



Hari Om,

The South African School of Yoga, is proud to announce that Swami Kamalavidya Saraswati will be performing a fire ceremony **commencing Saturday 1<sup>st</sup> Feb 2025. This will continue every Saturday throughout the year.**

Swamaji mentions, that we have been affected daily by wars taking place, famine and natural disasters around the world, through the media ect, ect. What stands out prominently, is man's inhumanity to man!!! Unfortunately, due to this, we can all too easily succumb to despondency about the state of our own personal world in general.

This has stirred up the need by Swamaji reminding to host a Havan **every Saturday from 4:30 pm – 5:30 pm** as is done in the Bihar Ashram's in India. Whils't the fire ceremony is taking place, participants attending will be chanting the Mahamrityunjaya Mantra 108 times, for the upliftment for our own personal needs and for the world.

Those attending by chanting the Mahamrityunjaya mantra, can and will help sublimate their negative energy, transforming it into something positive and uplifting.

NB; This is only one hour in your whole week to make a difference to yourself as well as the world.

Swami Kamalavidya Saraswati is looking forward to receiving you. **A gentle reminder please bring your own personal list of family and friends who are in need, be they local or overseas.**

Take care as always,

In the service of yoga,

Om Tat Sat