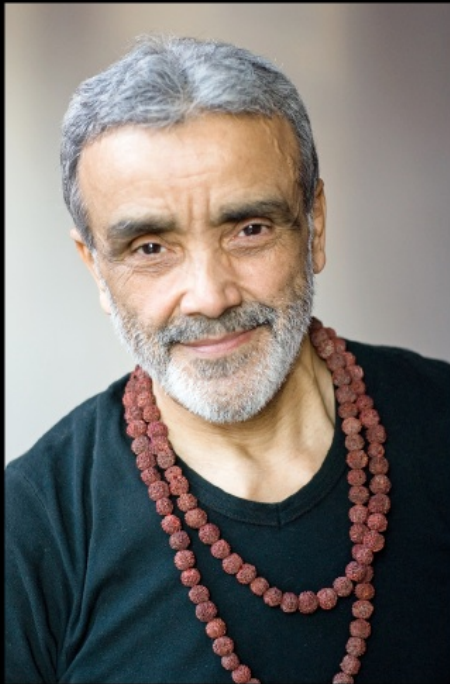


Dharma Mittra

ダーマ・ミットラ

The effects of Dharma Mittra's classes are remarkable and life changing. Students and teachers from around the world are forever changed by the simple, ancient teachings which embrace all aspects of the science of Yoga, from the physical to the esoteric. Dharma is a true living Yogi, a rare gem in the world of Yoga today, whose goal is only to help students progress quickly along their path of yoga. Being established in Sattva, a state of mind where notions such as 'I' and 'mine', the 'doer', and delusion are all absent, He strives to impart the Yogic principles and surrender to the Lord, and love for one and all (the basis of all Yoga) to bring one closer to

the true Self within their own heart. Dharma embodies and imparts the virtues of Yoga; kindness, patience, humility, fortitude, humor, selfless service, ahimsa (non-killing), and unlimited love, compassion and understanding for all. He is a beloved and humble teacher still teaching in the traditional way, remaining truthful to its classical and historical teachings. His approach and teachings are loved by all Yogis, and strike the hearts of all who attend sessions with him. Sri Dharma has initiated thousands into the Holy practice of Yoga, and emphasizes "complete surrender to the Lord. Without this, there will be no success in Yoga".
<http://www.dharmayogacenter.com>



Dearest Yogis and Friends in Japan,

A Yogi is a person of control -- a person firmly established in this eternal present. The traditional Yogic principles of renunciation, dispassion, reverence, Self-realization, surrender to the Lord, and love for one and all (the basis of all Yoga) brings one closer to the true Self within their own heart. Through observing the first yama, ahimsa or non-violence, the Yogi or Yogini comes to recognize him or herself in everything and everyone. Through careful observance of ahimsa, the Yogi or Yogini develops that most essential attribute of compassion. Established in compassion, the pain and suffering of others is something we come to share in and work hard to alleviate. Even though we are separated by an entire ocean, the pain and suffering of the Japanese people is something that causes us all pain and, even though we are physically apart, we are never really separate. Stay strong, there will be better days ahead.
I love you all, Sri Dharma Mittra

Dharma Mittra

ダーマ・ミットラ

ダーマ・ミットラのクラスの効果は非常に優れており、人生をも変えてしまう。ヨガ科学の身体面から秘儀面に至る、あらゆる側面を網羅したシンプルな伝統的な教えによって、世界中の生徒や指導者の人生が一変してきている。彼は現存する真のヨギーであり、今日のヨガ界においては頼まれなる「宝石」。生徒がヨガの道を早く進んでいくことができるように手助けすることが彼の目的だ。ダーマは サットヴァの共修者 www.dharmayogacenter.com

親愛なる、日本のヨギーと友人達へ。

ヨギーとは、統制力のある人のことであり、この永遠なる現在に自己を確立している人のことです。自制、公正、崇拜、自己実現、神への献身、隣人への愛、そして全人類への愛（あらゆるヨガの基盤）という伝統的なヨガの原則によって、私達は自身の内側に存在する真我へと近づくことができます。第一のヤマであるアヒムサ（非暴力）を守ることで、ヨギーやヨギーニは、あらゆる物質やあらゆる人間のうちに、自己を認識することができるようになります。アヒムサをしっかりと守ることによって、ヨギーやヨギーニは、思いやりの本質的な部分を培うことができます。他者の痛み

