

Spreading
spiritual
science
through arts, all
over the world.

P Pyramid
Y Yoga
&
D Dance
A Academy



International

by

Padmavathi Pulamarasetti.

**“Enrich your Soul and have a Blissful
Life through Art and Meditation”.**

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PYRAMID YOGA & DANCE ACADEMY

PYDA INTERNATIONAL

Pyramid Yoga & Dance academy has been founded in the year 2010 in Vietnam country by master Ram and Master Padma.

Vision : Spread Indian culture & Spiritual Science through Yoga & Kuchipudi Dance to the whole world.

Mission: Health, Happiness & Peace to All.

Value: Energise the body/ life: Illuminate the mind/ soul





About the Founder

Mrs P. PADMAVATHI, Founder & Chairman PYDA International.

Mrs. Padmavathi's life journey started in a small village Chintala Agraharam, Visakhapatnam District wherein she was born to the wonderful parents Someshwara Rao and Athmanandam who gave her all she needed as a child and were the first to recognise her innate desire of Arts in terms of Dance and music.

Presently she is conducting various dance programs with the motive of spreading meditation and spiritual science which gives her immense satisfaction and in turn benefits society also. She also completed diploma and graduation in dance. She learnt YOGA and moved to the country of Vietnam. There, she worked for two years as a teacher for YOGA & DANCE. Then, she started 'PYRAMID YOGA & DANCE ACADEMY' and taught dance to many people over.

Since there was no proper guru to quench her artistic desires and the passion towards the same, her parents encouraged her to learn dance. She learnt dance for 3 years before completion of her schooling in the city, traveling everyday two hours, thereby sowing the seeds for her 'Journey with Dance'. Her Artistic and Spiritual Journey took a beautiful turn when she got married to her close relative. As a part of her husband's job they stayed in Andaman for one year where she learnt, Further, she continued her learning at 'Sri Sainath Kala Samithi' and gave numerous stage performances. Simultaneously entered into 'Andhra Natyam' and learned from Sri KalaKrishna Sir at Hyderabad. This period of learning has developed much more interest in her towards dance. Apart from fulfilling family responsibilities, Meditation, Spiritual Science Service had become a part of her daily life.

My Views

What is Kuchipudi?

- Kuchipudi is a Dance-Drama Performance
Eye movements: Drishti Vedas help us classify different eye movements depending on how we move our eye balls. In Classical Dance there are so many eye movements which helps us to give strength to our eyes.
Hand gestures: In Classical Dance we will use lot of hand gestures which will helpful to convey the story as well as inner feelings. 5 finger
Leg movements: The Rhythmic foot work balances both Right and Left Brains by practicing of steps in both sides. so, Finally Kuchipudi Dance not only Dance-Drama it gives complete health.

What is YOGA?

Yoga means not only the practicing of postures. It is an art and science of healthy living. It brings harmony between mind and body.
Spiritual. Yoga is a quest to know a greater reality-beyond the senses intellect and emotions.

What is Meditation?

Meditation means the Journey with in yourself.
Meditation means Observation of your own Breath.

My Meditational Experiences

• I started my Meditation Journey in the year 1998. In the beginning days I used to practise Meditation 6 hrs a Day. I healed myself Asthma, Heart problems and many more Diseases and I am enjoying my complete health. Later, Meditation became my part of life. Here I am sharing one important experience. One time on Meditation I saw one of my past lives. There I am a Classical Dancer in one Rajadharbar . After this experience my passion for dance intensified. After more meditation practice I understood my purpose of life, I need to bring Mediation & Dance in hand and this is one of the keys to lead bliss full life.

So make "Meditation" also part of your life.



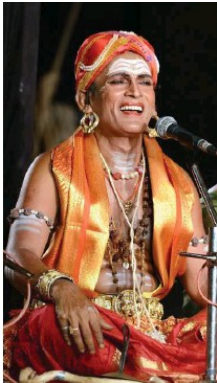
Co-founder Master P.V.RAMANA:

Master P.V.Ramana is a rare personality who can talk about both Bible and Bhagavad-Gita with same ease and eloquence. He is one of the diamonds in the PSSM cut and polished by our beloved Brahmarsi Pitamaha Subash Patriji and who propagated meditation and popularised it in Orissa.

He is the source of inspiration in Godavari districts for meditation and vegetarianism with his oratory skills. He is also a great master in analysing the great teachings of the Holy Spirit, Jesus Christ. He also dedicated him selves to create awareness about meditation to the far-off country like Vietnam as a part of the mega meditation program in view of making this whole world meditative.

He has also established PYDA and made many masters while expanding this great program of dance and arts for youth.

Messages of DIGNITARIES



Guru. Vedantam Radheshyam Sangeet natak Akademi Awardee, Kuchipudi Village, Andhra Pradesh.

Here ,I will explain the relationship between meditation (Pranayama) and traditional dance. Meditations' base is concentrating on your breath which is also known as Pranayama. In olden days, Brahmins and Maharshis used to practice Pranayama at Sandhyavandhanam (during the evenings). Doing Pranayam is also called Yoga. As Patanjali Maharshi mentioned, Pranayama is the 4th important Sutram in

Astanga Yoga. if you practise Pranayama everyday you will experience the stages of Prathyahara, Dharana, Dhyana and Samadhi. Prana + Ayamam is known as Pranayamam and as we know, human body sustains with Prana. In the books Varaha Uppanishad and Hamsa Uppanishad, they explain that we normally breathe 21,600 times in 24 hours which equals to approximately 15 times per minute. When we are in a Samadhi State, our breath count is reduced.

The Prana Energy is classified into five parts:

- 1) Pranam
- 2) Apanam

- 3) Samanam
- 4) Udhanam
- 5) Vyanam

Prana means - Inhaling and Exhaling and this itself is our life source. We obtain Pranic Energy by performing Natya Yoga.

Natyam represents:

Natya - Nruttam - Nrutyamithi Munikihi Parikeerthitham
Natyam Thannatakam Chaiva Poojyam Poorvakayathayutam
Bhavabhinaya Heenam Thrunuttha Mithyabi Dheeyatae
Rasabhava Vyam Janadhi Yuktham Nruthyami Theeryathe
Yetattreyam Dhivdabhinnam Lasya Thandava Sanyakam
Sukumaranthu Thalaasyam Uddatham Tandavam Viduhu

The benefits of the above poem are that Natyam will help to overcome our sadness, stress, daily-life pressures and provide relaxation for our mind. Our mind relaxation contributes to steady breathing.

Therefore, all art forms come close to meditation.



Smt. Swathi Somanadh
Principal and Director,
Sampradhyam kala gurukulam ,
Srikakulam , Andhra pradesh.

Indian Arts:

The whole Indian Arts especially., if we consider all the dance forms of India, It may seem that the dance form is only expression of physical body.

These Art forms are not just simply belonging

to Physical body. (Not all about physical body).

They help us to connect with our Soul and in turn with the Supreme consciousnesses by soothing (silencing / Calming) our rational Mind and analytical Intellect. These art forms are intended to get united with the divine. Indian Art forms are designed in such a way that, a regular practice will certainly help us (spiritual seekers) to connect with the Divinity or supreme consciousnesses or Brahman. Practice of these arts forms are for attaining salvation in an entertained and a blissful method to reach the audience so that the Performer as well as the audience get connected to the Divine or Supreme consciousness seamlessly. Though there are many western classical art forms in this world, such as Operas Balance etc., However, Through the practice of Indian art forms, it is much easier to get connected with the Divine when compared to other art forms which are originated from rest of the world. It is believed that the Indian Classical Art forms will help the seekers to get connected and united with the Brahman. When we consider 'Kuchipudi' Classical Dance Art form, It is

a Kind of Drama with the mixture of various expressions in the classical dance form. In the Dance Drama, there is lots of scope for expressions and Aesthetics as Navarasas(The Nine Emotions). Expressing emotions like Shringaara(Romance), Haasya(Laughter), Raudra(Anger), Veera(Velour), Bibhatsa(Disgust), Adbhutha(Wonder), Bhayaanaka(Fear), Karuna(Compassion), Shantha (Peace).

"Shringara Haasya Karuna Raudra Veera Bhayanaka
Bibhatsadbhutha Shanthshyo Nava Natye Rasaha Samruthaha" -
Udhbhatudu.

Rasa means essence. It has two-fold significance, both aesthetic content and aesthetic relish. The Permanent emotional state(s) alone are said to obtain the status of the Rasa.

In these Navarasas, The Rasa (Emotion) portrayed by the artist on the stage while performing will enlighten the audience with that respective Rasa. (Rasa Siddhi). Initially, Artist experience that respective emotion (Rasa)(It can be any of Nine Emotions - Nava Rasas) and portrays In front of audience and enables the audience to get connected with the same emotion which leads to the accomplishment of a blissful state called 'Rasa Siddhi'. 'Rasa siddi' occurs when an artist portrays that rasa at its culminate state.Meditation and Dance both are same. While practicing meditation, when we are aware of our breath with so much of determination, we do get many experiences like Astral Travel, 3rd eye visions, remembering dreams, Clair vision, clairvoyance and clairauidence etc., Sometimes body and sometimes head gets light weighted while practicing meditation and sometimes body may take different yoga postures too.

This process happens sometimes consciously and sometimes unconsciously. We see ourselves (Our physical body) as a spectator by coming out of our physical body. We seek this kind of experiences as the Soul comes out of the body and witness the physical body as a spectator. We seek the ultimate bliss when we reach the culmination state in our meditation. It is called as Siddhi. It may last for 2 to 3 seconds (may be fraction of seconds) depends on the kind of practice we do. We get connected with the supreme consciousness or Brahman or Divinity at the stage of Siddhi. The Divine can be anything like it can be a Lamp or a God Form or a Tree. At the time of Siddhi mind goes to an elevated state.

The same process happens while the artist experience while performing the dance form. If the artist exhibits "Karuna Rasa", tears are thrown out of eyes. In the same way when the artist plays a role of Yashoda (The Mother of Lord Krishna), Artist hugs and kisses Lord with so much of affection and love by forgetting that lord Krishna is a supreme consciousness. Sometimes she remembers and sometimes not that Krishna is a supreme consciousness. This kind of Dance Drama is called Karuna Rasa. Karuna Rasa is expressed by the artist by expelling the tears out of Eyes, shaking hands, shaking cheeks, shaking lips and the whole body is shivered.

Minimal tears come out of the Eyes with blissful state inside while performing the Karuna Rasa. While the Artist performs with this kind of

expressions and aesthetics, it will reach the audience automatically and unintentionally. When the audience is attuning to the performance of the artist, the same state of siddhi happens to him. This is Called 'Rasa Siddhi', the term defined By Bharatha in the Indian Classical Dance Art form. The connectivity happens between the audience and the artist while performing the dance will leads to attain the salvation or connecting with the brahman or divinity. Like how we seek ultimate bliss while we reach the culmination state in our Meditation, In the same way, the artist traverses to the culmination state of Rasa siddhi and comes back. That's the reason both Dance and Meditation are same. Artist concentrates on either Hand, Feet, Portraying the feeling, lyrics or music while performing the dance form with a whole heart. Meditation is uniting ourselves whole heartedly with what we do. As Brahmashri Subhash Patriji says, If we Meditate by observing our breath, we achieve Siddhi at its culmination state. In the same way if the Artist whole heartedly concentrates on the performance, it will also lead to reach the state of culmination.

Hence. To Conclude: When the Artists performs the dance by observing the breath will lead to connect with the supreme consciousness or Divinity seamlessly.



Smt. Padmaja Reddy Padmashree Awardee, Hydrebad.

Every moment of my life as a Kuchipudi Dancer , Teacher, writer and choreographer has been a wonderful and divine experience. dance is my breath and my life. when we dance we connect with music that affects our soul, our thoughts and our mind's I dance every morning- (This will remain throughout my life). weekly 3 times I will practice yoga & meditation.Yoga is a combination of physical and breathing techniques that help Keep the body healthy and the mind calm. This is my Secret. It helps me confidence and Creativity , help flexibility and focus and execute challenging Sequences with more poise, resilience and balance in body, mind and spirit.



Dr. P.S. Gopala Krishna .(M.B.B.S)
Founder & Chairman
Aanandobrahma Youth Trust &
Spiritual Tablets Research
Foundation

Myself , Dr. Gopala Krishna ,founder Chairman 'Aandobrahma Youth Trust' founded with great intention to promote Music, Dance and Meditation, happy to announce that "PYDA International" has

been doing exceptional service over the past few years .In association with "Spiritual Tablets Research Foundation" and Aandobrahma organisation ,PYDA did various programs in India and abroad.

PYDA took a very active role in materialising the Mega Musical and Dance Event on the name "Rainbow Evening" this year with a greater participation of 10,000 above audience and involved famous cine celebrities at Visakhapatnam, South India. The cultural part of the Aandobrahma Trust is well taken care by PYDA and giving greater opportunities to 'Spiritual Tablets' to introduce meditation & spiritual science to lots of new people and especially to artists.

I observed a dynamic move by PYDA in introducing Indian artists to other countries with full quality training which gives an immense pleasure and sense of learning for upcoming artists. PYDA is playing a pivotal role selflessly in giving contacts and opportunities to so many artists and organisations to spread on their own. The unique blending of yoga with meditation and dance is the essential need of the current age to bring back health and happy living.

So many artists have become transformed into vegetarians and as spiritual masters after coming in association with PYDA International. I strongly recommend people to take the advantage of services offered by PYDA in all aspects and am proud to be a member in that. My heartfelt wishes to all PYDA Team on behalf of Aandobrahma Trust on the eve of 5th Anniversary.

ABOUT Mrs. Padmavathi's DANCE GURU:



For the past 15 years, orator Padma has been a student of Dr Arun Sai Kumar, founder of 'SRI SAINADHAKALA SAMITI', which is the one of the best dance academies in India.

'SRI SAINADHAKALA SAMITI' hold a good reputation of training highest numbers of dancers till date. Dr Arun Sai Kumar is a well-known dancer, post graduate in classical dance and also an author of book 'Kuchipudi Ekapatra Kelikela Vikasam'. This academy renders training on Kuchipudi, Bharatanatyam and various other dance forms. They also innovated

cine-classical & semi-classical dance. This dance academy was first established at Visakhapatnam, Andhra Pradesh, and has their branches at Hyderabad, Chennai, Pune, Malaysia & Vietnam.

Activities of PYDA International

PYDA, UNITED KINGDOM.

We are delighted to share that PYDA is spreading its wings to England. 3 years ago we started our Activities and Classes in Manchester City. We organised Nature walks, YOGA DAY, performed in major festivals like Ugadi. 41 days Meditation sessions, "Kalamruttam" Cultural shows and many more. We are looking forward to arrange further programs in and around Countries.

PYDA INTERNATIONAL, MALAYSIA.

We have been conducting our activities at our PYDA International branch in Malaysia since 2013 . Our Malaysia branch”s chief coordinator has been extremely supportive for us. Our landmark achievement in Malaysia was the performance with 108 dancers from India! Special thanks to V. P. Subramaniam Sir, for his great support.



Sainadha KalaSamithi, Visakhapatnam, INDIA.

PYDA International collaborated with SKS Visakhapatnam during the initial stages of its formation. Dr. P.Arun Saikumar supported us in all our activities of spreading meditation and teaching Indian classical dance forms. We collaborated with all 12 branches of SKS and conducted dance workshops and events all over Andhra Pradesh. With the support of the SKS Chennai branch, we spread our activities to Tamil Nadu. With this, we are able to offer more opportunities to perform for artists from Tamil Nadu and Maharashtra. A special thanks to Sri Krishna Swamy and Smt. Anandi, founders of SKS Chennai and also to Sri Soundarya Vaishnavi, coordinator and teacher at Chennai branch.

MAITREYA SPIRITUAL MARTIAL ARTS AND DANCE CENTRE, WARANGAL, INDIA.

We conduct our activities regularly at the Maitreya centre in Warangal. In today’s world, it has become important for girls to be trained in martial arts. So in our centre, along with dance and

meditation, martial arts training is regularly provided too. We have also conducted kuchipudi workshops in and around school in warangal. Our gratitude to our young meditation master, dance teacher and co-ordinator Sukesh.

PYDA INTERNATIONAL, ABU DHABI.

We started a branch in Abu Dhabi, UAE, and have been conducting activities in Dubai too with the help of our chief co-ordinator in UAE, Sri Sudhakar Garu and Rajeswari Garu. With their support, we performed at the famous Global Village in Dubai. It was an absolute honour to represent India at the Global Village amongst 20 other countries. It is one of our proud achievements and we thank Shri Sudhakar and Smt. Rajeswari GARU with all our heart for their support.

PYDA INTERNATIONAL, Ho Chi Minh City (Vietnam)

We established our main office in Ho Chi Minh City, Vietnam, in 2010, with the support of great masters Kim Cuc, Hoang Anh, Minh Tu and Che Nga. Since then, we have been conducting our activities in nearly ten countries on a regular basis. Every country that we have performed at, has PYDA International branch established with the support of the locals. We have conducted many dance, yoga and meditation classes across Vietnam.

PYDA INTERNATIONAL, HANOI

We have been conducting our activities at the Hanoi Meditation Centre with the help of Tou Bich Theey, Sonia among many others. We have conducted many dance and meditation classes in Vietnam Meditation Centre (VMC).

PYDA INTERNATIONAL, BALI

PYDA International has been working in collaboration with PSSM, Bali, since 2017 and has conducted many activities and classes with their support. PSSM Bali Masters conduct International Meditation Retreat(IMR) every year which is attended by around 300 people from around the globe. With their support, we have been given the opportunity to perform at IMR since 2017.

PYDA INTERNATIONAL, BANGKOK

We began our work in Bangkok in 2016 by conducting meditation classes at a major scale with Patri Sir. We are looking forward to conducting many more activities and programs there. We thank Mr. Pavan Mishra for his support in Bangkok.

PYDA INTERNATIONAL, CAMBODIA

PYDA International began collaborating with local yoga centres in Cambodia in 2012 and has since conducted numerous yoga, dance and meditation classes.

In 2015, we conducted meditation classes with Patri Sir in Yoga centres and at the local university. Thank you Vannae for supporting us in Cambodia. From the beginning, our vision has been to introduce yoga, meditation and dance to people so that they enjoy and celebrate a



healthy life. Until now, PYDA has carried out its activities in most of the East Asian countries successfully. We are going to extend our work to Europe very soon.

LANDMARK PROGRAMS of PYDA International

• 108 Sun Salutations – MEGA YOGA EVENT IN VIETNAM

PSSM Vietnam, Indian Embassy in Vietnam and PYDA International collectively organized an event in 2014 which had an attendance of 400 participants from various cities in Vietnam. The participants all came together to perform the 108 Sun Salutations in the heart of the city. Through this event, PYDA International was able to introduce meditation to a large number of people. The event was held to promote Inner health, mental strength and individual will-power. PYDA International takes pride in the fact that we could bring all the



yoga masters together in Vietnam at one platform for a good cause.

• SATA NRUTHYA YAGAM in MALAYSIA

PYDA International conducted a huge dance feast with 108 dancers in collaboration with Malaysia Telugu Meditation centre, Malaysia. It's only possible for PYDA to organise such huge event. 108 dancers perform in different dance forms like, Bharatanatyam, Kuchipudi, Kathak , Manipuri, Odissi etc . They first started welcoming lord Ganesha with huge drum music, synchronising talas. Adorable dancers came in zig zag rows, colourful lightening etc was added beauty to the event. Many dancers from Telangana, Andhra Pradesh, Orissa, Maharastra, Tamilnadu and a few other states showed their talent in front of enormous audience.

There was another part of performance by a most popular channel in India, which is “ETV Jabardast”. Artists performed wonderful skits for all the audience. Auditorium was very colourful with the hug laugh!!



Smt. Swarnamala Patriji, DrGopala Krishna,

Dr-Arun Sai Kumar Pakki are few dignitaries' added glory to the PYDA event.

After this event, PYDA organized a domestic tour in Malaysia for all its 150 dancers where they all did meditation in the lap of mother nature.

DANCE FESTIVAL IN HIMALAYAS

PYDA organized an awesome dance festival in the divine place of Himalayas for the first time in the year 2018. Haridwar, Rishikesh and Badrinath are the most worshipped places of India and at this utmost point PYDA dared to perform an immense event. Many artists



from Andhra Pradesh, Telangana, Tamilnadu, Odissa, Maharastra and other places in India were a part of PYDA for this event.

PYDA organized Meditation, Yoga and Dance on the bank of river GANGA. It was a breathtaking dance performance by artists at one of the ghats at river GANGA. It was a memorable time for all the visitors at GANGA river ghat. Performance at Rishikesh, Gangotri, was a tremendous one where the program was conducted in front of Lord SHIVA temple. A completely calm and devotional environment was created at SHIVA temple and ghats at the time of these performances. It was wonderful performance by 140 dancers in different art forms at the beautiful place.

Badrinath temple is open only for six months every year and the opening day is celebrated in a grand manner. PYDA has given a wonderful dance program with nearly 100 dancers on this day. It was really a spectacular event with dances, drumbeats and thousands of people chanting OM all the time.

MEDITATION :

Meditation means making the mind free of all thoughts. Once the mind is empty, it has tremendous capacity to receive cosmic energy and cosmic information. This leads to absolute clarity in thought processes which leads to a joyous and

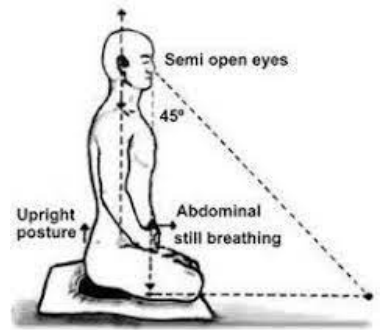


healthy life. With regular and intense practice of anapanasati meditation, you can reach altered states of consciousness and experience bliss. Anyone can practise anapanasati meditation without necessarily holding on to any religious or mystical philosophy.

Gautama Buddha taught this technique of anapanasati meditation two thousand and five hundred years ago.

POSTURE FOR MEDITATION :

To meditate, you can sit in any comfortable posture. Cross your feet, clasp your hands together. Your eyes need to be closed since 80% of the stimulation to our brain happens through visual sense. Closing our eyes will restrict the outward movement of 80% of the body's energy.



Meditation, for how long?

One very common query is regarding the duration of meditation. You can begin by meditating for the same number of minutes as your age. for example, a 20-year-old can begin by meditating for twenty minutes.

Experiences during meditation

- A feeling of lightness and weightlessness in the body
- A feeling of heaviness in the head or any other part of the body
- A mild to severe pain, especially in the lower back area
- A whirling sensation from within
- A feeling like you are floating or flying in the air
- You might see vivid visions of nature, places of worship, Places of worship, deities or gurus etc. These are also known as third-eye visions.

Benefits of Meditation

- ❑ The mind constantly remains in a peaceful and joyous state
- ❑ Memory power increases tremendously
- ❑ Higher level efficiency is obtained in whatever work you do
- ❑ Required sleep time for the body to rejuvenate gets reduced
- ❑ Thought power is boosted tremendously and the ability to judge right from wrong gets sharpened
- ❑ Wasteful habits die a natural death
- ❑ Healing happens naturally

Pyramid Meditation

- ❑ When the pyramid energy is absorbed regularly, the body's immunity capacity increases significantly
- ❑ Meditation under a pyramid is three times more powerful
- ❑ Memory power and mind's concentration power improves for students who wear pyramid cap while studying.
- ❑ Will power and power of your thoughts increases with pyramid meditation.
- ❑ The quality of sleep and the clarity of our dreams improves when we sleep under a pyramid.



Vegetarianism

“Vegetarian food leaves a deep impression on our nature.. if the whole world adopts vegetarianism it can change the destiny of humankind.” - Albert Einstein

“The greatness of a nation and its moral progress can be judged by the way its animals are treated. ” - Mahatma Gandhi.



PYDA YOGA:

Yoga is essentially **a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body.** It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'.

Myself Padmavathi, certified international Yoga instructor, I have started my yoga practice from my school days . Got a break in school days and after school days again started vigorous practice and also did yoga diploma and 200 hours international yoga alliance course. Later I worked as a yoga instructor in Vietnam country for couple of years.we conducted 108 sun salutations event in Vietnam for 400 Vietnamese to improve stamina.Later moved to Uk.

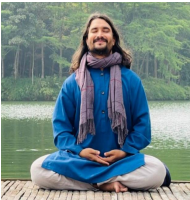
Now I am teaching yoga classes for all age groups to get strength ,stamina flexibility ,keep whole day more active ,mind balance and keep our body fit .

I am teaching yoga online and physical classes too.

TESTIMONIALS

PYDA INTERNATIONAL – TESTIMONIALS

“PYDA International (Pyramid Yoga & Dance Academy)
is
thankful for your valuable feedback”



Mr. V.P.Subramanyam, Malaysia.

I'm V. P. Subramaniam from Persatuan Meditation Pyramid (Pyramid Meditation Society - PMS), Malaysia.

I have known Mrs.Padma, CEO of PYDA since year 2014 when our society members have invited her and Late Master Ram through your 1st International Spiritual Conference at Genting Highland.



After meeting Mrs.Padma on a few occasions, she had requested me to organise a dance show for her in Malaysia. She intended to spread the teaching of Vegetarianism and Meditation through her dance in Malaysia. In the year 2017, I had organised a show for Mrs.Padma at Ugadi celebration which was organised by Telugu Association of Malaysia (TAM) at Dataran Merdeka, Kuala Lumpur. A group of 20 members from PYDA,India, participated in this spectacular event which was attended by 3000 people from all over Malaysia. Our PSS Malaysia masters had also established a centre to teach meditation and concept of vegetarianism . We also distributed spiritual magazines and books.The following year 2018, we had another dance show at the same place for the yearly Ugadi (Hindu New Year) celebration. The event has been successfully organised with almost 3000 people in attendance. On October 21' 2018, I had arranged another program at Temple of Fine Arts in Kuala Lumpur . For the first time in Malaysia, 108 dancers shared a single stage for this program. Madam Swarnamala Patriji was the chief guest for the event and she delivered messages on spirituality followed by a meditation. Dr Gopala Krishna also attended the event and shared the concept of his Spiritual Tablets. Two Malaysian Indian Ministers and a few VIPs graced this event. This mega event was successfully completed with almost 700 audience.

I had initiated all these events with an intention to spread Meditation and Vegetarianism to all the people in Malaysia. I would like to thank Pyramid Meditation Society Malaysia, Malaysia Telugu Foundation(MTF) , Persatuan Kebajikan dan Kebudayaan an Telugu(PKKT), Telugu Association of Malaysia (TAM) and Telugu Intellectual Society for supporting me in all this events .

Moving forward, I wish to see PYDA to have more events around the world and get its objective fulfilled.



Ramesh shastry Guruji, Bali.

All my life I have been asking questions. I always perceived things differently from most people which was a result of my thirst for knowledge basically I am respectful to all religious the human body is to be respected. And cherished. You have been given a mind body and spirit so that you live your life well and are able to serve other. One such person I meet was Shri Brahma Rishi Patriji who though is very simple messages and meditation method proved.

I met Smt. Shri Padmavathi ji for the first time, when we organised the Bali Spiritual Science Festival,. PLI and PYDA love many things in common which people across the globe have admired which is quite enchanting PYDA and PLI always creates a cultural exchange platform between India and rest of the world.

So people get to know the Indian Heritage thru Dance music yoga meditation practice, vegetarianism PYDA organises such great programs obviously has yielded rich dividends and has been recognised as significant instrument to establish review and strengthen cultural relations and mutual understand across all groups, under one Earth platform for good health and peace to prevail on planet living together with harmony as **Vasudhaika Kutumbam** meaning the world is one family .

Classical dance is considered to be a yogic practice. There are many mudras (hand gestures) and body movements which are also kind of a yoga Asanas it is a very pictorial art-form in which dances convey a great deal of meaning through every gesture and posture. Pyramid yoga regularly has been scientifically tested, with regular practice you can go much deeper and charge your mind you start with body and go into breathing and then into meditation where you reach a stage which will create a greatest self-awareness which can ultimately lead to enlightenment. PYDA in association with PLI Bali has created opportunity, PYDA International (UK) in association with PSSM (Malaysia) and Premaloka International Bali had organized festivals like Sankranti, Diwali merriment, Ugadi Anandho Brahma, UGAM Bali UTSAV 2021. online program with UK and Indonesia University, Bali Sanskrit institute, Regional Representative Council of Indonesia. Premaloka International Bali, Vishwa Shanti Mahasanstapanam and other like-minded bodies of yoga and dance seminars/workshops with many like-minded organisations to join all future PYDA programs to be a part of this great nectar together we can make the difference. As Stephen Cosgrove said never judge someone by the way he looks or a book by the way it is covered, for inside those tattered pages there is a lot to be discovered.

Dr. Arun Sai Kumar Pakki, India.



In my opinion PYDA is the one of the few organisations that safeguards the cultural activity and explore the cultural practice and spiritual sanity. PYDA is identifying and recognising the artists' talent all over India and giving identification on international arena.

PYDA takes talented artists to all International dance festivals and demonstrate the talent of artists and, publish the INDIAN culture on International festivals, seminars and spiritual events.

I really want to appreciate Late Master Ram and Madam Padmavathi for establishing their first institution in VIETNAM. Today it has spread to 10 countries and showcasing the Indian dance culture.

Madam Padmavathi is learning Kuchipudi Dance in our Sainadha Kala Samithi (SKS) Vizag, India, under my supervision for the past 15 years. She completed her Masters in Dance. She is very dedicated and continuously learning Kuchipudi Dance & modifying herself with new techniques. She demonstrated her talent on many stages, TV, Movies and identified as an incredible person.

She trained many people in Yoga, Dance & Meditation in Vietnam and conducted many shows over there. Just not these, Madam Padmavathi also helped many artists to exhibit their talent on International stage.

Through PYDA International, Madam Padma transposes Dance, Meditation and spiritual arts. Apart from student-teacher relationship we share a great bonding as a family. PYDA is giving wonderful opportunities to SKS students to explore skills on International stages. SKS and PYDA are like two eyes working together with the aim to spread importance of Dance, Meditation and Spiritual arts on many international stages. I wish to continue this journey forever.

From the bottom of my heart I appreciate all activities of PYDA and I wish to explore many projects in future in collaboration with SKS. I wish Madam Padma for her future endeavours and I will always contribute my support to PYDA to fulfil its objective.



Phum NGA, PYDA VIETNAM- ho chi Minh city

The first time Master Ram came to VN and start his spiritual journey spreading meditation out of India under guidance of Great Master Patriji. Every year later, our Sir have come to VN and sharing meditation, plants base eating, using pyramid energy with us

In those events, we always have Master Padma' performance , special Indian traditional dance, that helps us celebrate the spiritual life a lot. From the need of such combined those activities, PYDA was established and we appreciate all the great jobs that Master Ram and Padma' have done for our VN country. Thanks so much dear masters. Love and light.





Priya Lakshmi, PYDA - U.K.

Priya Lakshmi, completed my Masters in Computer Application and working with Network Rail in United Kingdom.

I came across PYDA by joining Mrs. Padmavathi mam's Kuchipudi session in the year 2020. I thoroughly enjoyed Kuchipudi dance training with her and Meditation at the end of each session. During this journey, due to personal circumstance, I got knee issue. Through Padma madam, I got to know about Dr. Gopala Krishna Sir, who is a Medical

Doctor but treating patients through wisdom - ideally Spiritual Doctor. He is another excellent person that I met in my life.

Here my journey of travelling inwards started through Meditation, gaining wisdom through books and discussing with councillors who work under Dr. GK sir and sharing my experience to others and listening to others experience and got a chance to visit India, Bangalore during this time, so visited Pyramid Valley International with Dr. GK sir recommendation. Its one of the wonderful place thats filled with eye catching beauty, calmness and peacefulness. With all these experiences, I started becoming joyful from inside, relaxed and knee pain started to reduce.

Once I am back to UK in February 2021, I started sharing my experiences with friends and started conducting online meditation sessions in Manchester. Meanwhile I like to share my experience with my Councillor Sridevi Amma. She works under Dr. GK sir. She is a person with almost 30 yrs of experience being a spiritual councillor and carries great wisdom. Now I am student of her spiritual tablets sessions to gain wisdom and become spiritual councillor.

Now I can see myself enjoying the life more purposefully, by contributing time to self improvement, teaching kids about spirituality and gaining wisdom on spiritual children and sharing wisdom with family members and friends. I am conducting online meditation session and become part of book club for LONDON PSSM team.

I shared knowledge about breath meditation to my team and higher management team in Network Rail and conducting monthly one session as part of well-being.

Recently I joined with **HFEN** charity organisation to conduct meditation session weekly once.

This is my journey towards experiencing and experiment spirituality through Meditation.

Heartfelt gratitude to my Spiritual Masters and Spiritual guides.
Thanks for making my life more purposeful.



Ms. Thuy **Hanoi, Vietnam**

My friend Padma is meditation master for long time as I know and she regularly comes to Vietnam to teach meditation.

However, in August 2018, she told me that she wants to teach meditation through an Indian traditional dance event and asked my community, to support her. As we are Vietnamese Meditation Community. we were surprised at her idea, accepted and organized 10 days in Hanoi,

the capital of Vietnam for three dance events in 3 different locations and audiences. The first event was for abandoned children in a centre. More than 100 children were present and they were happy with the event. At the end of the event, Padma asked all the members to meditate for 15 mins. That was amazing.. all the teachers, managers and kids did meditation. That was the first time they experienced meditation and especially the kids become calm and happy. The Director of that Center said to us that it was the first time she saw that kind of emotion in the faces of the kids.

The second event was organized to connect some yoga and meditation communities in Vietnam and it was a big event in a theatre for more than 300 people from 5 communities. That was a culture festival with performance from both Indian dancing masters and Vietnam yoga teachers and meditators. It was great opportunity to share and learn experience among us.

Third event was organized in a University and it was a combination between performing and teaching dance and yoga. That was also a very creative way to inspire young people to get into meditation. Earlier belief was meditation is meant for old people only. However, now they know meditation is for everybody, very simple and interesting.

As a member and co-founder of Vietnam Meditation Community, I would like to thank Master Padma and her group for their great effort and very interesting idea to spread meditation in a special way with Dance.

Master YOGI, PYDA INTERNATIONAL, VIETNAM



This is Yogi from India. I have been teaching yoga meditation and healing for 10 years and have been practicing meditation for 20 years. I'm currently teaching now in Vietnam, Cambodia, Thailand, Bali meditation and healing with PYDA. They helped me to learn yoga, allowed me to stay in their home like family and when I was perfect in yoga meditation, meditation helped me to come to Vietnam with all their effort. I always remember their kind heart and

humble for me now am chief

co-ordinator of PYDA Vietnam and we doing so many projects to serve to humanity through art and meditation.

So people get to know the Indian Heritage thru Dance music yoga meditation practice, vegetarianism PYDA organises such great programs obviously has yielded rich dividends and has been recognised as significant instrument to establish review and strengthen cultural relations and mutual understand across all groups, race irrespectively bringing all under one platform for good health and peace to prevail on planet living together with harmony as Vasudhaika Kutumbam meaning the world is one family.

Pyramid yoga regularly has been scientifically tested and with regular practice you can go much deeper and charge your mind you start with body and go into breathing and then into meditation where your reach a stage which will create a greatest self-awareness which can ultimately lead to enlightenment Padma ji herself a great master of yoga and dance has shown and led the way to attain this goal to many young aspirants who have reached to a very high professional stage today. PYDA in association with PLI Bali has created opportunity, PYDA International (UK) in association with PSSM (Malaysia) and Premaloka International Bali had organized festivals like Sankranti, Diwali merriment, Ugadi Anando Brahma UGAM Bali UTSAV 2021. program (offline and online) with UK and Indonesia University, Bali Sanskrit institute, Regional Representative Council of Indonesia. Premaloka International Bali, Vishwa Shanti Mahasanstapanam and other like-minded bodies of yoga and dance seminars/workshops with many like-minded organisations to join all future PYDA programs to have fun together and be apart of this great nectar together we can make the difference.



Mr. Archan Babu, Hyderabad.

My gratitude to PYDA CEO Madam Padmavathi Garu.

My name is Archan Babu Madisetty, I have a year old friendship with Padma Garu. Honestly, I didn't understand the concept of PYDA when I was travelling international tour with Padma Garu to Vietnam and Malaysia.

I spent a few days in her Meditation camp with the team and I realised that it's just not meditation, but beyond that. It's wonderful relationships, enthusiastic atmosphere gaining cosmic energy, last but not the least what I felt was through meditation we travel in universe and feel the warmth and spirit of Sky, Sun, Moon and Stars.

Yes!! it's free, you don't need to be an astronaut. Believe me.. I was stressed out in my tour with a few external issues. I approached Padma Madam and said that I have to leave because I have an emergency call from office; she asked " If you don't mind can you tell me what your problem is"? After that, I was meditating with her but still my mind was disturbing me with my work issues, with few sittings under her supervision and listening to her I was on cloud 9. Yes, I was blissfully happy.

Yes!!! I strongly believe that meditation will not only help relax from stress but it will also help solving any external issue.

I recommend everyone to do meditation to restore your energy and rejoice your life.

Will continue with you to live in this meditation world Madam Padma.



Mrs. Rama Devi, Hyderabad, India.

I am Rama Devi from Hyderabad, India. We have a Bharatanatyam dance academy called " Srivari Padalu Bharatanatyam Dance Academy ".

On one fateful day, I met Padma Garu, CEO of Pyda International, for the first time in Tirupati. After spending some time with Padma Garu, she has invited us to participate in one of her programmes.

My group and I felt very happy to have participated in her program. That was our first academy's international program in Malaysia

which she offered. It is, naturally, her warm gesture not only in India, but in Malaysia too. Because of her, we had the opportunity to perform in different countries like Vietnam and Dubai. I get thrilled whenever I think of performing in countries mentioned above.

We are very grateful for her hospitality where she did not fail to take care of us from the very beginning of the trip till the end. Since we are vegetarians, Padma Garu provided us Indian vegetarian food in every country during our performances which we really appreciate. Apart from international platforms, she also gave us the opportunity to perform in Badrinath last year, which was not an ideal place to travel to. On the contrary, it was a successful trip for us without any difficulties faced during our stay due to the presence of Pyda International. I always feel very excited to perform programs in different countries and states with Pyda International.

We also had the opportunity to learn meditation during one of the tours with meditation in natural environment. My memorable meditation session was in Genting Highlands' Malaysia along with 108 dancers and the holy presence of Swarnamala Patriji.

I sincerely wish PYDA International will achieve greater heights by teaching meditation and also spreading Indian Culture to the world.

Thank you.



Mr.Prakash
(Jabardast), India

PYDA International, Yoga, Meditation. I know this organisation for the past 5 years. I am doing yoga and Meditation since 30 years. I met Madam Padma in one occasion, she took me to Kadthal, Maheshwara Pyramid meditation centre, it's a huge meditation centre, and I really like the place and environment around.

On Full moon day I had full night meditation and I had bliss-full feeling under pyramid.

I found many changes in me and I shared my feelings to all my friends. I met Brahmashri Patriji Garu through Madam Padma, it was most memorable day, meeting him is utmost happiness.

Taking blessings from him is another wonderful feeling. This camp changed me completely and I changed to vegetarianism. I am also spreading the activity of PYDA and trying my best to change everyone to vegetarianism.

By profession, I am an artist; PYDA helped me to show my talent in many events conducted by PYDA locally in India and International events. Understanding feelings of a person and motivating them in initiating meditation habits is appreciable activity of Madam Padma.

PYDA teaches how to behave with people, taught me not to hurt anybody. I was very different before meeting Madam Padma and now I changed a lot. I will give all my support and will travel with PYDA ever time in any program in India and International.

I wish for Patriji's blessings to be on PYDA and CEO Madam Padma all the time. All the best and congrats on all her success.

- Prakash

conclusion:

Righteous meditation to soul is as important as righteous notes to Music and righteous rhythm to Dance.

So, every person on this earth, to live a complete fulfilled life must learn and enjoy any fine art like dance or music along with meditation. The main goal of human life is to spend every minute of his life in happiness and enlightenment.



International events conducted by PYDA

*Also conducted "vegan Day" and "INDIAN RYTHMS" event in the year 2015.

*We conducted 108 salutations mega event in Vietnam with the collaboration of Indian Embassy in the year 2016.

*We also conducted and performed at Ugadi celebrations held in malaysia in the year 2016.

*Conducted "Malaysia Nrutyotsav" in Malaysia in the year 2016.

*Conducted international "Women's Day" at Vietnam in the year 2016.

*Conducted "Indian Rhythms" in BALI(INDONESIA) in the year 2017.

*Conducting "Dance Festivals" in Dubai Global village every year from 2018.

*Conducted a Mega Dance Event called "Sata nruthya yaagam" with 108 Dancers performed simultaneously on a international platform in Malaysia in 2018 ,which is a huge International Dance event conducted till date.

*Conducted "Indian Rhythms" in the capital city of Vietnam "HANOI" in the year 2018.

*Conducted "Bharateeya Sangeeta Nrutyotsav" in Tirupati in the year 2018.

*Conducted Rushikesh, Badrinath, Kedarnath Nrutyotsav with 100 people in the year 2018 & 2019.

*Conducted "Kala Jhari" program in india in the year 2019.

*Conducted "spiritual Bali retreat & Dance event" in the year 2019.

*Conducted "Deepavali Celebrations" in malaysia in the year 2019.

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