

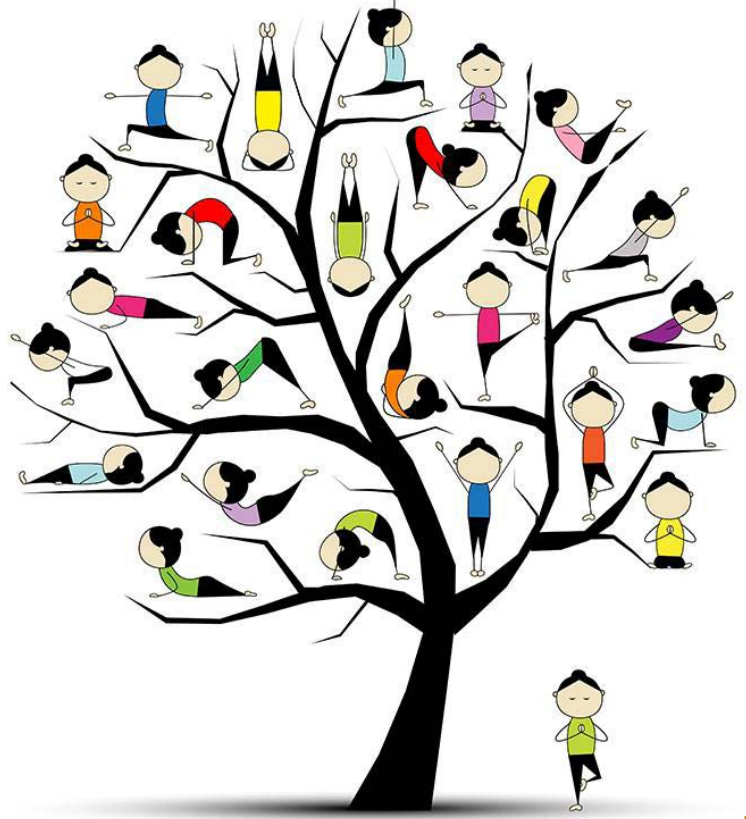


AT THE BIRTHPLACE OF YOGA
 Parmarth Niketan, Rishikesh (Himalayas), India



2016 SCHEDULE OF EVENTS

INTERNATIONAL YOGA FESTIVAL



First of March 2016

TIME	CLASS	PRESENTER	LOCATION
04:00 – 06:15	Morning Sadhana: Personality and Physical body - focus on Prana-Apana and Bandhas	Sukhmandir	Yoga Hall Top Floor
05:30 – 06:30	Osho Dynamic Active Meditation	Chris Miglino	Yoga Ghat
06:30 – 07:30	Traditional Hatha Yoga: Morning asana practice	Sadhvi Abha Saraswati	Yoga Hall Ground Floor
	Yoga Therapy as Complementary Medicine: Morning Routine	Dr Farzahana Siraj	Yoga Hall Middle Floor
	CI Plus Meditation	Maa Gyaan Suveera	Yoga Hall Top Floor
	Shoulder Bliss: A Powerful Balance of mobilizing the shoulder joint in full grace	Roberto Milletti	Tent
06:45 – 07:30	Sunrise Nada Yoga: Music Meditation on the Ganga	Anandra George	Aarti Ghat
07:30 – 08:15	Light Breakfast		Garden
08:30 - 10:30 (Synchrony of lineages for 30 min each)	Jivamukti Yoga	Sharon Gannon	Yoga Ghat
	Iyengar Yoga: Standing Poses to experience stillness of the body & mind	H S Arun	
	Kundalini Yoga for Addictions Recovery	Tommy Rosen	
	Kundalini Yoga: A Gathering	Gurmukh Kaur Khalsa	
11:00 - 12:00	Grand Opening Ceremony of IYF 2016 *Everyone please be sure to attend		Yoga Ghat
12:00 - 13:30	Lunch		Garden
14:00 – 15:15	Yoga & Lifestyle modifications: VYASA Yoga	Dr H R Nagendra	Yoga Hall Ground Floor
	Ayusha Yoga: an Introduction to Holistic Yoga Therapy	Paramanand Aggarwal & Shilpa Joshi	Yoga Hall Middle Floor
	Jyotish and Yoga: Saturn the Yogi - Role of Saturn in creating yogis and helping us follow our paths	Komilla Sutton	Yoga Hall Top Floor
	Mantra for the Modern Yogi: A Workshop	Anandra George	Tent
	Rumi Love Meditation	Mert Guler	Yoga Ghat
15:30– 17:00	YogiYoga: Therapy for Hip and Shoulders	Mohan Bhandari	Yoga Hall Ground Floor
	IndeaYoga: Discover the dynamics of your Hips & Spine through Asana	Bharat Shetty	Yoga Hall Middle Floor
	Lila Yoga: Asana Practice Series with Yogic Philosophy and Psychology	Erica Kauffman	Yoga Hall Top Floor
	Somatics: Free your Center - Warm-Up to Unwind muscle tension, a focus on front back and sides	Brian Siddhartha Ingle	Tent
	Ganga Sadhana: Heart centered series for ultimate Grace and Power, with the healing Soma Circle	Laura Plumb	Yoga Ghat
	Meditation as the Ultimate Goal - Pranayama and Practice for Stillness	Chandanni Miglino	Satsang Hall
17:00 – 17:30	Tea & Snacks		Garden
18:00 – 19:00	Ganga Aarti		Aarti Ghat
19:00 – 20:00	Dinner		Garden
20:00 – 21:30	Chanting with Kirtanias and Cultural Dance Programme by Himalayan Artists		Yoga Ghat

Second of March, 2016

TIME	CLASS	PRESENTER	LOCATION
04:00 – 06:15	Kundalini Sadhana	Gurushabd Khalsa	Yoga Hall Top Floor
05:30 – 06:30	Osho Dynamic Meditation	Chris Miglino	Yoga Ghat
06:30 – 07:30	Yogic cleanse to Let Go, Move On and Be Free	Gloria Latham	Yoga Hall Ground Floor
	YuvaYoga	Yuva Dayalan & TA Krishnan	Yoga Hall Middle Floor
	Kundalini & the Infinite Pharmacy Within	Tommy Rosen	Yoga Hall Top Floor
	Ananata Yoga: Kundalini Yoga for Love, Peace & Happiness	Bijay Anand	Tent
06:45 – 07:30	Sunrise Nada Yoga: Music Meditation on the Ganga	Anandra George	Aarti Ghat
07:30 – 08:15	Light Breakfast		Garden
08:30 – 10:30	Marma Chikitsa	CM Bhandari & Charat Singh	Yoga Hall Ground Floor
	Yoga Therapy as Complementary Medicine	Dr Farzahana Siraj	Yoga Hall Middle Floor
	Jivamukti Yoga	Jules Febre	Yoga Hall Top Floor
	Hanuman Namaskar: Integrate Bhakti with your Yoga Asana practice	Laura Plumb	Tent
	Kundalini Yoga: Gifts of the Head and the Heart	Gurmukh Kaur Khalsa	Yoga Ghat
	Ayusha Yoga: Stress Management practical, a focus on the Five-Fold Attitudes (Yoga Sutras)	Parmanand Aggarwal & Shilpa Joshi	Satsang Hall
11:00 - 12:30	Mula Banda: The Secrets of Grounding	Akira Watamoto	Yoga Hall Ground Floor
	Akhanda Yoga: Yin/Yang sequence, balance between structural ques and inner inquiry	Yogirishi Vishvketu	Yoga Hall Middle Floor
	Shintoh Zen Yoga	Hikaru Hashimoto	Yoga Hall Top Floor
	Yoga & Vegetarianism: Talk and Discussion	Sharon Gannon	Tent
	Awakening the Inner Fire of Transformation: Cultivating navel and core strength for vitality	Kia Miller	Yoga Ghat
12:30 – 13:30	Lunch		Garden
14:00 – 15:15	Reiki: Subtle Body & Energy Centers	Maa Gyaan Suveera	Yoga Hall Ground Floor
	Inner Yoga Therapy: Chakra Alignment & Self-Healing	Satya Kalra	Yoga Hall Middle Floor
	Yoga & Detoxification	Andrea Paige	Yoga Hall Top Floor
	Yoga & Acupressure	David Wei	Tent
	Vedic Chanting	Sadhvi Abha Saraswati	Yoga Ghat
	Indian Super Foods – fuel for the Sattvic Mind	Rujuta Diwekar	Satsang Hall
15:30– 17:00	Enlightening, Inspiring Satsang	Sri Mooji	Yoga Ghat
17:00 – 17:30	Tea & Snacks		Garden
18:00 – 19:00	Ganga Aarti		Aarti Ghat
19:00 – 20:00	Dinner		Garden
20:00 – 21:00	Bhakti Programme with Kirtanias		Yoga Ghat

Third of March, 2016

TIME	CLASS	PRESENTER	LOCATION
04:00 – 06:15	Morning Sadhana: Diving deep within, focus on pranayama control and bandhas	Sukhmandir	Yoga Hall Top Floor
06:30 - 07:30	Traditional Hatha Asana	Sadhvi Abha Saraswati	Yoga Hall Ground Floor
	Vinyasa Namaskaram Flow: Body Awakening Series with Kundalini	Bhavini Kalan	Yoga Hall Middle Floor
	Sacred Heart Sacred Sadhana: Meditation in Motion, morning Yoga ritual	Laura Plumb	Yoga Hall Top Floor
	Morning Hatha Practice	Krishnamurthy Mohan Raj	Tent
	Power Pranayama & Warm-Up	Yogiraj Vishwapal Jayant	Yoga Ghat
06:45 – 07:30	Sunrise Nada Yoga: Music Meditation on the Ganga	Anandra George	Aarti Ghat
07:30 – 08:15	Light Breakfast		Garden
08:30 – 10:30	Open the Lotus of the Heart: Magnetic center, living from heart consciousness	Kia Miller	Yoga Hall Ground Floor
	Iyengar Yoga: Forward Bends to center our self	H S Arun	Yoga Hall Middle Floor
	Sattva Warrior: Towards Dynamic Stillness	Anand Mehrotra	Yoga Hall Top Floor
	Jivamukti Yoga	Sharon Gannon	Yoga Ghat
	Ayusha Yoga: Yoga therapy for Cardio and Circulation, a focus on anxiety (Yoga Sutras)	Parmanand Aggarwal & Shilpa Joshi	Satsang Hall
11:00 – 12:30	The Five Khoshas: Holistic Yogic Journey – towards a deepening practice through the five layers of being	Yogirishi Vishvketu	Yoga Hall Ground Floor
	Journey through Chakras 'shake-up': Energetic practice – true potentiality	Gloria Latham	Yoga Hall Middle Floor
	The Warrior Within: Awaken your inner strength with rhythmic yoga movements	Roberto Milletti	Yoga Hall Top Floor
	Atma Yoga	Saul David Raye	Tent
	Jivamukti Yoga	Jules Febre	Yoga Ghat
12:30 – 13:30	Lunch		Garden
14:00 – 15:15	Reiki: Subtle Energy Healing	Maa Gyaan Suveera	Yoga Hall Ground Floor
	Balancing Emotions Using Aromatherapy	Dr Anjana Bhagat	Yoga Hall Middle Floor
	Scientific and Rational Tenor of Shrimad Bhagavad Gita	Malayaj Garg	Yoga Hall Top Floor
	Yoga & Detoxification	Andrea Paige	Tent
	Bhakti and Chanting Workshop	Kirtaniyas	Yoga Ghat
15:30– 17:00	Enlightening Inspiring Satsang	Sri Prem Babaji	Yoga Ghat
17:00 – 17:30	Tea & Snacks		Garden
18:00 – 19:00	Ganga Aarti		Aarti Ghat
19:00 – 20:00	Dinner		Garden
20:00 – 21:30	Evening Kirtan – Sangeeta Levin & Anandra George		Yoga Ghat

Fourth of March, 2016

TIME	CLASS	PRESENTER	LOCATION
04:00 – 06:15	Kundalini Sadhana	Gurushabd Khalsa	Yoga Hall Top Floor
06:30- 07:30	Meditation from Hand	David Wei	Yoga Hall Ground Floor
	Existential Bliss - Awakening Ananda	Anand Mehrotra	Yoga Hall Middle Floor
	Traditional Hatha Yoga Asana with Sun Salutations and mantras	Indu Sharma	Yoga Hall Top Floor
	Vinyasa Meditation Flow: Connect with the Pure Expression of Body Intelligence	Akira Watamoto	Tent
06:45 – 07:30	Sunrise Nada Yoga: Music Meditation on the Ganga	Anandra George	Aarti Ghat
07:30 – 08:15	Light Breakfast		Garden
08:30 – 10:30	YogiYoga: Therapy for the Spine	Mohan Bhandari	Yoga Hall Ground Floor
	IndeaYoga: Vinyasa Body-Breath-Mind Coordination	Bharat Shetty	Yoga Hall Middle Floor
	Marma Chikitsa: Yoga Therapy	C M Bhandari & Charat Singh	Yoga Hall Top Floor
	Atma Yoga	Saul David Raye	Tent
	Jivamukti Yoga	Sharon Gannon	Yoga Ghat
	Ayusha Yoga: Yoga Therapy for Holistic Health	Parmanand Aggarwal & Shilpa Joshi	Satsang Hall
11:00 -12:30	Somatics Yoga Flow: Reawaken your True Self - dynamic series of mindful movement	Siddartha Brian Ingle	Yoga Hall Ground Floor
	Hips Blooming Flow, a focus on hip opening freeing spaces for stillness	Francesca Cassia	Yoga Hall Middle Floor
	YuvaYoga	Yuva Dayalan & Krishan	Yoga Hall Top Floor
	Heart Opening Set to Release Fear and Build Trust	Gloria Latham	Tent
	Self Expression: Throat center, seat of expression & creativity – moving blocks	Kia Miller	Yoga Ghat
12:30 – 13:30	Lunch		Garden
14:00– 15:15	Kundalini Core concepts: Attributes of awakened consciousness, Kundalini Shakti	Sukhmandir	Yoga Hall Ground Floor
	Yoga Nidra: Shivohum	Sadhvi Abha Saraswati	Yoga Hall Middle Floor
	Reiki	Maa Gyaan Suveera	Yoga Hall Top Floor
	Yoga and Stress Management, Talk and Discussion	Radhika Nagrath	Tent
	Buddhist Meditation	Ven Bhikku Sanghasena	Yoga Ghat
15:30– 17:00	Enlightening, Inspiring Satsang	Sri Mooji	Yoga Ghat
17:00 – 17:30	Tea & Snacks		Garden
18:00 – 19:00	Ganga Aarti		Aarti Ghat
19:00 – 20:00	Dinner		Garden
20:00 – 21:30	Cultural Programme with Parmarth Rishikumars		Tent

Fifth of March, 2016

TIME	CLASS	PRESENTER	LOCATION
04:00 – 06:15	Morning Sadhana: Love & Service, pranayamas and use of sound (Naad)	Sukhmandir	Yoga Hall Top Floor
06:30 - 07:30	Lila Surya Namaskar Sequence	Erica Kauffman	Yoga Hall Ground Floor
	Kundalini Morning Namaskaram Flow: Detox and Balance	Bhavini Kalan	Yoga Hall Middle Floor
	Turning to the Frequency of the Divine	Tommy Rosen	Yoga Hall Top Floor
	Bandhas & Locks: focus on Yoga Posture & Movement	Akira Watamoto	Tent
06:45 – 07:30	Sunrise Nada Yoga: Music Meditation on the Ganga	Anandra George	Aarti Ghat
07:30 – 08:15	Light Breakfast		Garden
08:30 – 10:30	Devi Sadhana: Deepen your practice with Devi Mahatamya (compassion & wisdom)	Laura Plumb	Yoga Hall Ground Floor
	Iyengar Yoga: Hold & Liberate (Twists)	H S Arun	Yoga Hall Middle Floor
	IndeaYoga: Balancing Mind and Breath through Asana	Bharat Shetty	Yoga Hall Top Floor
	Earth Prayer: Tantric / shamanic teachings, dynamic yoga, breath work, meditation and chanting	Saul David Raye	Tent
	Kundalini Yoga: Caliber of Life – Understanding your Goodness	Gurmukh Kaur Khalsa	Yoga Ghat
	Ayusha Yoga: Yoga therapy for musco-skeletal health, focus on mind body harmony (Yoga Sutras)	Parmanand Aggarwal & Shilpa Joshi	Satstang Hall
11:00 – 12:30	Enlightening, Inspiring Satsang : The Yoga of Love Buddhist Meditation	Sadhvi Bhagawati Saraswati Ven Bhikku Sanghasena	Yoga Ghat
12:30 – 13:30	Lunch		Garden
14:00– 15:15	Yoga and Ayurveda	Vaidya Balendu Prakash & Shikha	Yoga Hall Ground Floor
	Ancient wisdom & Kundalini Yoga for Beauty, Glow & Radiance	Bijay Anand	Yoga Hall Middle Floor
	Tantric Sanskrit Chanting	Anandra George	Yoga Hall Top Floor
	Meditation to increase the Psyche	Gurushabd Khalsa	Tent
	The Yoga of Love	Radhanath Swamiji	Yoga Ghat
	Lecture on Holistic Health and Yoga	Dr. Ashish Gilhotra	Satsang Hall
15:30 – 17:00	Ganga Flow Meditation	Sadhvi Bhagawati Saraswati	Yoga Hall Ground Floor
	Yoga Therapy: A focus on Backbends	Mohan Bhandari and Dr. Sunil Joshi	Yoga Hall Middle Floor
	Marma Chikitsa: Yoga Therapy	C M Bhandari and Dr. Sunil Joshi	Yoga Hall Top Floor
	Uncovering the Mystery of the Psoas: find your centre by awakening this muscle	Francesca Cassia	Tent
	Moving Beyond Fear: Living a Life of Purpose	Anand Mehrotra	Yoga Ghat
17:00 – 17:30	Tea & Snacks		Garden
18:00 – 19:00	Ganga Aarti		Aarti Ghat
19:00 – 20:00	Dinner		Garden
20:00 – 21:00	Yogi Campfire Evening (surrendering and letting go) with Music and Sufi Dancing		Yoga Hall Gardens

Sixth of March, 2016

TIME	CLASS	PRESENTER	LOCATION
04:00 – 06:15	Kundalini Sadhana	Gurushabd Khalsa	Yoga Hall Top Floor
06:30 - 07:30	Power Pranayama & Warm-Up	Yogiraj Vishwapal Jayant	Yoga Hall Ground Floor
	Healing the Swadistana – Authenticity & Relationships	Anand Mehrotra	Yoga Hall Middle Floor
	IndeaYoga: Foundation for Body-Breath-Mind Coordination	Bharat Shetty	Yoga Hall Top Floor
	Shintosh Yoga	Hikaru Hashimoto	Tent
06:45 – 07:30	Sunrise Nada Yoga: Music Meditation on the Ganga	Anandra George	Aarti Ghat
07:30 – 08:15	Light Breakfast		Garden
08:30 – 10:30	Odaka Yoga	Roberto Milletti	Yoga Hall Ground Floor
	Iyengar Yoga: Stretch the Limit	H S Arun	Yoga Hall Middle Floor
	Recovery 2.0: Move beyond Addiction through Yoga & Meditation	Tommy Rosen	Yoga Hall Top Floor
	Atma Yoga	Saul David Raye	Tent
	Kundalini Yoga: Awaken to your Infinite Sensitivity	Gurmukh Kaur Khalsa	Yoga Ghat
	Ayusha Yoga: Yoga therapy for metabolic and endocrine health, a focus on emotions (Yoga Sutras)	Parmanand Aggarwal & Shilpa Joshi	Satsang Hall
11:00 – 12:30	Enlightening, Inspiring Satsang	Radhanath Swamiji and Swami Shantatmanandaji	Yoga Ghat
12:30 – 13:30	Lunch		Garden
14:00 – 17:00	One Source Waking Up Puja Swamiji, Bruce Lipton, Prince EA, Bharat Mitra, Sadhvi Bhagawati Saraswati, and others		Yoga Ghat
17:00 – 17:30	Tea & Snacks		Garden
18:00 – 19:00	Ganga Aarti		Aarti Ghat
19:00 – 20:00	Dinner		Garden
20:00 – 21:30	Music with Gil Ron Shama and Spoken Word with Prince EA		Yoga Ghat

Seventh of March, 2016

TIME	CLASS	PRESENTER	LOCATION
04:00 – 06:15	Kundalini Sadhana	Gurushabd Khalsa	Yoga Hall Top Floor
06:30 – 07:30	Power Pranayama	Yogiraj Vishwapal Jayant	Yoga Hall Ground Floor
	Lila Yoga Surya Namaskars	Erica Kaufmann	Yoga Hall Middle Floor
	Shintosh Yoga	Hikaru Hashimoto	Yoga Hall Top Floor
	Vinyasa Strength	Krishnamurthy Mohan Raj	Tent
06:45 – 07:30	Sunrise Nada Yoga: Music Meditation on the Ganga	Anandra George	Aarti Ghat
07:30 – 08:15	Light Breakfast		Garden
08:30 – 10:30	YogiYoga: Traditional Hatha Asana series	Mohan Bhandari	Yoga Hall Ground Floor
	Iyengar Yoga: Inversions to Balance Passion, Emotions & the Ego	H S Arun	Yoga Hall Middle Floor
	Marma Chikitsa	CM Bhandari and Charat Singh	Yoga Hall Top Floor
	YuvaYoga	Yuva Dayalan & Krishnan	Tent
	Divine Alignment – Accessing Wisdom & Truth: Strengthen mind-body awareness	Kia Miller	Yoga Ghat
	Ayush Yoga: Yoga therapy for Respiratory Disorders, focus on Pranayama (Yoga Sutras)	Parmanand Aggarwal & Shilpa Joshi	Satsang Hall
11:00 – 12:30	Yoga of the Heart: Pranayama, Asana & Meditation	Chandanni Miglino	Yoga Hall Ground Floor
	Lila Flow Series: Mindful Interplay with Prana	Erica Kaufmann	Yoga Hall Middle Floor
	Traditional Hatha Yoga Series	Indu Sharma	Yoga Hall Top Floor
	Jivamukti yoga	Jules Febre	Tent
	Yogic Management of Diseases	Padmashri Bharat Bhushan	Satsang Hall
	Accessing the Keys to the Kingdom within	Tommy Rosen	Yoga Ghat
12:30 – 13:30	Lunch		Garden
14:00 – 15:15	Sai Karuna Mission: Spiritual Science - Aura & Yoga research	Dr Uday Shah	Yoga Hall Ground Floor
	Yoga and Ayurveda: Effective treatments for Migraine	Vaidya Balendu Prakash & Shikha	Yoga Hall Middle Floor
	Reiki	Ma Gyaan Suveera	Yoga Hall Top Floor
	Sufi Meditation	Mert Guler	Tent
	Bliss of Hearts: Sacred Healing Music	Sangeeta Levin	Yoga Ghat
Environmental Yoga	Swami Paramadvaitiji	Satsang Hall	
16:00 – 18:00	Concluding Ceremony & Ganga Aarti		Aarti Ghat
18:30 – 19:30	Dinner		Garden
20:00 – 22:00	Shivratri puja and chanting followed by Celebration with Drums and Dance Sivamani & Musicians (Prince EA, Gil Ron Shama and others)		Aarti Ghat 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*



PARMARTH NIKETAN

P.O. SWARGASHRAM, RISHIKESH (HIMALAYAS) UTTARAKHAND, 249304

PHONE: +91 (135) 244-0070, +91 (135) 244-0440, +91 (135) 243-4301

WWW.INTERNATIONALYOGAFESTIVAL.COM

WWW.PARMARTH.ORG

WWW.FACEBOOK.COM/INTERNATIONALYOGAFESTIVAL

WWW.FACEBOOK.COM/PARMARTHNIKETAN

WWW.TWITTER.COM/INTLYOGAFEST

WWW.TWITTER.COM/PARMARTHNIKETAN

WWW.YOUTUBE.COM/PARMARTHNIKETAN

INFO@INTERNATIONALYOGAFESTIVAL.COM

INFO@PARMARTH.COM



UTTARAKHAND TOURISM DEVELOPMENT BOARD.

+91-0135-2559898 - WWW.UTTARAKHANDTOURISM.GOV.IN



With the Media Partnership of



International Yoga Festival thanks all of its partners
(see www.InternationalYogaFestival.com/partners)