

Ananda Marga Italia

Sito ufficiale di Ananda Marga in Italia



spiritual practices and meditation are considered a birthright of all living beings.

Ananda Marga (from the sanskrit 'Path of Bliss') was founded in India in 1955 by Prabhat Ranjan Sarkar (1921 - 1990), also known by the spiritual name of Shrii Shrii Anandamurti. The ideological foundation of Ananda Marga is based on the premise that total human potential can be reached through a path of interior growth and service to society.

To this end Ananda Marga promotes the ancient practices of meditation and yoga which include vegetarianism and other practices which aid physical and mental development.

Together with systems for personal growth, Ananda Marga runs social service projects through various departments, such as children's homes, schools, disaster relief, etc.

Shrii Shrii Anandamurti has left a rich cultural and spiritual legacy: a deep philosophy with a practical system of spiritual practices, a revolutionary socio-economic theory, a vast collection of musical and poetic compositions and the philosophy of neo humanism.

The Ananda Marga Association (Ananda Marga Pracharaka Samgha - Society for the propagation of Ananda Marga), officially registered in Italy in 1977 and globally active, is dedicated to the spread of the philosophy and practices given by Shrii Shrii Anandamurti. Meditation is taught for free as

Self Realisation



(saidhana) is your great bow. Set the arrow of your mind, sharpened with meditation, on this bow. Now, inclining your mind toward Him, pluck and twang the string of the bow and pierce your target - that indestructible Supreme Soul.

Shrii Shrii Anandamurti



Yoga

Asanas - Yoga Postures

In Ananda Marga the practice of yoga asanas or postures is considered a fundamental discipline for the maintenance of one's physico-psychic equilibrium.

Thousands of postures were developed by the yogiis of the distant past: often based upon positions assumed by various animals such as the cobra, the locust, the frog, etc. Practiced correctly, these postures can have a therapeutic and preventive effect: giving suppleness to the body and skin, massaging the internal organs, generating physical energy yet also relaxing the body. However, the effects of asanas on the mind are their strong point. Besides regulating the functioning of the glands to achieve a better emotional balance and clearly improving concentration and memory, they develop the capacity to keep the body erect and still, an essential aid in the practice of meditation.

As well as the postures, we recommend other yogic practices, such as control of body temperature through the proper use of water, a yogic vegetarian diet, psycho-physical dances, and fasting.

Asanas should not be practiced without a guide, as their use should be properly taught. Ananda Marga holds regular yoga courses in various Italian cities; however, one's personal asanas can be prescribed and taught for free by our yogic monks and nuns.

Meditation

What are the characteristics of Ananda Marga meditation? Numerous scientific studies have been made on the benefits of meditation and its application in the fields of psychology, medicine, sport and metaphysics. Ananda Marga meditation practices come from the ancient tradition of yoga and tantra, and have the ultimate aim of merging the individual mind with the Supreme (the individual consciousness with the cosmic one). Essentially a practice for spiritual elevation, it is practiced through a precise technique of concentration and introspection which gradually allows the individual to perceive the internal path.

Many diverse benefits come through regular practice of meditation, such as a longer attention span and capacity to concentrate, greater mental calm and discernment, and a sense of wellbeing which extends from one's personal life to a capacity for synergy with others in the world around us.

Meditation is essentially a spiritual practice which requires constancy and regularity, as well as a certain approach to life which works to maintain harmony between oneself and others

Ananda Marga meditation techniques are individually taught for free by a yogic monk or nun.

"Oh tranquil spiritual aspirant! Spiritual practice



Vegetarianism and Yoga

The practice of yoga and meditation involves a specific yogic diet. This helps by controlling the body temperature and balancing glandular secretions, giving elasticity to the ligaments and the capacity to both concentrate and relax. Yogic teachings indicate that a vegetarian diet is ideally suited to achieve the best results of these practices.

Leaving aside for a moment all valid ethical, health and social considerations regarding abstaining from eating meat, let's focus on how yogic philosophy classifies foods according to how well they favour optimal physical and psychic health for the practice of spiritual development.

Food is classified into three different categories:

1. Sentient: food which is good for the body and the mind.
2. Mutative: food which may be good or neutral for the body or the mind.
3. Static: food which is bad for the body and mind.

According to these categories, static foods are to be avoided, mutative foods are to be consumed in moderation, and obviously, sentient foods may be eaten freely.

Food Table:

Sentient: Fruit, legumes, most vegetables, cereals, milk products, mild herbs and spices.

Mutative: Coffee, cocoa, tea, allopathic medicines prescribed by a doctor, hot spices, carbonated drinks.

Static: Meat (red and white), and its by-products, fish and other seafood, eggs, garlic, onions, mushrooms, red lentils, alcoholic drinks, cigarettes, drugs, and medicines without a doctor's prescription.

Note:

- This is a basic table for your information; however there can be many factors to take into consideration.

- Factors such as climate or methods of conserving food can alter the classification of the food negatively or positively.

This classification of food has been a part of the the yogic tradition for thousands of years, particularly that of the Vedic and Tantric traditions. In the Ananda Marga system, no food has been removed from its original classification, however, some foods have been added, according to the needs of our time.

Where we are



dell' Ananda Marga, associazione nata nel 1955, in India, con lo scopo di diffondere le pratiche di Yoga, meditazione e servizio sociale.

Questo centro, che dà particolare attenzione alla crescita spirituale delle donne, promuove numerose attività aperte a tutti coloro che cercano un benessere fisico, psichico e spirituale

Centro Ananda Marga
Via S. Antonio, 35
Zenson di Piave - TV
Tel: 0421 344003

Verona

Attività dell'Associazione Centro Yoga Ananda Marga di Verona:
Yoga, Asanas, Meditazione, Corsi



Verona "Giardino del Sole"

Nido d'Infanzia Giardino del Sole a Verona



Treviso

Attività dell'Associazione Ananda Marga Center Treviso:
Yoga, Asanas, Meditazione, Teatro Danza, Danza Contemporanea.



Zenson di Piave (TV)

Il Centro Ananda Marga di Zenson di Piave (TV) è il luogo ideale per chi vuole intraprendere un percorso di ricerca interiore a contatto con la natura.

Il Centro è gestito da monache yogii e da volontari



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