

AT THE BIRTHPLACE OF YOGA

Parmarth Niketan, Rishikesh (Himalayas), India

INTERNATIONAL YOGA FESTIVAL



2015 SCHEDULE OF EVENTS

First of March 2015

TIME	CLASS	PRESENTER	LOCATION
4:00 - 6:15 am	Exploring the Frontiers of Consciousness: Morning Sadhana	Sukhmandir	Top Floor Yoga Hall
5:30 - 6:15 am	Osho Style Dynamic Meditation	Chris Miglino	Tent
6:30 - 7:30 am	Traditional Hatha Yoga Asana Class with sun salutations and mantras	Sadhvi Abha Saraswati and Indu Sharma	Ground Floor Yoga Hall
	From Personality to Presence: Meditation	Chandanni Miglino	Middle Floor Yoga Hall
	Ci Plus Meditation	Maa Gyaan Suveera	Top Floor Yoga Hall
	Somatic/Feldenkrias Movement	Brian Ingle	Tent
	Experiences with the rising sun as mentioned in the Vedas followed by sun meditation	Padmashri Bharat Bhushan	Satsang Hall
7:30 - 8:15	Breakfast		Garden
8:30 - 10:30	Awakening Shiva - Kriya, Asana & Meditation	Anand Mehrotra	Yoga Ghat
	Standing Poses to experince the stillness of the body & mind	H S Arun	Yoga Ghat
	Recovery 2.0: Move beyond Addiction through Yoga & Meditation	Tommy Rosen	Yoga Ghat
	Introduction to Life Force Energy (pranayama, practice and discussion)	Vishwaketu	Yoga Ghat
	A Split Second: The Awakening Call	Gurmukh Kaur Khalsa	Yoga Ghat
11:00- 12:30	Inaguration Ceremony		Yoga Ghat
13:00-14:00	Lunch		Garden



TIME	CLASS	PRESENTER	LOCATION
14:15-15:15	Rumi Love Meditation- Sufi Meditation	Mert Guler	Ground Floor Yoga Hall
	Yoga for diabetes management	Radhika Nagrath	Middle Floor Yoga Hall
	Jyotish (Astrology) and Yoga	Komilla Sutton	Top Floor Yoga Hall
	Buddhist Meditation	Ven. Bhikku Sangasena	Tent
	Soul songs & the art of freeing your voice	Daphne Tse	Yoga Ghat
15:30-17:00	Harnessing the Warrior Within	Deepika Mehta	Ground Floor Yoga Hall
	Finding Balance - an arm balancing workshop	Mark Robberds	Middle Floor Yoga Hall
	The Vibrational Manifestations in the Human Form : Mudra, Asana, Pranayama	Sukhmandir	Top Floor Yoga Hall
	Release Stress, Activate Healing Prana	Kia Miller	Tent
	Qualities of a True Yogi	Pujya Radhanath Swamiji	Yoga Ghat
17:00 - 17:30	Tea		Garden
18:00 - 19:00	Ganga Aarti (Lighting Ceremony)	All Yogacharyas & Participants	Ganga Ghat
19:00 - 20:00	Dinner		Garden
20:00 - 21:30	Odissi Cultural Dance Performance	Anita Babu	Yoga Ghat

Second of March, 2015

TIME	CLASS	PRESENTER	LOCATION
4:00 - 7:00 am	Kundalini Morning Sadhana	Gurushabd Singh Khalsa	Top Floor Yoga Hall
5:30 - 6:15	Osho Style Dynamic Meditation	Chris Miglino	Tent
6:30 - 7:30	Traditional Hatha Yoga Asana Class with Sun Salutations and Mantra	Sadhvi Abha Saraswati and Indu Sharma	Ground Floor Yoga Hall
	Pain-free Body, Stress-Free Mind	Dr Krishna Raman & Dr Fharzana Siraj	Middle Floor Yoga Hall
	Meditation from Hand	David Wei	Tent
	Lila Yoga Sun Salutations	Erica Kaufmann	Satsang Hall
7:30 - 8:15	Breakfast		Garden
8:30 - 10:30	Hanuman Namaskar with asana, mantra and kirtan	Laura Plumb	Ground Floor Yoga Hall
	Forward bends to centre our Self	HS Arun	Middle Floor Yoga Hall
	Mysore Style Traditional Self-Practice	Mark Robberds & Deepika Mehta	Top Floor Yoga Hall
	Recovery 2.0: Move beyond Addiction through Yoga & Meditation	Tommy Rosen	Tent
	A New Light on Abundance	Gurmukh Kaur Khalsa	Yoga Ghat
11:00 - 13:00	<i>Divine Discourse Series:</i> 11:00 - 11:45 Equanimity Amidst Turbulence 11:45 - 12:30 Harnessing Your Inner Spiritual Strength 12:30- 13:00 Questions & Answers	Pujya Radhanath Swamiji Pujya Shri Shankaracharyaji Both Presenters	Yoga Ghat
13:00 - 14:00	Lunch		Garden
14:00 - 15:15	Jyotish (Astrology) and Yoga	Komilla Sutton	Ground Floor Yoga Hall
	Meditation to Increase the Psyche	Gurushabd Singh Khalsa	Middle Floor Yoga Hall

TIME	CLASS	PRESENTER	LOCATION
14:00 - 15:15 Continued	Reiki	Maa Gyaan Suveera	Top Floor Yoga Hall
	Rumi Love Meditation- Sufi Meditation	Mert Guler	Tent
	Buddhist Meditation	Ven. Bhikku Sangasena	Ganga Ghat
15:30 - 17:00	Yoga Therapy for the Spine	Mohan Bhandari	Ground Floor Yoga Hall
	Ganga Flow Meditation	Sadhvi Bhagawati Saraswati	Middle Floor Yoga Hall
	Shinto Yoga	Hikaru Hashimoto	Top Floor Yoga Hall
	Self-Inquiry -- Undoing Limiting Beliefs	Janet Attwood	Tent
	Kundalini and the Infinite Pharmacy Within	Tommy Rosen	Yoga Ghat
17:00 - 17:30	Tea		Garden
18:00 - 19:00	Ganga Aarti (Lighting Ceremony)		Ganga Ghat
19:00 - 20:00	Dinner		Garden
20:00 - 21:30	Special Satsang and Question-Answer Session	Pujya Sri Shankaracharyaji, Pujya Swamiji & Sadhvi Bhagawati Saraswati	Tent



Third of March, 2015

TIME	CLASS	PRESENTER	LOCATION
4:00 - 6:15	Exploring the Frontiers of Consciousness -- Morning sadhana	Sukhmandir	Top Floor Yoga Hall
5:30 - 6:15	Osho Style Dynamic Meditation	Chris Miglino	Tent
6:30 - 7:30	Pain-Free Body, Stress-Free Mind	Dr. Krishna Raman & Dr. Fharzana Siraj	Ground Floor Yoga Hall
	The Art of Love: Yoga & Meditation	Chandanni Miglino	Middle Floor Yoga Hall
	Bharat Yog Gatis	Padmashri Bharat Bhushan	Top Floor Yoga Hall
	Painless Spine: Twisting to Backbends with Anatomy & Biomechanics of Hatha Yoga	Yuva Dayalan & TS Krishnan	Satsang Hall
7:30 - 8:15	Breakfast		Garden
8:30 - 10:30	Jivamukti Yoga	Jules Febre	Ground Floor Yoga Hall
	Hold & Liberate (Twists)	H.S. Arun	Middle Floor Yoga Hall
	Mantra Meditation	Surakshit Goswami	Top Floor Yoga Hall
	Indea Yoga Foundation: Coordinating Body, Breath & Mind through Asana	Bharath Shetty	Tent
	Appreciation - the Highest Meditation in the Aquarian Age	Gurmukh Kaur Khalsa	Yoga Ghat
11:00 - 13:00	<i>Divine Discourse Series</i> 11:00 - 11:45 Yoga of Love 11:45 - 12:30 Life as Yoga: Living in Union 12:30- 13:00 Question and Answer Satsang	Pujya Radhanath Swamiji Sadhvi Bhagawatiji Both Speakers	Tent
13:00 - 14:00	Lunch		Garden



TIME	CLASS	PRESENTER	LOCATION
14:00 - 15:30	Curing Illness with Yoga	Urvashi Inamdar	Ground Floor Yoga Hall
	Mantra for the Modern Yogi: A Workshop	Anandra George	Middle Floor Yoga Hall
	Yoga of the Mind - The Passion Test	Janet Attwood	Top Floor Yoga Hall
	Rumi Love Meditation	Mert Guler	Tent
	Shinto Yoga	Hikaru Hashimoto	Yoga Ghat
16:00 - 17:30	Special Divine Satsang	Pujya Shri Mooji	Yoga Ghat
18:00 - 19:00	Ganga Aarti (Lighting Ceremony)		Ganga Ghat
19:00 - 20:00	Dinner		Garden
20:00 - 21:30	Sacred Sound and Chants Followed by a Special Dance Performance	Regula Curti & Parmarth Rishikumars	Tent

Fourth of March, 2015

TIME	CLASS	PRESENTER	LOCATION
4:00 - 6:15 am	Kundalini Morning Sadhana	Gurushabd Singh Khalsa	Top Floor Yoga Hall
5:30 - 6:15	Osho Style Dynamic Meditation	Chris Miglino	Tent
6:30 - 7:30	Journey through the Chakras	Anand Mehrotra	Ground Floor Yoga Hall
	Flexible and Free	Kia Miller	Middle Floor Yoga Hall
	I Vinyasa	Mohan Raj	Tent
	Yogic Diet Discipline Touches Your Perfect Being	Padmashri Bharat Bhushan	Satsang Hall
7:30 - 8:15	Breakfast		Garden
8:30 - 10:30	Jivamukti Yoga	Jules Febre	Ground Floor Yoga Hall
	Stretch the Limit	H.S. Arun	Middle Floor Yoga Hall
	Turning to the Frequency of the Divine	Tommy Rosen	Top Floor Yoga Hall
	Devi Sadhana, with Asana, Pranayama, Mantra and Meditation	Laura Plumb	Tent
	Developing Courage	Gurmukh Kaur Khalsa	Yoga Ghat
11:00 - 13:00	<i>Divine Discourse Series</i> 11:00 - 11:45 Our Spiritual Union with Nature 11:45 - 12:30 The Gift of Peace 12:30 - 13:00 Question and Answer Satsang	Dr. Vandana Shiva Pujya Shri Shankaracharyaji Both Presenters	Tent
13:00 - 14:00	Lunch		Garden

TIME	CLASS	PRESENTER	LOCATION
14:00 - 15:15	Mitahar: Ancient Food Wisdom for Daily Life	Rujuta Diwekar	Ground Floor Yoga Hall
	Balancing Your Energy Centres-- Chakras-- Through Aromatherapy	Anjana Bhagat	Middle Floor Yoga Hall
	Open the Heart Chakra	David Wei	Top Floor Yoga Hall
	How to Be the Change You Wish to See	Dr. Vandana Shiva	Tent
	Tantric Sanskrit: Falling in Love with the Living Sounds of the Alphabet	Anandra George	Yoga Ghat
15:30 - 17:00	Indea Yoga Innovation: Balancing & Inversion Asana Practices	Bharath Shetty	Ground Floor Yoga Hall
	YogiYoga Hips and Shoulders	Mohan Bhandari	Middle Floor Yoga Hall
16:00 - 17:30	Special Divine Satsang	Pujya Shri Mooji	Yoga Ghat
18:00 - 19:00	Ganga Aarti (Lighting Ceremony)		Ganga Ghat
19:00 - 20:00	Dinner		Garden
20:00 - 21:30	The Dance of Transformation and The Graceful Dance of Bali	Dr. Prakriti Bhaskar and Swara Semesta Balinese Cultural Performers	Tent



Fifth of March, 2015

TIME	CLASS	PRESENTER	LOCATION
4:00 - 6:15 am	Exploring the Frontiers of Consciousness -- Morning Sadhana	Sukhmandir	Top Floor Yoga Hall
5:30 - 6:15	Osho Style Dynamic Meditation	Chris Miglino	Tent
6:30 - 7:30	Ganga Yoga- With Asana, Pranayama and Mantra	Laura Plumb	Ground Floor Yoga Hall
	Swan Grace Kriya and Body Opening Series	Bhavini Kalan	Middle Floor Yoga Hall
	Integrated Whole Health: The Key to Freedom	Chandanni Miglino	Top Floor Yoga Hall
	Journey from Here to There: The Five Koshas	Vishwaketu	Tent
	Traditional Hatha Yoga Asana Class with Sun Salutations and Mantra	Sadhvi Abha Saraswati and Indu Sharma	Satsang Hall
7:30 - 8:15	Breakfast		Garden
8:30 - 10:30	Ashtanga Led Primary Series	Deepika Mehta	Ground Floor Yoga Hall
	Inversions to Balance Passion, Emotions & the Ego	HS Arun	Middle Floor Yoga Hall
	Opening the Ecstatic Gates to the Heart: Practice of Asana, Pranayama, Kriya, Mudra & Meditation	Anand Mehrotra	Top Floor Yoga Hall
	Radiant Body Kriya	Kia Miller	Tent
	Magnificent Grace	Gurmukh Kaur Khalsa	Yoga Ghat
11:00 - 12:30	Know Thyself: The Inner Yoga of Wisdom	Puja Swami Dayananda Saraswatiiji	Tent
13:00 - 14:00	Lunch		Garden
14:00 - 15:15	The Language of Indian Dance	Dr. Prakriti Bhaskar	Ground Floor Yoga Hall
	Reiki	Maa Gyaan Suveera	Middle Floor Yoga Hall

TIME	CLASS	PRESENTER	LOCATION
14:00 - 15:15 (Continued)	Balancing the Emotions through Aromatherapy Oils	Anjana Bhagat	Top Floor Yoga Hall
	Your Hidden Riches	Janet Attwood	Tent
15:30 - 17:00	Pranayama	HS Arun	Middle Floor Yoga Hall
16:00 - 17:30	Special Divine Satsang	Pujya Shri Prem Babaji	Yoga Ghat
17:00 - 17:30	Tea		Garden
17:30 - 18:00	Yagna/Havan (Fire Ceremony)		Ganga Ghat
18:00 - 19:00	Ganga Aarti (Lighting Ceremony)		Ganga Ghat
19:00 - 20:00	Dinner		Garden
20:00 - 21:30	Holi Campfire & Special Letting Go "Swaha" Ceremony	Pujya Swami Chidanand Saraswatiji and Sadhvi Bhagawati Saraswatiji	Garden



“Live in peace, not in pieces. If you are in peace, you will exude peace, manifest peace and spread peace.”

- HH Pujya Swami Chidanand Saraswatiji

Sixth of March, 2015

TIME	CLASS	PRESENTER	LOCATION
4:00 - 7:00 am	Kundalini Morning Sadhana	Gurushabd Singh Khalsa	Top Floor Yoga Hall
5:30 - 6:15	Osho Style Dynamic Meditation	Chris Miglino	Tent
6:30 - 7:30	Traditional Hatha Yoga Asana Class with Sun Salutations and Mantra	Sadhvi Abha Saraswati and Indu Sharma	Ground Floor Yoga Hall
	Deep I Vinyasa	Mohan Raj	Middle Floor Yoga Hall
	Yogic Management of Diseases	Padmashri Bharat Bushan	Tent
	Paramita Dharna Yoga: Understanding the Heart Sutra and Zen Meditation	Hikaru Hashimoto	Satsang Hall
7:30 - 8:15	Breakfast		Garden
8:30 - 10:30	Indea Yoga Innovation: Hip Openers and Back Bending Asana Practices	Bharath Shetty	Ground Floor Yoga Hall
	Backward Bends to Unfold	HS Arun	Middle Floor Yoga Hall
	Vinyasa Yoga – The Ashtanga Way	Mark Robberds	Top Floor Yoga Hall
	Enjoy Your Breath	Gurmukh Kaur Khalasa and Kia Miller	Tent
10:30 - 12:30	Holi Celebration with Eco-Friendly Colors and Music	All are Welcome	Yoga Garden
13:00 - 14:00	Lunch		Garden





TIME	CLASS	PRESENTER	LOCATION
14:00 - 15:15	Spiritdance Soulsong: Sounding and Moving the Chakras	Daphne Tse	Ground Floor Yoga Hall
	Reiki	Maa Gyaan Suveera	Middle Floor Yoga Hall
	Meditation for Prosperity, Fulfillment and Success	Gurushabd Singh Khalsa	Top Floor Yoga Hall
	Past Life Regression: A Powerful Healing Therapy	Surekha Sengupta	Tent
	Yoga of the Mind: The Passion Test	Janet Attwood	Ganga Ghat
15:30 - 17:00	Dance of Prana	Deepika Mehta	Ground Floor Yoga Hall
	Techniques for Inversions and Arm Balances	Yuva Dayalan and TS Krishnan	Middle Floor Yoga Hall
	Somatic Yoga Flow	Brian Ingle	Top Floor Yoga Hall
	Hanuman Namaskar	Laura Plumb	Tent
	YogiYoga	Mohan Bhandari	Ganga Ghat
18:00 - 19:00	Ganga Aarti (Lighting Ceremony)		Ganga Ghat
19:00 - 20:00	Dinner		Garden
20:00 - 21:30	Special Musical Performance: Ecstatic Drumming	Sivamani	Yoga Ghat

Seventh of March, 2015

TIME	CLASS	PRESENTER	LOCATION
4:00 - 6:15	Exploring the Frontiers of Consciousness -- Morning Sadhana	Sukhmandir	Top Floor Yoga Hall
5:30 - 6:15	Osho Style Dynamic Meditation	Chris Miglino	Tent
6:30 - 7:30	Deep I Vinyasa	Mohan Raj	Ground Floor Yoga Hall
	Yuva Yoga	Yuva Dayalan and TS Krishnan	Middle Floor Yoga Hall
	Chandra Namaskaram Flow and Brain Coordination Series	Bhavini Kalan	Top Floor Yoga Hall
	Somatic Yoga Flow	Brian Ingle	Tent
	Traditional Hatha Yoga Asana Class With Sun Salutations and Mantra	Sadhvi Abha Saraswati and Indu Sharma	Satsang Hall
7:30 - 8:15	Breakfast		Garden
8:30 - 10:30	The First and Last Thing You'll Ever Do: Accessing the Keys to the Kingdom	Tommy Rosen	Ground Floor Yoga Hall
	Yoga in Day to Day Life	HS Arun	Middle Floor Yoga Hall
	Mysore Style Traditional Self-Practice	Mark Robberds and Deepika Mehta	Top Floor Yoga Hall
	The Joy of Togetherness	Gurmukh Kaur Khalsa	Yoga Ghat

TIME	CLASS	PRESENTER	LOCATION
11:00 - 12:30	Closing Ceremony		Yoga Ghat
13:00 - 14:00	Lunch		Garden
14:00 - 14:15	Vedic Chanting... The Song of our Soul	Sadhvi Abha Saraswati	Ground Floor Yoga Hall
	Lecture on the Bhagavad Gita	Malayaja Garga	Middle Floor Yoga Hall
	Past Life Regression: A Powerful Healing Therapy	Surekha Sengupta	Top Floor Yoga Hall
	Rumi Love Meditation: Sufi Meditation	Mert Guler	Yoga Ghat
15:30 - 17:00	YogiYoga Intermediate Level	Mohan Bhandari	Ground Floor Yoga Hall
	Lila Yoga	Erica Kaufmann	Middle Floor Yoga Hall
	Indea Yoga Innovation: Twists and Forward Bending Asana Practice	Bharath Shetty	Top Floor Yoga Hall
	Ganga Yoga: With Asana, Pranayama and Mantra	Laura Plumb	Tent
	Pranic Body Balance	Kia Miller	Yoga Ghat
17:00 - 17:30	Tea		Garden
18:00 - 19:00	Ganga Aarti (Lighting Ceremony)		Ganga Ghat
19:00 - 20:00	Dinner		Garden
20:00 - 21:30	Cultural Dance Performance	Sharmila Bhartari	Yoga Ghat



*“Yoga is not a union of our hands to our feet
or our heads to our knees.
It is a union of the self to the Divine.”
- HH Pujya Swami Chidanand Saraswati*



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