

## Janka Jablonská PhD

Janka Jablonská – or correctly Johanna Mária - Jana Jablonská Almássy - (1950-2016) graduated as a mining geologist at the Technical University Kosice. She worked at the Geology Department and later at the Institute of Geotourism as an associate professor. Her earlier research interests were in the area of zircon morphology. She did her research mainly at the University of Rome and Nice as well as in Slovakia. During research, she had to work with highly toxic and carcinogenic liquids used of mineral separation. She was a guarantor of the BSc study at that Institute till her demise. She taught subjects related to petrography and later related to geotourism – like sustainable tourism. She was awarded a number of recognitions both at the University and at the AAA.

In the sixties she was active at priests and bishops who did not the communist government). In becoming active in yoga. In late teachers to get official yoga 1970s she was also the Club at the Technical of the Association for the Kosice in 1990. She was active of Yoga as a delegate of the 1993 she completed her training Dr. Stan Grof. In cooperation participating also in warm became a yoga tutor. Up to the very end she was a Board member of the AAY.



the underground church (led by sign a cooperation contract with the seventies she started 70s she was among the first yoga teacher qualification. In the late chairperson of the Kosice Yoga University. She was a co-founder Advancement of Yoga (AAY) in also within the European Union Slovak Yoga Association. In of breathwork facilitators with with B. Blery-Blin, she was water breathwork. Later she

She liked a number of sports like kayaking, mountaineering, tourism or downhill skiing.

Janka was also an apt traveller. She travelled in Europe and also in Africa (e.g. Tunis) and Asia (Turkey, Afghanistan, Pakistan, India). In India she was mainly staying in Ashrams.

She was acquainted with personalities like Pope John Paul II, Mother Teresa, influential clerics in Slovakia and Rome (like p. J. Gajdár SJ), then Swami Satyananda, Nirmala Devi, Swami Ánandánanda, Swami Vishnudévananda, Prabhúdatta Brahmachari, Deoraha Baba, Ánanda Mai Ma, Swami Veda Bharati, Swami Maheshwarananda, Swami Maheshánanda, M.V. Bhole, AVY S. Goyal and others.

She liked photography and some of the numerous photos were used for yoga related photo exhibitions.

She liked to help others and was willing to fight for what she felt to be right. She was also willing to accept the consequences of such decisions. She was a caring person both at the University and at the AAY.

When she was diagnosed cancer (probably lung cancer) after returning from India, it was already too late for a real hope for healing in spite of a lot of efforts taken in this line. The last week of her life was very very painful, still she coped with it without complains. It may be that her exposition to the carcinogenic heavy liquids during monomineral separation in the late 1980s, was one of the unnoticed triggers of this disease. It seems that in such cases no

amount of healthy lifestyle can outbalance the undesirable effect of these chemical substances. Her winter tourism related accident in 2013 which led to a rupture of the spleen (which she did not allow to take out, but waited for its healing) may also have contributed to triggering the terminal disease.

During the last week of her life she reached out to the Catholic community in which she spent a number of valuable years, and was happy to contact key persons from that period, even though for them yoga was not welcome.

She passed away at home on 20 June 2016 at 18.10h and was buried at the Rozalia Cemetery in Košice on 23rd of June. The farewell speeches were delivered by Mons. ThDr. B. Urbanec and by the Dean of the BERG Faculty, Technical University Kosice Professor Michal Cehlar PhD. In his speech, the latter covered also the yoga related carrier of Janka. May she rest in Light.

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Chairman, AAY