,000 Integral Yoga teachers—many of whom have become leaders in the changing paradigm of modern Yoga and healthcare, as well as founding successful programs for specific populations.

Integral Yoga-inspired programs include Dr. Dean Ornish's landmark work in reversing heart disease, Dr. Michael Lerner's noted [Commonweal Cancer Help](#) program, Sonia Sumar's [Yoga for the Special Child](#), and Rev. Jivana Heyman's [Accessible Yoga](#), among many others.

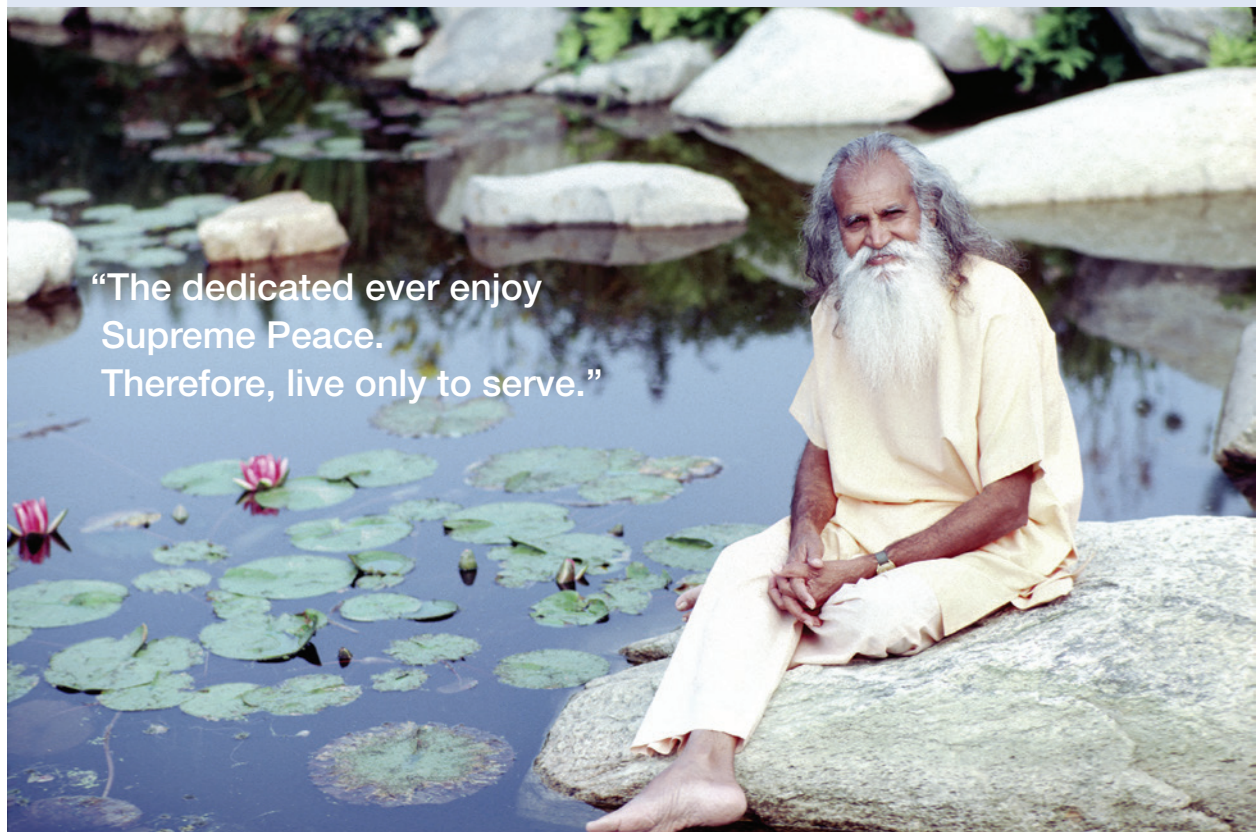
In 1979, Swami Satchidananda was inspired to establish [Satchidananda Ashram–Yogaville®](#). Founded on his teachings, it is a large residential community, with a programs and retreat center, training academy for Yoga and Yoga therapy, and where people of various faiths and backgrounds can come to realize their essential oneness.

One of the focal points of Yogaville is the [Light Of Truth Universal Shrine](#) (LOTUS). This unique interfaith shrine honors the Spirit that unites all the world religions, while it celebrates their diversity. People from all over the world come there to meditate and pray. On the occasion of his birth centennial in 2014, a second shrine was opened at Swami Satchidananda's birthplace in South India.

Swami Satchidananda served on the advisory boards of many Yoga, world peace, and interfaith organizations. Over the years, he received many honors for his humanitarian service, including the Juliet Hollister Award presented at the United Nations and in 2002, the U Thant Peace Award. In 2014, he was posthumously honored as an "interfaith visionary," with the James Parks Morton Interfaith Award by the Interfaith Center of New York.

Swami Satchidananda is the author of numerous books, while his translation and commentary on *The Yoga Sutras of Patanjali*, the foundation of Yoga philosophy, is the best-selling book of its kind. He is also the subject of the documentary, *Living Yoga: The life and teachings of Swami Satchidananda*.

For more information, visit: www.swamisatchidananda.org



"The dedicated ever enjoy
Supreme Peace.
Therefore, live only to serve."

YOGA TRAILBLAZER and Wellness Pioneer

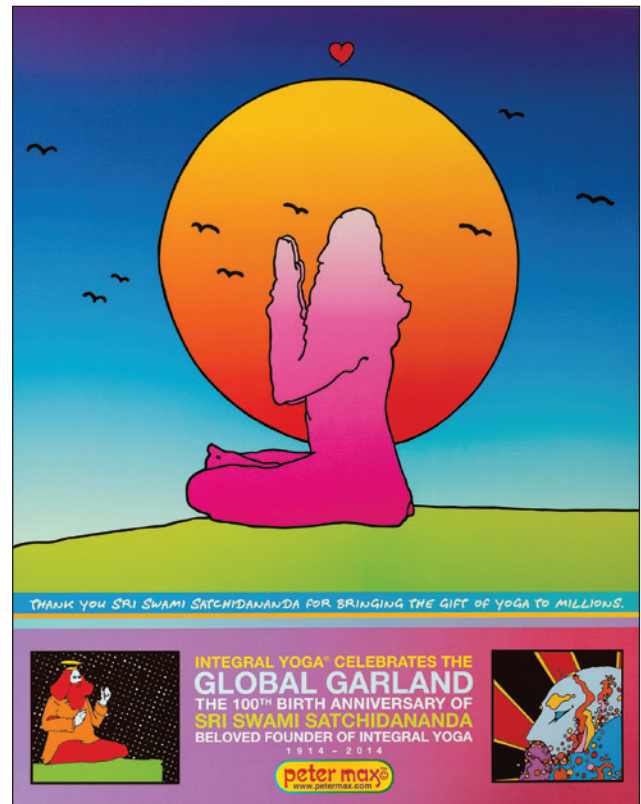
When Swami Satchidananda first arrived in the West in 1966, Yoga was largely unknown in that part of the world. There were no Hatha classes at the local YMCA. Health food stores contained only bottles of vitamin supplements and photos of body builders. Few understood the meaning of karma. When most people thought of a yogi, they remembered a popular cartoon man sleeping on a bed of nails.

All this changed when Sri Swami Satchidananda arrived in the West. The distinctive teachings that he brought with him integrated the physical discipline of Yoga, the spiritual philosophy of India, and the interfaith ideals that he pioneered. Those techniques and concepts influenced a generation and spawned a Yoga culture that is flourishing today.

Swami Satchidananda's contributions to Yoga in the West are vast.

A few milestones as a Yoga trailblazer:

- Created one of the first Yoga Teacher Training and certification programs
- Initiated one of the first Yoga programs in prisons and drug rehab centers
- Founded the first Yoga magazine in America
- Established one of the first residential Yoga ashrams
- Created translation and commentary on [The Yoga Sutras of Patanjali](#), which became the top-selling edition of this Yoga classic



A few milestones as a wellness pioneer:

- Lectured widely, including at medical schools and conferences, on the healing power of Yoga
- Inspired integrative health pioneers like Dr. Dean Ornish and Dr. Mehmet Oz
- Advanced our understanding of the mind-body connection
- Opened the first *vegetarian* health food store in New York City and later in Virginia. The Virginia store remains the only such store in its area



INTERFAITH VISIONARY

Swami Satchidananda considered himself a world citizen and served on the advisory boards of numerous world peace and interfaith organizations. Widely recognized as one of the pioneers of the interfaith movement, he sponsored interfaith services and conferences for over 50 years. He taught that real unity means accepting all the various paths to the one Source, and that is what interfaith understanding is all about. In 1986, he crystallized these ideas by building the [Light Of Truth Universal Shrine](#) (LOTUS) in Virginia, the first interfaith shrine to house altars for all of the world's faiths. LOTUS India opened in 2014.

A FEW MILESTONES AS AN INTERFAITH VISIONARY:

- Developed the first interfaith silent retreat and interfaith retreat center
- Created one of the first interfaith worship services
- Cofounded the first interfaith seminary in America
- Inspired the first interfaith *kirtan*
- Built the first interfaith shrine in America

The Woodstock Guru Gets “the Call”

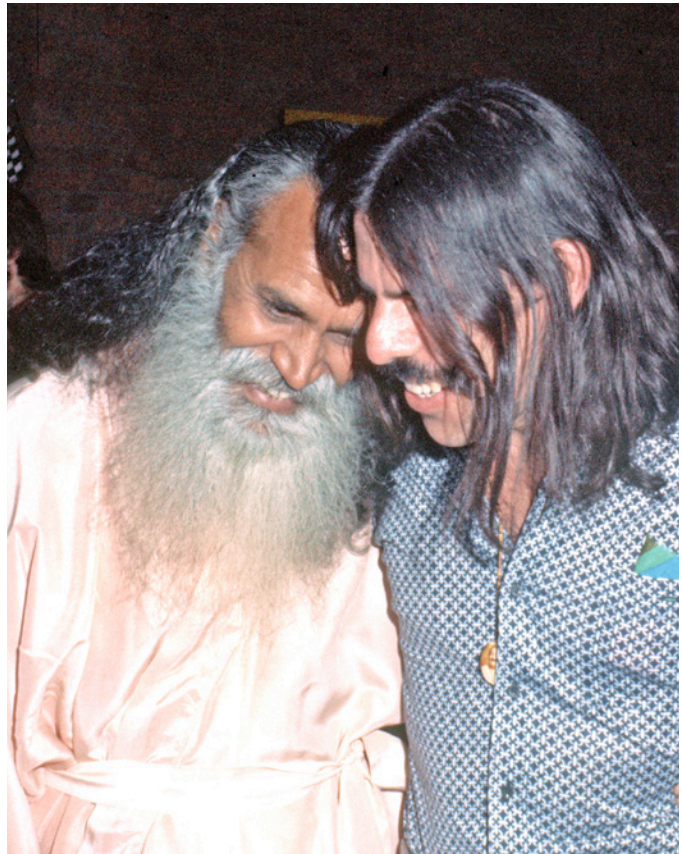
A bit more than 100 miles due north of the Empire State building in New York City, recent rains has given rise to muddy roads and farmland fields. Now, a massive traffic jam was forming, and the kids kept pouring onto the rented farmland. State police were getting worried.

Michael Lang, the main festival organizer, was also starting to become concerned and began looking for someone to set a peaceful, spiritual tone. Lang called his friend, artist [Peter Max](#) and asked who he thought should open the Festival. Max recalls, “I answered without hesitation, ‘My Swami, Swami Satchidananda.’”

In his Yoga studio on the west side of Manhattan, the tall, gentle guru from India was at peace. It is highly unlikely that he knew what was about to happen, that he was about to be picked up and literally dropped into the middle of a brewing crisis with many lives at stake. Swami Satchidananda had just finished supervising the tracing of a Hatha Yoga class for 35 young adults when his secretary gently interrupted his conversation with one of the students. “Swamiji, it’s Peter Max. Something about hundreds of thousands of young people at that music festival in Woodstock.”

Three years earlier, Max, the preeminent American painter of his time had convinced the Swami to bring his gentle, peace-inducing form of Yoga from India to America. The guru took the phone in hand and listened with his trademark intense focus. He shook his head in agreement and replied, “Okay, Atman” (Max’s “Yoga name”), when Max said he’d send a limo to pick up the Swami for the drive to Bethel, New York.

Victor Arjuna Zurbel—a close friend of Peter Max who had helped host the Swami when he first arrived in New York—described the scene as the limo approached the Festival area, “I was sitting in the center front seat. On my right, riding “shotgun” was the Swami. Sitting in the back, was folk singer Tim Harden (“If I Were a Carpenter”), and two of his musicians. Despite our all-access VIP status, we were up against the biggest traffic jam to ever hit New York State. Eventually the traffic would be backed up for twenty miles. The driver, who was on a walkie-talkie said, “Get ready, they’re sending in a helicopter.” Sure enough,



Peter Max with Swami Satchidananda

a few minutes later, a helicopter landed in the pasture, and Swamiji and I, along with Tim his bandmates, were ushered aboard.

On arrival, we were greeted by Lang and joined the backstage group, which consisted of Richie Havens, Ravi Shankar, Melanie, Joan Baez, Arlo Guthrie, Sweetwater and The Incredible String Band. Richie Havens went on first to get everyone into the music groove before Swamiji gave his opening address. But when he did, it set the pace for a historic three days of peace and music.

In a 2018 interview with *Forbes.com*, Peter Max noted, “I truly believe that the Swami’s words set the tone for that generational event when he said, ‘Through the music, we can work wonders...The entire world is going to watch this. The entire world is going to know that what the American youth can do to humanity.’”



Woodstock organizers Michael Lang and Artie Kornfeld with Swami Satchidananda at Woodstock.

Phil Goldberg, author of *American Veda* suggests, “Of all the iconic images, the one that best captured what endures from the 1960s is the orange-robed Swami Satchidananda addressing the multitude. That photo stands as a potent symbol of the meeting of East and West that has transformed American culture. While most of the values that Woodstock was said to embody faded away as the baby boomers grew up, the embrace of Eastern spirituality has only grown stronger, changing the way we understand and practice religion, the way we take care of our minds and bodies, and the way we contemplate our place in the cosmos. Fifty years on, more people than ever meditate, chant *mantras*, read the sacred books of the East, and, participate in the multi-billion dollar a year Yoga industry.”

Swami Satchidananda became known as “The Woodstock Guru.” The Integral Yoga Institute he and Peter Max founded in New York City has grown into the largest global Yoga organization, with centers on six continents. Swami Satchidananda also founded Yogaville, a spiritual and Yoga oasis with a retreat and training center for Yoga teachers and therapists. As Max told [Forbes.com](https://www.forbes.com), “He wasn’t the first Yoga master to come to America but, with his opening words at Woodstock and the creation of the Integral Yoga organization, he helped modern Yoga take firm roots here, and introduced it to thousands, if not millions of people in the West.” Goldberg agrees, “The image of Swami Satchidananda at Woodstock will always be a symbol of the moment when a battery of unconventional baby boomers turned eastward—and inward—in such large numbers that the process became irreversible.”

Swami Satchidananda's Opening Address

My Beloved Sisters and Brothers:

I am very much overwhelmed with joy to see the entire youth of America gathered here in the name of the fine art of music. In fact, through the music, we can work wonders. Music is the celestial sound and it is the sound that controls the whole universe, and not the atomic vibrations. Sound energy, sound power, is much, much greater than any other powers in this world. And, one thing I would very much wish you all to remember: with sound we can *make*, and at the same time, *break*. Even in the war-field, to make the tender heart an animal, sound is used. Without that war band, that terrific sound, man will not become animal to kill his own brethren. So, that proves that we can *break* with sound, and if we care, we can *make* also.

So I am very happy to see that we are all here gathered to create some *making* sounds—to find that peace and joy through the celestial music. And, I am really very much honored for having [been] given this opportunity of opening this great, great music festival. I should have come a little earlier to do that job, but as you all know, still thousands of brothers and sisters are on the way and it's not that easy to reach you.

America leads the whole world in several ways. Very recently when I was in the East, the grandson of Mahatma Gandhi met me and asked me, "What's happening in America?," and I said, "America is becoming a whole. America is helping everybody in the material field, but the time has come for America to help the whole world with spirituality also." [Audience applause] And, that's why from the length and breadth, we see people—thousands and thousands of people, Yoga-minded, spiritual-minded. The whole of last month I was in Hawaii and the West Coast and witnessed it again.

So, let all our actions, and all our arts, express Yoga. Through the sacred art of music, let us find peace that will pervade all over the globe. Often we hear groups of people shouting that we are going to "fight for peace." I still do not understand how they are going to fight and then find peace. [Applause] Therefore, let us not fight for peace, but let us find peace within ourselves first. [Applause] And the future of the whole world is in your hands. You can make or break. But, you are ready here to make the world and not to break it. I am seeing this. There is a dynamic manpower here. The hearts are meeting.

Just yesterday I was in Princeton, Stony Brook, in a monastery, where about 200 to 300 Catholic monks and nuns met and they asked me to talk to them under the heading of "East and West—One Heart." Here, I really wonder whether I am in the East or West. [Applause] If these pictures or the films are going to be shown in India, they would certainly never believe that this is taken in America. [Applause] So here, the East has come into the West. And, I, with all my heart, wish a great, great success in this music festival to pave [the] way for many more festivals in many other parts of this country.

But the entire success is in *your* hands, not in the hands of a few organizers. Naturally, they have come forward to do some job. I met them. I admire them. But still, in your hands, the success lies. The entire world is going to watch this. The entire world is going to know that what the American youth can do to the humanity. So, every one of you should be responsible for the success of this festival. [Applause]



And before I conclude my talk, I would like you all to join me and our group here in repeating a very simple chant. As I was reminding you of the sound power, there are certain mystical sounds which the Sanskrit terminology says as the *bijakshara*, or the “seed words.” We are going to use three seed words, or the mystic words, to formulate the chant. And if you all join wholeheartedly, after the chant we are going to observe at least one whole minute of absolute silence. Not even the cameras will click at that time. And in that silent period, that one minute of silence, you are going to feel the great, great power of that sound and the wonderful peace that it can bring in you and into the whole world.

Let us have a sample of that now. The words will be: “*Hari*” is one word. “*Om*” is another word. The first chant will have these two words, “*Hari Om, Hari Om, Hari Hari Hari Om.*” The second line will be “*Hari Om, Hari Om, Hari Hari Om.*”

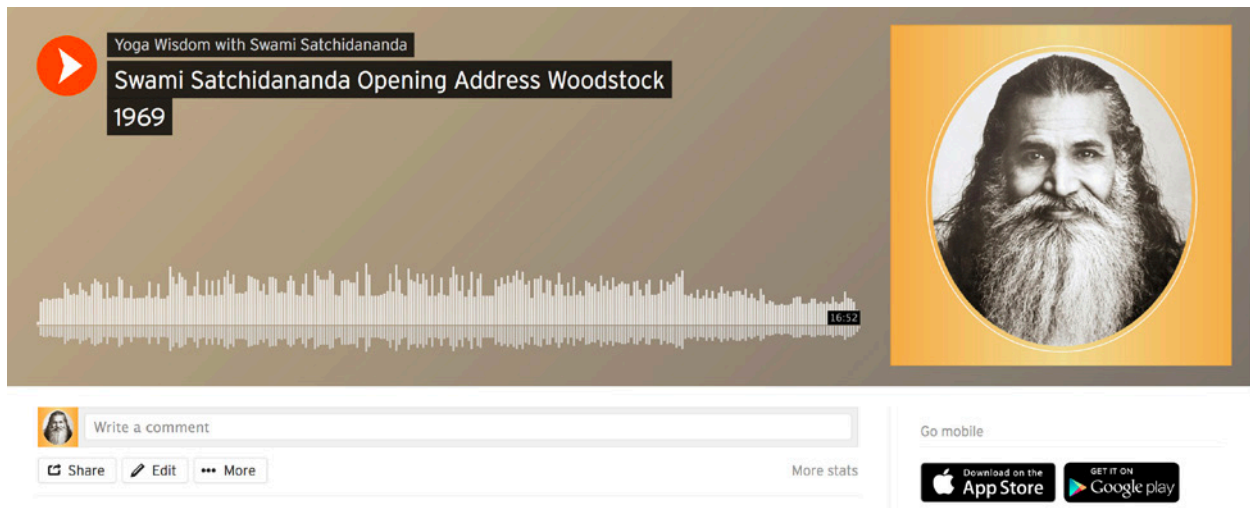
There will be another chant afterwards: just one word, “*Ram.*” We’ll be repeating: “*Rama Rama Rama Rama Rama Rama Rama Ram.*” It’s a sample. It’s very easy to follow by everybody and we’ll have a gentle clapping also. So, now we’ll begin in a slow rhythm and gradually build it up.

Now I will request all of my friends to join me. We will repeat the line once, then allow you to follow. [The entire festival then chanted the “*Hari Om*” chant together. As time was running short, Swamiji closed instead of “*Rama*” chanting with a short “*Om Shanti*” chant.]

Thank you all very much. And once again let me express my sincere wish and prayers for the success and peace of this celebration. Thank you once again. [Applause]

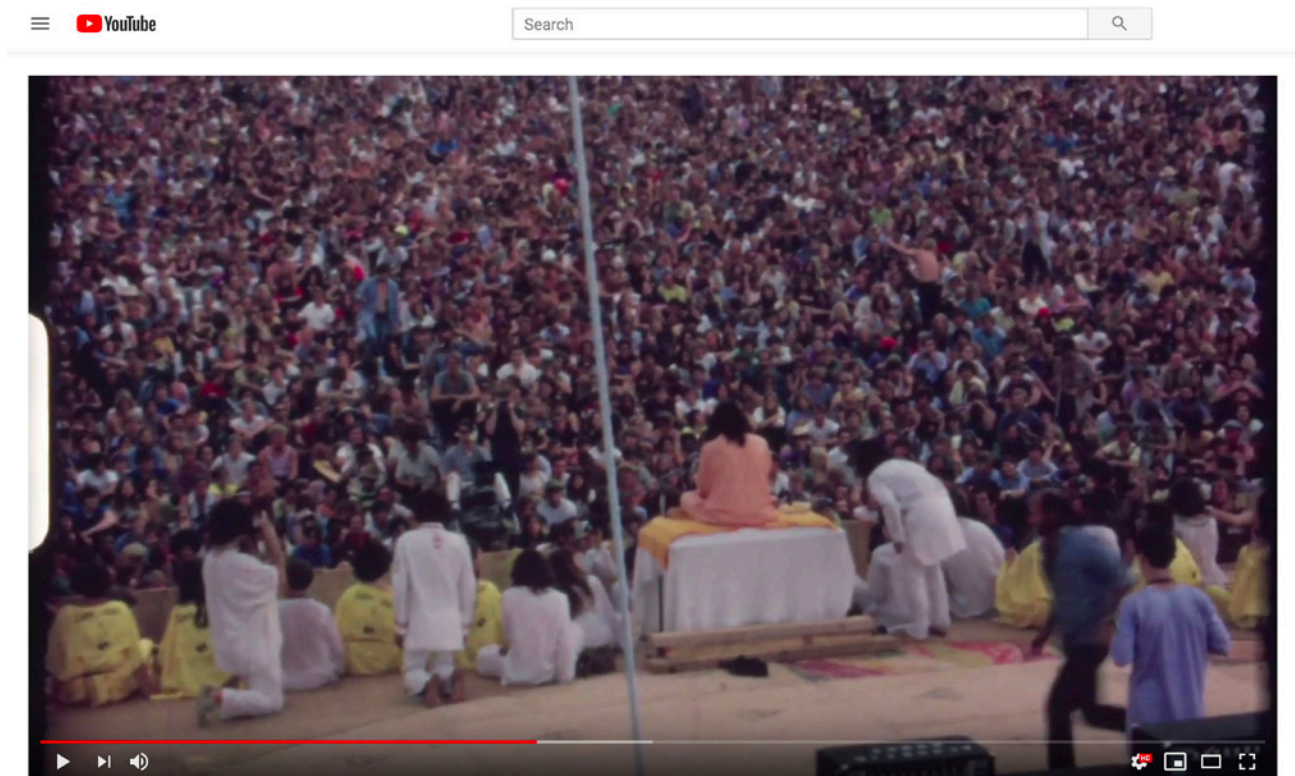
Listen to the original audio of
Swami Satchidananda's opening talk here:

<https://soundcloud.com/yogawisdom/swami-satchidananda-opening-address-woodstock-1969>



Watch this short film of the opening of Woodstock here:

<https://youtu.be/g8MpRSPneHs>



The Woodstock Guru



After Woodstock: The Untold Story

From East to West: Woodstock's Enduring Impact

By Philip Goldberg

The East-to-West transmission didn't start at Woodstock by any means. It began more than a century earlier, when translations of Hindu texts found their way to New England and the bookshelves of Ralph Waldo Emerson and Henry David Thoreau. It got a big boost in 1893, when Swami Vivekananda came to Chicago to address the Parliament of the World's Religions and stayed to establish the now-venerable Vedanta society. Later, in the 1920s, Paramahansa Yogananda toured the country, visited Calvin Coolidge in the White house, and settled in Los Angeles, where he penned the hugely influential *Autobiography of a Yogi*. Assorted yogis and swamis came and went over the years, and then, in 1968, the Beatles' went on the most consequential spiritual retreat since Jesus spent those forty days in the wilderness. Their sojourn at the ashram of Transcendental Meditation founder Maharishi Mahesh Yogi (with Mia Farrow, Donovan and other young celebrities) touched off a campus craze and a media frenzy.

Swami Satchidananda's opening invocation at Woodstock, witnessed by nearly half a million youngsters and seen in part in the Oscar-winning documentary about the mud-and-acid-soaked weekend, accelerated public awareness of India's heritage of inner exploration. The founder of the Integral Yoga Institute/Integral Yoga International and the most popular guru among counterculture New Yorkers at the time, Swami Satchidananda was helicoptered to Woodstock from Manhattan by organizers who thought that a wise elder might start things off on a serene note. With his long gray beard and flowing hair, the Swami was right out of central casting, and his message played to the generation's sense of importance. "America is helping everybody in the material field," he said, "but the time has come for America to help the whole world with spirituality also." He exhorted everyone present to take responsibility for the success of the festival. Responsibility was not a very popular word in hippie circles, but coming from someone seen as an advocate of peace and freedom—the inner variety—the message was taken seriously, and any misgivings the kids might have had were dissolved in the Sanskrit chant that the Swami led before blessing the crowd and departing. To this day, many believe that his good vibes averted what could have become a catastrophe as the festival grew far bigger than initially anticipated.

That may or may not be so. But it is certainly true that his presence, along with Ravi Shankar's electrifying performance, reinforced the idea that downtrodden, oppressed and misunderstood India had something of genuine value to offer the West. The essence of what we imported from the Hindu tradition is the philosophy known as Vedanta and the repertoire of practices known as Yoga. Together they constitute a rich spiritual system. But the knowledge was presented in such a rational, pragmatic way over the years that it was embraced by a wide spectrum of Americans—not just seekers of the transcendent, but scientists and secularists who saw Indian philosophy as a science of consciousness, and medical practitioners who saw yogic techniques as holistic healing modalities. Over time, the imports changed medicine and psychotherapy and radically expanded the way we think about consciousness.

During the 1970s, India's message of higher awareness and mind-body-spirit integration was increasingly mainstreamed, until now, of course, Yoga studios are as easy to find (or sometimes easier to find) as Starbucks and meditation is prescribed by physicians for stress reduction. Only a

year after Woodstock, the first experiment on Transcendental Meditation was published in a prestigious scientific journal. There are now thousands of studies on various meditative disciplines, and thousands more under the heading of Yoga. Dr. Dean Ornish, to cite a well-known example, derived his world-famous preventive medical program, which has been shown to reverse heart disease, from the protocols of Swami Satchidananda, whom he met when he was a medical student.

Of greatest significance, however, is the transformative impact that Indian teachings have had on American spirituality. The influence can be seen in the burgeoning popularity of contemplative Christianity and Jewish mysticism, which experts agree would not have occurred without the catalyst of yogic practices

starting in the sixties. And anyone who relates to the term “spiritual but not religious” can thank the parade of gurus and Yoga masters beginning with Vivekananda who made that designation possible. The notion that one can have a deep and fulfilling spiritual life without accepting the complete belief system of any particular religion was understood only to a few eccentrics and mystics before access to the East became widespread. Now, “spiritual but not religious” is the category of choice for 27 percent (according to a 2017 Pew Research Center survey), and many more count themselves both spiritual and religious—a group that includes thousands, if not millions, who returned to their ancestral religions after their minds were opened by Vedantic ideas.



Indeed, the fact that we distinguish between religion and spirituality at all—and that I don't have to explain the difference—is a direct result of seekers having access to yogic practices that can be used by anyone regardless of religious orientation. The fact that there are many legitimate pathways to the sacred, an idea first expressed in the *Rig Veda* as *ekam sat vipraha bahudha vadanti* ("Truth is one, the wise call it by many names," or, colloquially, "One truth, many paths") is more accepted than ever in our increasingly pluralistic society.

In the past fifty years in particular, what we have gained from our contact with India is far more significant than spicy dishes for our palates and cheap customer service operators for our corporations. In his classic eleven-volume text, *The Story of Civilization*, historian Will Durant expressed the hope that India would "teach us the tolerance and gentleness of the mature mind, the quiet content of the unacquisitive soul, the calm of the understanding spirit, and a unifying, pacifying love for all living things." That turned out to be prescient. The image of Swami Satchidananda at Woodstock will always be a symbol of the moment when a battery of unconventional baby boomers turned eastward—and inward—in such large numbers that the process became irreversible.

Philip Goldberg is the author or co-author of numerous books; a public speaker and workshop leader; a spiritual counselor, meditation teacher and ordained interfaith minister. A Los Angeles resident, he cohosts the "Spirit Matters" podcast, leads American Veda Tours, and blogs regularly on Elephant Journal and Spirituality & Health. www.philipgoldberg.com



The Satchidananda Effect

By Jeff Kamen

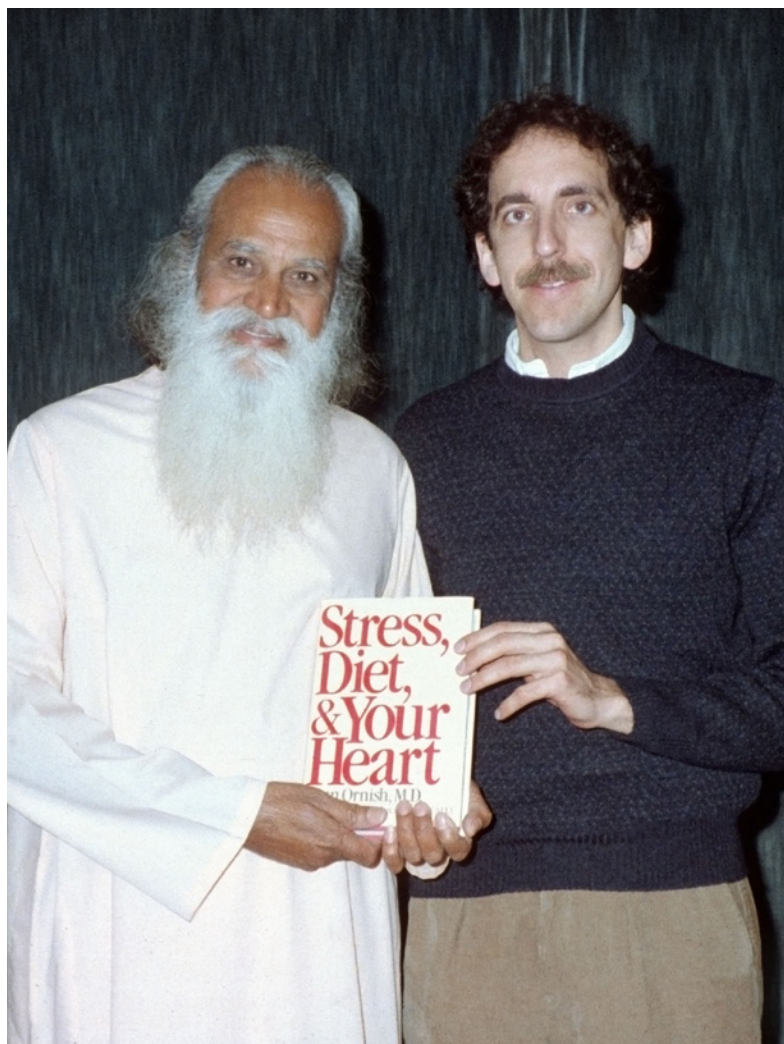
Fifty years after “The Woodstock Guru” brought peace into the chaos of 400,000 young people at a massive rock concert, his Integral Yoga teachings continue to be shared around the world. Heart surgeons, construction workers, people with HIV/AIDS, teachers, police, veterans, nurses, students, and parents on every continent are living increasingly healthier, happier lives because of Yoga and meditation. Today’s Yoga practitioner is just as likely to be plus-sized, Gay, Black, Asian or Hispanic, physically challenged or recovering from addiction, fighting cancer or coping with autism. Tens of thousands are doing Yoga in their chairs or beds because of physical challenges they are dealing with, for now.

Yoga will help change that for some, improve it for all. The global movement called Accessible Yoga began with Jivana Heyman, a student of Swami Satchidananda, who strongly supported the core concept of Yoga for all. At Swami Satchidananda’s Yoga centers around the globe, workshops are offered for the Yoga of Recovery—a beacon for alcoholics and other addicts, Yoga for Senior Citizens, Yoga for amputees, for military veterans, for the broken of body and even of heart. Swami Satchidananda was at the forefront of bringing Yoga programs into prisons and drug rehab centers following Woodstock. Post-Woodstock, Integral Yoga International was the first organization to train the highest number of Yoga teachers, with the first Yoga teacher training certification course in America.

The over 5,000 Integral Yoga teachers have schools and studios throughout the US, Europe, China, and many places in between. These teachers positively touch the lives of thousands upon thousands of students as they share the Yoga practices and teachings and invoke Swami Satchidananda’s universal message of peace, kindness, and compassion. Students of Swami Satchidananda’s like Haris Lender, who founded [Kidding Around Yoga](#), has brought this practices to over a million school children—the children who will shape the future of our world. Sonia Sumar, founder of Yoga for the Special Child, has adapted these practices and trains teachers and therapists to work with children who have special needs.

Swami Satchidananda, the founder of Integral Yoga, famously declared that, “More people have been killed in the name of God than in all the wars.” Soon after Woodstock, he organized programs and gatherings of religious and spiritual leaders during which they called on all faiths to abandon rhetoric and behaviors that create conflict and instead embrace the teachings of universal peace, love, compassion, and sister- and brotherhood common to all faiths. He built the first interfaith shrine in America and on the occasion of his centennial in 2014, he was posthumously honored as an “interfaith visionary” with the James P. Morton Interfaith Award.

From the moment he chanted, “Om,” from the Woodstock stage in 1969, calming the more the young people at the music festival on a farm in upstate New York, Swami Satchidananda attained rock star status—much to his own surprise. The festival rapidly became legend as did he. Today, the humble guru is no longer in the body, but his pioneering teachings of interfaith respect and the scientific disciplines of his system for peaceful, easeful, and useful (selfless) living called Integral Yoga are practiced by an ever-wider global audience. Integral Yoga’s principles and specific methods are increasingly being integrated into the practice of medicine, the training of police officers and the enlightened treatment of prisoners. Like the teacher, the institution he left to serve the world, is low-key but influential as more human beings seek to find happiness within themselves.

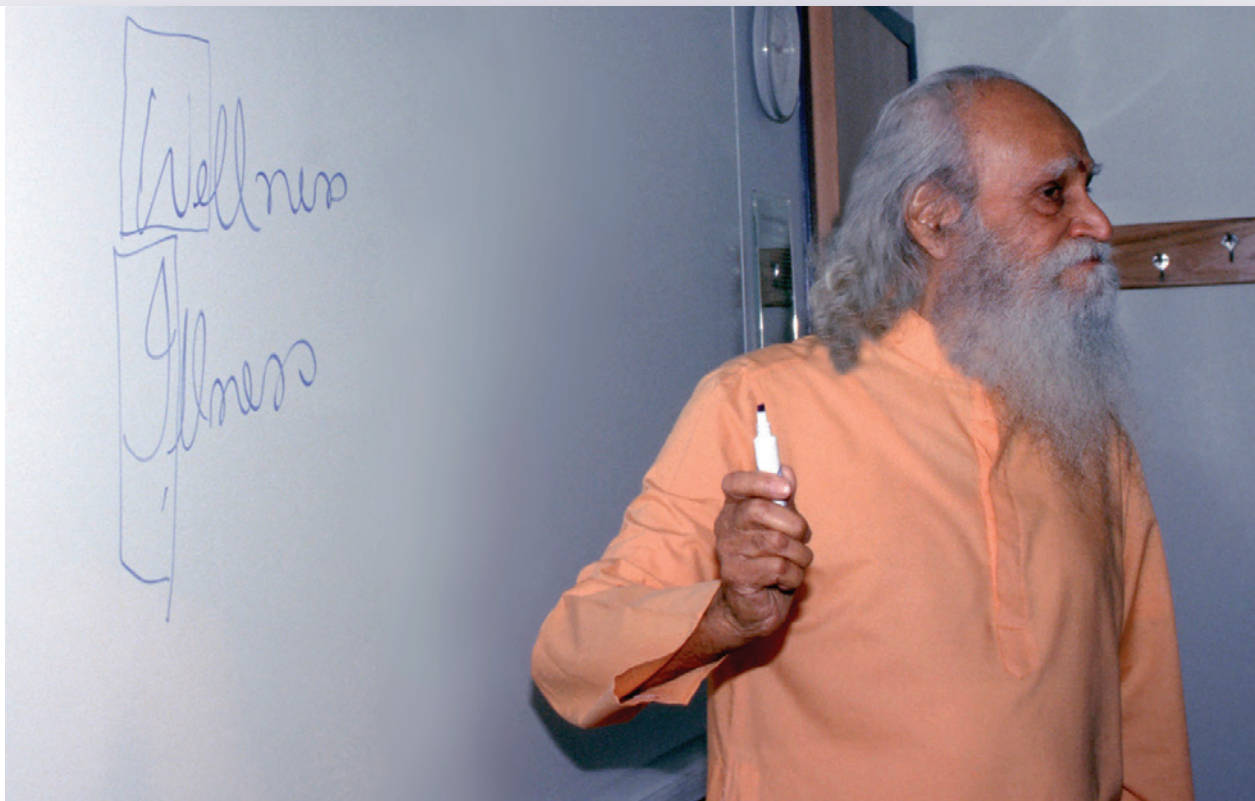


Swami Satchidananda's legacy can be seen through his students and the work they have been doing on behalf of humanity. These students are physicians, therapists, educators, poets, musicians, engineers and architects, and Yoga teachers who have enriched their own lives with the teachings of the Woodstock Guru, which begin with stretching, breathing, meditation and an organic vegetarian diet.

In the ever-expanding universe of Integral Yoga and its related systems is the profound contribution made to the medical field. It is here that Swami Satchidananda made the deepest and perhaps most unexpected contribution to changing the way doctors think and the actions they take on behalf of their patients. In the pre-Satchidananda era of medicine in America, millions every year would develop clogged arteries and damaged hearts thanks to their diets rich in dense animal fats. Tens of thousands would die every year

as a result. Many of them young and in terrible pain. At the time, Western medicine was developing tools with which to effectively treat some of the conditions. Cardiac patients who survived did so with the help of delicate, expensive surgery and powerful medicines. Then along came [Dean Ornish](#) (*photo: Ornish with Swami Satchidananda*), a young physician who was a student of the Woodstock Guru.

When Dean Ornish first met Swami Satchidananda, he was an exhausted, depressed medical student who wasn't sure he wanted to keep living. Swami Satchidananda helped Ornish get past his depression and taught him how to apply yogic principles to Western medicine. The result is a quiet revolution in the prevention and treatment of heart disease. Ornish published a ground-breaking peer reviewed medical journal (*The Lancet*) article that announced to the world that he had repeatedly reversed heart disease in his heart patients by having them do Yoga postures, Yoga breathing, meditation and switching to a high fiber, protein-rich vegetarian diet—what today has come to be known as “lifestyle medicine.” Swami Satchidananda spoke about groundbreaking ideas in talks during the 1970s at Johns Hopkins,



the American Medical Students Association Conferences, and at numerous university medical centers and hospitals throughout the United States. Until Dr. Ornish published his results, no physician had ever proven that heart disease could be reversed. And he proved it with what the Woodstock Guru taught him.

At the University of Virginia's School of Nursing, [M. Mala Cunningham, PhD](#) is a Clinical Assistant Professor where she teaches courses and leads training programs in Medical Yoga. Like Ornish, Cunningham is a first-generation student of Swami Satchidananda. Also like Ornish, Cunningham's work in the burgeoning field of lifestyle medicine is helping bring about ways to help hospitals cut costs while making people healthier. Applying Swami Satchidananda's teachings turns out to have exactly the effect the policy makers are seeking.

The power of Swami Satchidananda's Yoga teachings lives on in Cunningham, Ornish, and many of his students all across the globe who've become trailblazers and thought leaders pioneering specialized applications of Yoga in various fields. As so much of the world seeks comfort in divisiveness, hatred, and tribalism, those who share the vision and ideals of Woodstock embrace global peace and harmony. As Swami Satchidananda instructed: "If you want a more peaceful world, start with yourself."

Award-winning journalist Jeff Kamen is the author of Warrior Pups: True Stories of America's K9 Heroes and co-author with Robert Kupperman of Final Warning: Averting Disaster in the New Age of Terrorism. His New York Daily News Magazine cover story, "Facing the Terrorists," provided readers with extraordinary access to the NYPD's storied Bomb Squad. His news reporting and documentaries on national security, law enforcement, race relations, and politics have been featured on radio TV and in print for more than forty years. Kamen has reported for NPR, NBC News, ABC and CBS Radio, CBC and Mutual News. Jeff's documentary, "Outside the Wire," for the Air Force won the top prize for Pentagon-produced films in 2005.

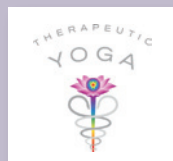
YOGA AT WORK



This program is an opportunity to improve employee productivity and morale through Integral Yoga. This convenient service delivers an Integral Yoga instructor to any campus. Each program is tailored to the individual business environment.

INTEGRAL YOGA INSPIRED

Integral Yoga trained teachers have also developed a wide range of programs and organizations to serve special populations through Yoga. Many of their programs are offered at Integral Yoga centers.





SERVICE IN SATCHIDANANDA is a non-profit international network of charities established in honor of Sri Swami Satchidananda and based on his core teaching of selfless service. Service in Satchidananda funds global projects that are working in a sustainable way and giving back to their local communities. Its mission is to raise funds to establish, support, and expand its charitable activities through education and skills, the alleviation of suffering, and to give love and service that will nurture the lives of children and those who are economically challenged.

This dedicated global coalition of people works with other non-profit organizations, donors, and well-wishers, through established and new services, to positively impact the lives of children and families.

Projects include the Satchidananda Prison Project, medical camps (free surgeries in India), building schools, offering education scholarships, disaster relief, free Yoga to underserved populations, providing essential living items to communities in need, and more.



INTEGRAL YOGA TIMELINE

- **1966** Sri Swami Satchidananda arrives in Europe & USA

IYI (Integral Yoga Institute, 500 West End Avenue) New York is founded
- **1969** Woodstock Festival is opened by Swami Satchidananda

Integral Yoga Magazine is published

IY centers open in Europe
- **1970** *Integral Yoga Hatha* is published

IYI New York opens on West 13th Street

IYI San Francisco opens

IYI New Jersey opens

First IY 10-day retreats & interfaith worship services (U.S. East & West Coasts)

IY drug rehabilitation programs begin
- **1971** IY prison programs begin

IYI India is founded
- **1972** Integral Yoga Natural Foods (New York) opens

Yogaville West (California) opens
- **1973** Integral Yoga Publications & Multimedia (Shakticom) established

“Swami Satchidananda” album release by Columbia Records
- **1975** “Swami Satchidananda” & “Yoga for the City” TV documentaries air (New York)

Yogaville East (Connecticut) opens

IYI Montreal opens

Integral Yoga Teacher Training program begins

Integral Health Services, America’s first integrative medicine clinic, opens

Swami Satchidananda ordains first of his American students as Swamis in Holy Order of Sannyas
- **1977** Integral Yoga School (Connecticut) opens as 1st state-accredited elementary school with Yoga-based curriculum

Dr. Dean Ornish begins first research study on reversing heart disease using Integral Yoga-based practices
- **1978** *Yoga Sutras of Patanjali*, with translation & commentary by Swami Satchidananda is published & becomes bestselling version of Yoga’s foundational text
- **1979** IY headquarters is established at Satchidananda Ashram–Yogaville, Virginia
- **1980** Swami Satchidananda ordains first Integral Yoga Ministers

Integral Yoga Natural Foods (Virginia) opens
- **1981** Integral Yoga School (Yogaville Vidyalayam) opens in Virginia

INTEGRAL YOGA, as taught by Sri Swami Satchidananda, offers a synthesis of six branches of classical Yoga: Hatha, Raja, Japa, Karma, Bhakti, and Jnana Yoga. Its aim is to purify and calm the body and mind in order to experience the peace and joy that is our true nature. Integral Yoga practitioners bring that peace into the world by fostering interfaith dialogue and leading service-oriented lives. Founded in 1966, there are currently 30 Integral Yoga centers on six of the seven continents and 5,000 teachers worldwide.



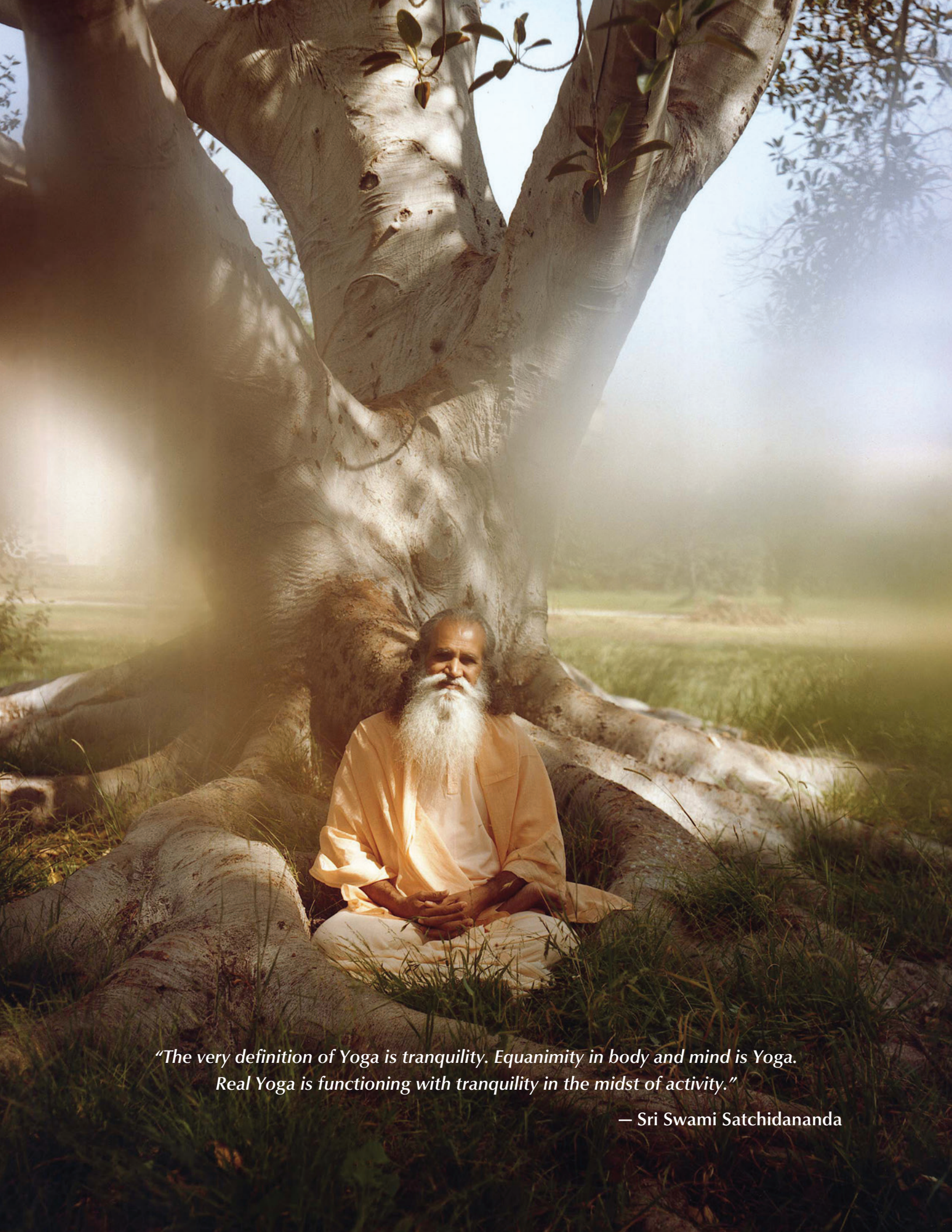
- Swami Satchidananda cofounds first interfaith seminary in America
- **1982** Ontos Yogaville, Australia opens
- **1984** Fine Arts Society of Yogaville opens
Integral Yoga Distribution opens
- **1986** Light Of Truth Universal Shrine (LOTUS) opens in Virginia
- **1989** Swami Satchidananda becomes advisor to Unity in Yoga, which later becomes Yoga Alliance

IY Raja Yoga and Meditation Teacher Trainings are established
- **1990** Dean Ornish's "Program for Reversing Heart Disease" is published in *The Lancet*, opening the door for Yoga therapy
- **1991** Nataraja Shrine (Yogaville) is dedicated
- **1992** IY Center Brazil opens
- **1993** Integral Yoga Teachers Association is established
- **1996** Lotus Center for All Faiths is founded
- **1997** Satchidananda Jothi Niketan (School) opens in India
- **1999** Integral Yoga is a founding member of Yoga Alliance
- **2002** *Mahasamadhi* of Sri Swami Satchidananda
- **2003** Integral Yoga Academy opens
IY Argentina is founded
- **2007** IY Center Taiwan opens
- **2008** IY Hong Kong Sangha is founded
- **2009** Integral Yoga Europe forms
Service in Satchidananda is founded
- **2014** "Global Garland," worldwide yearlong celebration of the birth centennial of Sri Swami Satchidananda

Integral Yoga Global Network forms
LOTUS-India opens
- **2015** Swami Satchidananda Special Collection is established at University of Virginia's Albert and Shirley Small Special Collections Library
- **2016** Virginia Dept. of Historic Resources grants Satchidananda Ashram-Yogaville highest degree of eligibility to be nominated as a Virginia Historic District

IntegralYoga.org launches and global yearlong celebration of Integral Yoga's 50th anniversary begins





*"The very definition of Yoga is tranquility. Equanimity in body and mind is Yoga.
Real Yoga is functioning with tranquility in the midst of activity."*

— Sri Swami Satchidananda

Quick Reference: Blurbs and Photo Gallery

About Swami Satchidananda

Swami Satchidananda was one of the first Yoga masters to bring the classical Yoga tradition to the West. Invited to America in 1966 by iconic pop artist Peter Max, he taught Yoga postures, meditation, and a compassionate vegetarian lifestyle. In 1969, he opened the Woodstock festival and became known to an entire generation as the “Woodstock Guru.” Swami Satchidananda founded the global Integral Yoga® organization, Satchidananda Ashram–Yogaville®, and the Light Of Truth Universal Shrine. He is the author of *Integral Yoga Hatha*, *To Know Your Self*, *The Yoga Sutras of Patanjali*, *Beyond Words*, *The Living Gita*, and *The Golden Present*, among other titles. He is also the subject of the documentary, “Living Yoga: The Life and Teachings of Swami Satchidananda.” (For more information, visit: swamisatchidananda.org)

About Integral Yoga®

Integral Yoga®, as taught by Swami Satchidananda, offers a synthesis of six branches of classical Yoga: Hatha, Raja, Japa, Karma, Bhakti, and Jnana. Its aim is to purify and calm the body and mind in order to experience the peace and joy that is our true nature. Integral Yoga practitioners bring that peace into the world by fostering interfaith dialogue and leading service-oriented lives. Founded in 1966, there are currently 30 Integral Yoga centers on six of the seven continents and 5,000 teachers worldwide. (For more information, visit: integralyoga.org)

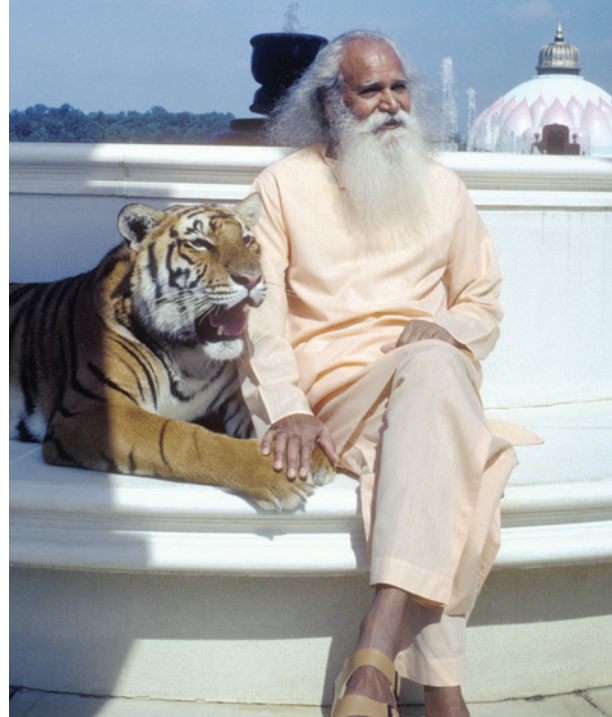
Quotes:

“Let all our actions and all our arts express Yoga. Through that sacred art of music, let us find peace that will pervade all over the globe. Let us not fight for peace, but let us find peace within ourselves first . . . The future of the whole world is in your hands.”
—Excerpt from Swami Satchidananda’s 1969 Woodstock Music Festival opening address

“The very definition of Yoga is tranquility. Equanimity in body and mind is Yoga. Real Yoga is functioning with tranquility in the midst of activity.” —Swami Satchidananda

Photos: to download photos of Swami Satchidananda from this page and others, in print and web resolution, click here:

<https://www.dropbox.com/sh/oct0861er5str70/AACGPwnxOP07FOtQHX8u4rpa?dl=0>



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INTEGRAL YOGA LINKS

Integral Yoga Official Website: IntegralYoga.org

Sri Swami Satchidananda: SwamiSatchidananda.org

Satchidananda Ashram-Yogaville: Yogaville.org

Integral Yoga Centers: IntegralYoga.org/Directory

Integral Yoga Distribution: IYDBooks.org

Integral Yoga Europe: IntegralYogaEurope.org

Integral Yoga Magazine: IntegralYogaMagazine.org

Integral Yoga Natural Foods (Virginia): IYFoods.com

Integral Yoga Residential Programs: Yogaville.org/Programs/Residential

Integral Yoga Teachers Association: IYTA.org

Integral Yoga Teacher Training: Yogaville.org/yoga-teacher-trainings

Integral Yoga YouTube: YouTube.com/IntegralYoga

LOTUS: LOTUS.org

LOTUS – India: LotusIndia.org

Service in Satchidananda: SISProject.org

Shakticom: Shakticom.org

Yoga at School: iyiny.org

Yoga at Work: iyiny.org

Yogaville Livestream: Livestream.com/Yogaville

Yoga Wisdom Podcast: soundcloud.com/yogawisdom