

Prashant for revealing Yoga's true meaning

Created On: 21 June 2025 6:30 PM IST

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On the occasion of International Day of Yoga, spiritual teacher and philosopher Acharya Prashant has received widespread acclaim across the country for his transformative discourse titled "Yoga and the Bhagavad Gita."

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Yoga is not yoga, it's Yog, says a young seeker from Goa

Nutan, a 24-year-old from Goa who attended the live session, said: "I liked it. I am 24, and today, the real meaning of yoga. Yoga is not about flexibility or posture; it is about achieving our highest word, it is not an exercise but a way to evolve."

Hitesh, another attendee in Goa, added, "Today I realised that Yoga is about knowing who you truly are and new things that were never clear before."

Raipur residents also experienced a spiritual shift

A resident of Raipur told IANS: "Earlier, I thought Yoga was simply about physical fitness. But after Prashant, I now understand that yoga is about gaining inner clarity. To end sorrow, that is Yoga. From this perspective."

Another viewer from Raipur said, "Acharya Prashant speaks with such depth. He wants to cleanse the soul that a true Yogi is someone who knows themselves. It was a powerful message."

The Kolkata audience also finds a new purpose in Yoga. Attendees in Kolkata also echoed similar

"Until today, I thought yoga was just about stretching and breathing exercises. But now I understand identifying the root cause of our sorrow and eradicating it from within. That is what true yoga is."

Jodhpur audiences connect deeply with the Gita's message

From Jodhpur, a viewer who was present there said, "He explained the real meaning of Yoga. I used to think of physical routines, but now I realise it's about becoming fearless, letting go, and reaching your best self."

Another local attendee noted, "Acharya Prashant explained Yoga in such detail. It's not about becoming a guru, it's about transforming the self from within."

Bilaspur also sees spiritual awakening.

A resident from Bilaspur said, "Yoga is about reaching our highest potential. As Lord Krishna says, 'The greatest is disconnection from sorrow.' That truth hit hard today."

Another attendee remarked, "Yoga is much more than physical fitness. It's about discovering the self and overcoming it. Acharya Prashant gave us a deeper understanding of the Gita's teachings. It was a life-changing experience."

The event, jointly organised by the PrashantAdvait Foundation and PVR-INOX, marked the first time yoga was discussed in cinema halls — venues traditionally reserved for entertainment. Cities like Mumbai, Indore, and Bhopal witnessed audiences purchasing tickets not for a blockbuster movie but for ancient wisdom.

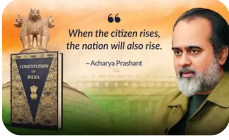
Acharya Prashant's message offered a direct challenge to the commodification of yoga in the modern world.

"The Yoga of the Gita is not about physical flexibility. It is about inner invincibility," he declared.



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