



# Session 2

Hindu Mandir Empowerment Council  
October 2 - 4, 2026 | Buena Park, California

**Sudha Maradana**  
Yoginism

# Sudha Maradana Bio



## About Sudha Maradana

Sudha Maradana is a certified yoga teacher trained at Total Yoga, Bangalore, India, where she completed her 500-hour Yoga Teacher Training. She has been practicing yoga for over 13 years and teaching for more than 10 years, offering both online and in-person classes.

For Sudha, yoga is much more than achieving a perfect pose or improving physical fitness. **There is no perfect pose and no end to the practice.**

Asana is only one part of a much deeper tradition.

Her teaching is rooted in a desire to reconnect modern yoga practice with the philosophy and wisdom of the ancient Yoga tradition. Through the Yoga Sutras, the eight limbs of Ashtanga Yoga, meditation, breath, self-discipline, and mindful living, she encourages students to explore yoga not only on the mat, but in everyday life.

Sudha believes that as yoga has grown around the world, there is an opportunity to bridge the gap between **Yoga as an ancient science and philosophy of living** and **Yoga as primarily a form of physical exercise**. Her classes bring together movement, breath, awareness, and reflection, with an emphasis on making yoga a consistent practice rather than simply a workout.

She brings an attitude of **open-mindedness, curiosity, discipline, and joy** to her teaching and encourages students to approach yoga as a lifelong journey of learning, self-awareness, and conscious living.

# Presentation Abstract



This presentation looks at how Yoga can grow from a personal practice at home into a shared community practice through our mandirs, families, and collective activities.

Grounded in the Yoga Sutras, hatha Yoga, Dharma, and seva, it envisions a journey from local practice and retreats to larger community celebrations such as **International Day of Yoga at the Capitol**.

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# Yoga Bigins within



अथ योगानुशासनम् -Atha Yoga Anushasanam

Yoga begins with practice, discipline, and a commitment to transformation.

योगश्चित्तवृत्तिनिरोधः ॐ Yogaś citta-vṛtti-nirodhaḥ

Yoga is the stilling of the fluctuations of the mind.

## Yoga Is More Than Asana

**Yama → Niyama → Asana → Pranayama**

**Pratyahara → Dharana → Dhyana → Samadhi**

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# Yoga is more than Asana



## Yama — Yoga Sutra 2.30

अहिंसासत्यास्तेयब्रह्मचर्यापरिग्रहा यमाः ॥ २.३० ॥

Ahimsa · Satya · Asteya · Brahmacharya · Aparigraha

Patanjali begins the eight limbs with Yama—not with physical posture, but with how we live and relate to the world. And he describes these principles as universal.”

## Niyama — Yoga Sutra 2.32

शौचसन्तोषतपःस्वाध्यायेश्वरप्रणिधानानि नियमाः ॥ २.३२ ॥

Śauca · Santoṣa · Tapas · Svādhyāya · Īśvara Praṇidhāna

Patanjali describes Niyama as the **personal observances of yoga**—how we cultivate ourselves from within. While Yama guides how we relate to the world, Niyama guides our **inner discipline, self-awareness, and spiritual growth.**

Āsana · Prāṇāyāma · Pratyāhāra · Dhāraṇā · Dhyāna · Samādhi

how we steady the body → how we work with the breath → how we turn inward → how we focus → how we meditate → how we experience absorption.



# Mandirs –community building



## Yoga Begins at Home

Individual → Family → Daily Practice

## From Home to Mandir

### Mandirs as Community Centers for Yoga & Dharma

Home → Mandir → Satsang → Yoga • Meditation • Seva → Community

Yoga can become a bridge across generations.

## Building a Community Mind

**Dharma • Seva • Loka-saṅgraha • Vasudhaiva Kutumbakam**

Practice → Values → Service → Community

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# From Community to Collaboration



## Many Mandirs. One Community.

Mandirs + Yoga Organizations + Community Organizations

+ Youth + Families + Civic Partners

Shared Events • Seva • Cultural Programs • Yoga Gatherings • Retreats

## Mandirs as Community Centers for Yoga & Dharma

Home → Mandir → Satsang → Yoga • Meditation • Seva → Community

Yoga can become a bridge across generations.

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TOGETHER  
FOR A  
HUNGER FREE  
TOMORROW

# From Gatherings to Retreats



Creating Experiences That Bring Us Together

Local Yoga Programs

↓  
Mandir-Based Yoga

↓  
Inter-Mandir Events

↓  
Community Yoga & Wellness Gatherings

↓  
Yoga Retreats

↓  
Large Community Celebrations



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# From Within → To the World



PLANT

Yoga begins within us, but its impact can reach far beyond us.



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