

# breathwalking the path of service

The ultimate fitness program for everyone

By Siri Simran Singh

**Y**ogi Bhanan left us with a wealth of technologies and teachings. One of the most exciting and innovative is *Breathwalk*, which he developed with Gurucharan Singh Khalsa. A simple, efficient, and highly effective method that works on body, mind, and spirit, *Breathwalk* synchronizes breathing, walking, and primal sounds to benefit walkers. Best of all, it is designed to be inclusive, being “the ultimate fitness program for everyone.”

It was with this in mind that we set up *Breathwalk UK* in London—to serve the physical, mental, and spiritual well being of those intimidated by yoga, yet in need of its benefits. *Breathwalk* is a project based on *seva*,\* and on the teachings and values of Yogi Bhanan. We hope that the lessons we’ve learned in running *Breathwalk UK* can serve as inspiration for you to set up your own *seva* project.

Our international Aquarian business team from five countries brings skills including legal expertise, accounting, business management, nursing, computer programming, economics, public relations, and music. Every skill has proven to be invaluable in the project. Every member “champions” tasks that need to be done, while receiving support and backup from other members of the team.

The project demands commitment, and that too has been an important lesson.

Our regular *Breathwalk* Sundays have taken place in southeast London every Sunday since we began in March 2006, come rain or shine. This discipline is carried not by one person, but by the dedication of the entire team, and it has begun to have an impact on the local community. For example, Surrey Docks Farm, a local farm where we finish our walks, has experienced a boost in business. The farm’s mission of education and raising environmental consciousness dovetails with our own. In our newsletters, we help promote the farm, and the farm in turn provides our walkers with hot cups of Yogi Tea, delicious cooking, and organic food, encouraging them to return. This synergy is a virtuous circle, creating and generating its own prosperity that brings everyone in the community closer together.

The farm cafe has become simultaneously our favourite eatery, classroom, and meeting point. Kundalini Yoga students who usually only see each other in yoga classes now have a

more social forum to share their joys and experiences with each other, and with local people. A mother who participated in a *Breathwalk* found that her usual urge to keep a busy schedule every weekend is gone, and now she finally has the time to relax with her son. Another participant, a young girl, has become a volunteer working on the farm, and she is being taught how to make her own yogurt to keep her skin healthy.

In creating *Breathwalk UK*, we have manifested a channel through which the teachings of Yogi Bhanan can flow and inspire everyone. *Breathwalk UK* has been and continues to be an invaluable opportunity to truly embody all facets of Yogi Bhanan’s teachings through service. Many have been so touched by this spirit that they offer to serve as well. Our CD project, for instance, is being produced completely through *seva*, with musicians, composers, and sound engineers all giving their time selflessly to make the music. This will enable even more people access to *Breathwalk*, guided by music and instructions on the CD.

Our service through *Breathwalk UK* has created more than an organization. It is a process, carrying us all together, teaching us and allowing each of us to grow on our own, and to grow stronger as a community.

If you are interested in learning more about *Breathwalk UK* and what we’re up to, please join us for our *Breathwalk* Sunday walks at Canada Water in southeast London, or keep up-to-date with our monthly newsletter. Find it all at [www.breathwalk.co.uk](http://www.breathwalk.co.uk). Our CD is available now. We truly appreciate your participation, and if you have any comments or suggestions, please email us: [info@breathwalk.co.uk](mailto:info@breathwalk.co.uk). ■

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\* See Glossary, p. 35.

