

Integral Yoga Links:

A. Easy Link Directory:

Sri Swami Satchidananda: <https://linktr.ee/swamisatchidanandaofficial>
Integral Yoga International: <https://linktr.ee/integralyogainternational>
QR Code link (in all Ashram guest rooms): <https://integralyoga.org/info>

A. "Ask Swami"

Ask questions and get instant answers based on the Integral Yoga teachings of Swami Satchidananda: www.askswami.org

B. Streaming

Livestream

<https://livestream.com/yogaville> - livestream + archived satsangs

Integral Yoga TV

<https://www.iytv.online/>

Membership-based access to library of recorded Integral Yoga teachings and classes, streamed 24/7

Amazon Music

<https://music.amazon.com/artists/B09KP3L19S/swami-satchidananda>

AppleMusic

<https://music.apple.com/us/artist/swami-satchidananda/467003900>

<https://music.apple.com/us/artist/swami-satchidananda/467003900/see-all?section=full-albums>

Pandora

<https://www.pandora.com/artist/swami-satchidananda/ARm3frXP2ccxXck>

<https://www.pandora.com/artist/swami-satchidananda/AR4jX3lj45q9llq>

<https://www.pandora.com/podcast/integral-yoga-podcast/PC:23774>

<https://www.pandora.com/podcast/2-old-fogey-yogis/PC:53862>

Soundcloud

<https://soundcloud.com/e5fo2/sets/integral-yoga>

<https://soundcloud.com/integral-yoga>

<https://soundcloud.com/yogawisdom>

Sirius XM

<https://www.siriusxm.com/player/show-podcast/entity/f6256658-b352-3cb8-a1cb-21667b59c25e>

Spotify

<https://open.spotify.com/artist/7E3lqrNoQzX9lCs1diOHJG>

<https://open.spotify.com/artist/7E3lqrNoQzX9lCs1diOHJG/discography/album>

<https://open.spotify.com/show/5D8lDxUfmRXyfuV2Q8zatG>

<https://open.spotify.com/show/4aydAw4BAP25Pyy7epXqbn>

Tidal

<https://listen.tidal.com/artist/29063057>

C. Instructional: Chants and Kirtan

1. Swami Satchidananda Leads World Peace Prayers:
<https://www.youtube.com/watch?v=Hhzn7kbcCWk>
2. Swami Satchidananda Leads Chant for Healing & Protection
<https://www.youtube.com/watch?v=4biVHv70oAc&t=370s>
3. Listen to Swami Satchidananda teach the pronunciation of the morning meditation slokas here:
<https://soundcloud.com/yogawisdom/sets/swami-satchidananda-teaches-morning-slokas> and pdf: https://issuu.com/yogaville/docs/integral_yoga_meditation_slokas
4. Listen to Swami Satchidananda teach the pronunciation of the evening meditation slokas here:
<https://soundcloud.com/yogawisdom/sets/swami-satchidananda-teaches-the-integral-yoga-evening-meditation-slokas> and pdf: https://issuu.com/yogaville/docs/integral_yoga_meditation_slokas
5. Learn the Puja slokas and prayers and their pronunciation taught by Swami Satchidananda:
<https://soundcloud.com/yogawisdom/sets/swami-satchidananda-teaches-the-puja-slokas> and pdf: https://issuu.com/yogaville/docs/chidambaram_puja_booklet
6. Krishna Das at Yogaville: <https://www.youtube.com/watch?v=wgHQEhNXIPs>
OR/ And: <https://www.youtube.com/watch?v=gX2hbMkM5YE>
7. Integral Yoga Europe Saturday Evening Kirtan:
<https://www.youtube.com/watch?v=mhSV6Brs4Hg>
8. Excerpts from the Interfaith Kirtan for World Peace, New York City 2014:
<https://www.youtube.com/watch?v=zR78L2DuFIM>
9. Integral Yoga Center of Richmond Kirtan:
<https://www.youtube.com/watch?v=nAZzbHhOW-E>

D. Hatha Yoga Classes/Pranayama

1. Integral Yoga Hatha full class taught by Swami Satchidananda
a. <https://youtu.be/CdiNZEaSPIY>
2. Integral Yoga Hatha, Level 1 class demonstrated by Padmasri:
<https://www.youtube.com/watch?v=T7WnffDnmmk&t=365s>
3. Three-part Breathing with Swami Asokananda
<https://www.youtube.com/watch?v=OI055S7g7Xs>
4. Integral Yoga Hatha, Intermediate class: Swami Asokananda:
<https://www.youtube.com/watch?v=hflrmy7SMrQ&fbclid=IwAR1dRdNRmPICvgPENoZXlnBa-ddml8VQDf9SbGenLkA3Xvjh1w2bEj-iFOY>
5. Audio classes offered by the Integral Yoga Institute of New York:

- a. <https://iyiny.org/about-us/contact/audio-integral-yoga-class/>
- 6. Integral Yoga Pranayama - Intermediate Level with Swami Asokananda
 - a. <https://www.youtube.com/watch?v=RiRYVZ8xYJk>

E. Meditation/Relaxation

- 1. Guided Meditation and Guided Relaxation with Swami Satchidananda (audio):
<https://integralyoga.org/teachings/>
- 2. Yoga Nidra with Swami Satchidananda
<https://www.youtube.com/watch?v=Pw2LJur4e-0&t=6s>
- 3. How to Meditate: Swami Satchidananda:
<https://www.youtube.com/watch?v=MeFxPUYm6Bg>
- 4. The Practice of Concentration: <https://www.youtube.com/watch?v=zFxefPv9HqI>

F. Talks & Documentaries

- 1. Swami Satchidananda Video Talks & Documentaries:
www.youtube.com/integralyoga
www.YouTube.com/SwamiSatchidananda
- 2. Free Self-Paced eCourse – The Essential Teachings of Swami Satchidananda
<https://swamisatchidananda.org/courses/introduction-to-the-essential-teachings-of-swami-satchidananda/>
- 3. Living Yoga: The Life & Teachings of Swami Satchidananda (digital download)
<https://integralyogamagazine.org/product/living-yoga-the-life-and-teachings-of-swami-satchidananda-dvd/>
- 4. Swami Satchidananda on “Don’t Let Fear Come into Your Heart”
<https://www.youtube.com/watch?v=slu56AMFujk>
- 5. The Light Of Truth Universal Shrine
<https://www.youtube.com/watch?v=p0SMFi0MOds>
- 6. “The Healing Power of Yoga”
<https://www.youtube.com/watch?v=gnXStxCLO2s>
- 7. “The Life & Interfaith Vision of Swami Satchidananda”
<https://www.youtube.com/watch?v=WGUKuiH5DhU>
- 8. “Living Yoga” Sampler
<https://www.youtube.com/watch?v=4V-DtzxrLIIs>
- 9. The Road to Woodstock & Beyond with Swami Satchidananda
<https://www.youtube.com/watch?v=c20XK8aBTk4&t=647s>
- 10. Swami’s Children (1970s documentary)
<https://www.youtube.com/watch?v=iGpBbSmnqqM&t=4s>

11. Midday Live Interview with Swami Satchidananda (1970s interview)
<https://www.youtube.com/watch?v=RDzbmBF7f5A>

12. Yoga for the City (1970s documentary)
<https://www.youtube.com/watch?v=-PEiFI7byk&t=175s>

12. “Creating a Path with Heart” Trailer – Swami Ramananda
<https://www.youtube.com/watch?v=DQmY1nUPw-w>

G. Websites

1. www.swamisatchidananda.org – official website of Sri Swami Satchidananda
2. www.IntegralYoga.org – official website of the Integral Yoga organization
3. www.Yogaville.org – official website of Satchidananda Ashram–Yogaville
4. <https://integralyogamagazine.org/> – official journal of Integral Yoga + sign-up for the free monthly eMagazine.
5. www.IYTA.org – Integral Yoga Teachers Association
<https://iyta.org/directory> – global directory of teachers, centers, programs
www.IYTA.org/live-offerings – calendar of global Integral Yoga programs
<https://iyta.org/programs/>
6. <https://integralyogaministry.org/> – website about IY Ministry and the ministers)
7. www.thegoldenpresent.org - The Golden Present Daily Inspiration from Swami Satchidananda

H. More Media Offerings

1. “Explore Integral Yoga” – an overview of Integral Yoga
http://issuu.com/yogaville/docs/explore_integral_yoga_issuu
2. The World of Integral Yoga” — an overview of Integral Yoga
<https://www.youtube.com/watch?v=Xpz2QYZRgOg&feature=youtu.be>
 - a. Portuguese: <https://youtu.be/3uJyH5JhJ1Q>
 - b. Italian: https://youtu.be/ADnkS_ATnPk
 - c. French: <https://youtu.be/7hE5rLMNwrI>
 - d. Spanish:
<https://www.youtube.com/watch?v=HC1Mmt4H4Og&list=PLasn8HcKZpBN928MzL8ggfIFxavhzCXxS&index=6>
 - e. Finnish: <https://youtu.be/NH-Dr8bvplU>
 - f. German: <https://youtu.be/E7SJszyTvK>
3. Swami Satchidananda: Visionary
<https://www.youtube.com/watch?v=t-89fn8Z8kE>
4. Integral Yoga’s Historic First 50 Years
https://www.youtube.com/watch?v=i3W5wd_124Y

I. Social Media

1. <https://www.youtube.com/@SwamiSatchidananda>
2. <https://www.youtube.com/@IntegralYoga>
3. <https://www.youtube.com/@SatchidanandaAshramYogaville>
4. www.Instagram.com/SwamiSatchidananda

Daily posting of quotes

5. <https://www.facebook.com/watch/SwamiSatchidananda/>
Reels/shorts
6. www.facebook.com/SwamiSatchidananda

Daily quotes from Swami Satchidananda

7. www.facebook.com/SatchidanandaAshram
8. <https://x.com/SwSatchidananda>
Quotes archive from Swami Satchidananda
9. <https://x.com/IntegralYoga>
Quotes archive from Swami Satchidananda & senior students

J. Books/Booklets

1. www.shakticom.org
Swami Satchidananda's books, CDs, DVDs as digital downloads
2. <https://shop.btpubservices.com/Publisher/integral-yoga-publications>
Full listing of all books available for purchase
3. www.issuu.com/yogaville
Swami Satchidananda's books/booklets in foreign languages (selected books in English)
4. https://www.amazon.com/s?k=swami+satchidananda&i=digital-text&adgrpid=1342504925851739&hvadid=83906729539035&hvbmt=bp&hvdev=c&hvlo_cphy=87056&hvnetw=o&hvqmt=p&hvtargid=kwd-83907393793449%3Aloc-190&hydadcr=22189_10521849&msclickid=aa51b32016bf11882cc4d58e97aeb42a&tag=mh0b-20&ref=pd_sl_rag6bmy4p_p
Full listing of all IY Publication books on Amazon

K. Audiobooks by Swami Satchidananda (Audible)

1. Beyond Words: https://www.audible.com/pd/Beyond-Words-Audiobook/B098KNK42D?source_code=MXXP30DTRIAL5530208230004&ipRedirectOVERRIDE=true&cvosrc=ppc.bing.&cvo_campaign=650083466&cvo_crid=76553685197877&Matchtype=e&gclid=b9f061cfef561da32bc707614dc036bd&gclidsrc=3p.ds&ds_rl=1261256&msclickid=b9f061cfef561da32bc707614dc036bd
2. The Living Gita: <https://www.audible.com/pd/The-Living-Gita-The-Complete-Bhagavad-Gita-A-Commentary-for-Modern-Readers-by-Sri-Swami-Satchidananda-Swami-Satchidananda-1988-01-15->

[Audiobook/B0937N4XSC?source_code=MSNPP30DTRIAL55003142490W1&gclid=a415ec686d4e113b12c78ac6cf82070f&gclsrc=3p.ds&mssclid=a415ec686d4e113b12c78ac6cf82070f](https://www.audible.com/pd/The-Yoga-Sutras-of-Patanjali-Audiobook/B0937N4XSC?source_code=MSNPP30DTRIAL55003142490W1&gclid=a415ec686d4e113b12c78ac6cf82070f&gclsrc=3p.ds&mssclid=a415ec686d4e113b12c78ac6cf82070f)

3. The Yoga Sutras of Patanjali: Translation & Commentary:
https://www.audible.com/pd/The-Yoga-Sutras-of-Patanjali-Audiobook/B0839QGM1M?source_code=MXXPP30DTRIAL5530208230004&ipRedirectOverride=true&cvsorc=ppc.bing.&cvo_campaign=650270826&cvo_crid=77103452242338&Matchtype=e&gclid=a5b644944dca1c422839223aeedd34f8&gclsrc=3p.ds&&source_code=MXXPP30DTRIAL5530716240009&mssclid=a5b644944dca1c422839223aeedd34f8

L. Podcasts

1. <https://soundcloud.com/yogawisdom>
"Yoga Wisdom": podcast of Swami Satchidananda's archived talks
<https://soundcloud.com/mobile> : SoundCloud app
2. <https://www.youtube.com/@IntegralYogaPodcast>
Integral Yoga Podcast hosted by IYTA

M. Apps

1. The Daily Guru app: Daily quotes from Swami Satchidananda
Apple: <https://itunes.apple.com/in/app/the-daily-guru/id579493233?mt=8>

Amazon: https://www.amazon.com/Satchidananda-Ashram-Yogaville-The-Daily-guru/dp/B00LFLG5F2/ref=sr_1_1?s=mobile-apps&ie=UTF8&qid=1481080677&sr=1-1&keywords=the+daily+guru

Google Play: <https://play.google.com/store/apps/details?id=com.daily.guru.new>
2. The Golden Present app: daily readings from Swami Satchidananda
Google Play: <https://play.google.com/store/apps/details?id=roots.com.goldenpresent>
3. iOS: search in app store: The Golden Present

Recommended Integral Yoga Books, CDs, DVDs

(available from www.Shakticom.org <https://shop.btpubservices.com/Publisher/integral-yoga-publications>

Amazon and all book retailers)

Books and Booklets by/on the teachings of Sri Swami Satchidananda

Adversity & Awakening

A Vision of Peace: The Interfaith Teachings of Swami Satchidananda

(The) Be-Attitudes

Beyond Words

Bound to Be Free: The Liberating Power of Prison Yoga

(The) Breath of Life Booklet

Enlightening Tales

Free Yourself
Gems of Wisdom
(The)Golden Present
(The) Guru Within
Heaven on Earth
How to Find Happiness
Integral Yoga Hatha
Integral Yoga Meditation Booklet
Kailash Journal
Key to Peace
(The) Living Gita
Meditation
Pathways to Peace
Peace Is Within Our Reach
Pearls of Wisdom
Reach Your Potential
Satchidananda Sutras
(The) Secret to Prosperity
To Know Your Self
(The) Yoga Sutras of Patanjali
(The) Yoga Way: Food for Body, Mind & Spirit

Books about Sri Swami Satchidananda:

Boundless Giving: The Life and Service of Swami Satchidananda
Portrait of a Modern Sage
Sri Swami Satchidananda: Apostle of Peace (biography)
Swami Satchidananda: A Yoga Master's Early Days in India and Sri Lanka

Other Titles from Integral Yoga Publications

Awakening: Aspiration to Realization Through Integral Yoga – Swami Karunananda
Inside Patanjali's Words – Rev. Jaganath Carrera
Inside the Yoga Sutras – Rev. Jaganath Carrera
Practicing the Yoga Sutras: A Study Guide & Journal – Carroll Ann Prashanti Friedmann

Recommended Streaming of Audio from Sri Swami Satchidananda

Deep Relaxation and Affirmations for Inner Peace
Guided Meditation
Pranayama – The Breath of Life
Sacred Mantra Series

Available individually via Digital Downloads from Shakticom.org

Deepening your Meditation
Spiritual Help for Addictions
To Know the Truth
Transcending Fear, Anger and Depression
Trust and Faith
Wellness: the Yogic Approach

Recommended Viewing via Digital Downloads from Shakticom.org

Deepening Your Meditation
Essential Teachings for Life
Living Selflessly

Living Yoga (documentary)

Memories of My Master

The Mind, It's Mysteries and Control (Swami Satchidananda with Swami Chidananda)

Transcending Fear, Anger and Depression

Yoga with a Master