



- Press Release -

Yoga & Meditation Expert From India To Visit New Zealand In March & April

In March & April of this year New Zealanders will have a chance to find out why meditation is so powerful from India-based meditation expert Tarun Kumar. Back by popular demand, Tarun is touring the country for the third time.

“I have hosted Tarun a number of times at the [Albany Yoga Room](#),” says [teacher Sue Grbic](#). “Tarun has a lovely gentle energy and a humble sincerity that shines through his teachings. In a world filled with self-important so-called spiritual teachers it’s very refreshing to come into the sweetness and light of the real thing.”



Tarun is being brought to New Zealand by Waiheke-based charitable organisation [Baleno](#). Founded in 2007 by Toby Ruckert and Margit Brusda, Baleno’s mission is to offer support, create awareness, provide education and fund research into the way we experience physical, mental/emotional and spiritual issues, diseases or crises.

It means that one of the practice Baleno wants to promote is meditation – hence sponsoring Tarun’s trip to New Zealand. When asked for his own meditation practise, Tarun responded as follows:

What’s the link between yoga and meditation?

„Meditation is a part of yoga. By doing meditation one can attain a calm state of mind, which is a basic qualification for practicing yoga properly anyway.“

Why would you recommend meditation to others and what are its benefits?

„For me, if one can meditate, it relaxes the mind and decreases stress which we can meet everywhere in our daily life. Meditation also increases our immunity power. Most of the diseases originate from mind level. If a person stays calmly without stress and strains, he is less vulnerable to diseases – at least to some extent. Thus one can often perceive the real essence of problems before they manifest physically and that they are not there to make you sad, but to ignite your passion in facing and overcoming them in victory. They are like exams to a student, merely to test your skills.“

You have been teaching in different countries but been to New Zealand three times already. What is it about New Zealand that you enjoy coming back so often?

„I love New Zealand’s external beauty and the inner beauty of my friends there. I also enjoy the students questions and feedback very much as they don’t learn meditation just like a weekend project, but they really enjoy learning to practice, which is like a great gift for me.“

What is it that you like particularly well in the Heart Soul Meditation and why?

„This meditation is not only meant for the personal development of the practitioner. It also helps other people and beings on earth. It gives a feeling of Conscious evolution from “I” to universe via “our” feeling.“

To find out more about Baleno, and the many free events and classes that they sponsor throughout New Zealand, including confirmed dates and venues for Tarun Kumar’s New Zealand Tour, simply check out Baleno’s website on www.baleno.org

For more information, please contact Toby Ruckert (Trustee) via trueckert@baleno.org or 09 372 9357.