



INTERNATIONAL YOGA FESTIVAL

2018 Schedule of Events

..... in the Birthplace of Yoga

PARMARTH NIKETAN ASHRAM
RISHIKESH (HIMALAYAS), INDIA



MARCH 1ST

*"Do not wait for miracles. You are the miracle!
Never forget the miracle of yourself!"*

- HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
4:00 - 6:15 am	Kundalini Sadhana	Gurushabd Singh	Yoga Hall Top Floor
6:30 - 7:30 am	Vinyasa Yoga: The Edge in Asana Practice	Akira Watamoto	Yoga Hall Ground Floor
	Power Yoga & Pranayama	Yogiraj Vishwapal Jayant	Yoga Hall Middle Floor
	Vinyasa Strength	Krishnamurthy Mohan Raj	Yoga Hall Top Floor
	Kundalini Yoga: Your Core and Your Core Desires	Gloria Latham	Tent
6:45 - 7:30 am	Sunrise - Nāda Yoga	Anandra George	Aarti Ghat
7:30 - 8:15	<i>Light Breakfast</i>		<i>Garden</i>
8:30 - 10:30	Kundalini Yoga: Life is a Flow...Why Worry?	Gurmukh Kaur	Yoga Ghat
	Lotus Flow Vinyasa: Free yourSELF!	Deborah Langely	Yoga Hall Ground Floor
	Iyengar Yoga: Twists to Untwist the Mind	H.S. Arun	Yoga Hall Middle Floor
	<i>To Be Announced</i>	<i>To Be Announced</i>	Yoga Hall Top Floor
	Rumi, Love, Meditation	Mert Güler	Tent
9:00 - 10:30	Sanskrit Mantra Workshop: Mahā Mrtyuñjaya	Joanna Faso	Sacred Sound Stage
11:00 - 12:30	<i>Spiritual Lecture Series:</i> Dr. Bruce Lipton - <i>How Our Thoughts Influence Our Cells</i> Pujya Sri Shankaracharyaji - <i>The Indian Spiritual & Philosophical Basis for Practice</i>		Yoga Ghat
12:30 - 13:45	<i>Lunch</i>		<i>Garden</i>



TIME	CLASS	PRESENTER	LOCATION
14:00 - 15:00	Role of Yoga To Make A Prosperous And Healthy World	Dr. Ishwar Basavaraddi	Yoga Ghat
	Intro to Ashtanga Yoga	Mariela Cruz Alvarez, Ambassador of Costa Rica	Yoga Hall Ground Floor
	Bhakti Yoga: Soul Songs	Daphne Tse	Yoga Hall Middle Floor
	Cosmic Intelligence plus (Ci plus) Meditation Technique (Beginner Level)	Maa Gyaan Suveera	Yoga Hall Top Floor
	Maharishi Meditation to Free the Heart: Learn to meditate like the Beatles	Laura Plumb	Tent
	Krsna's Flute: Rāga Sound Healing Experience	Tilak Vishvas	Sacred Sound Stage
15:15 - 16:45	Kundalini Yoga: The Bliss of the Eternal Now	Tommy Rosen	Yoga Ghat
	Kundalini Yoga - Cultivate Exquisite Balance	Kia Miller	Yoga Hall Ground Floor
	Yin Yoga	Yujia	Yoga Hall Middle Floor
	Lila Yoga: In Consideration of Joy Within Everyday Life	Erica Kaufman	Yoga Hall Top Floor
	Yogi Yoga for Back Pain	Mohan Bhandari	Tent
	Ground Down and Build Up: A Beginner's Intro to Meditation and Asana	Katie B. Happy	Yoga Hall 4
	Vocal Bliss: Finding Your Soul Voice	Cheryl Friedman	Sacred Sound Stage
16:45 - 17:15	<i>Tea & Snacks</i>		<i>Garden</i>
17:30 - 18:00	Special Holi Celebration with Eco-Friendly Colors with Music and Dancing on Ganga		Yoga Ghat
18:00 - 19:15	Ganga Aarti followed by burning of Holika Effigy		Aarti Ghat
19:15 - 20:00	<i>Dinner</i>		<i>Garden</i>
20:15 - 21:30	Special Concert of Ecstatic Rhythm & Soul with world famous percussionist A. Sivamani & renowned violinist and composer Balabhaskar		Yoga Ghat

MARCH 2ND

"Service to others is the true message, the true teaching, the true wisdom of spirituality."

- HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
4:00 - 6:15 am	Morning Sadhana	Sukhmandir Singh	Yoga Hall Top Floor
6:30 - 7:30 am	Bhakti Yoga: Yoga of Sound - Soul Songs and the Art of Freeing Your Voice	Daphne Tse	Aarti Ghat
	Traditional Hatha Yoga with Sun Salutations	Sadhvi Abha Saraswati	Yoga Hall Ground Floor
	Pranayama	H.S. Arun	Yoga Hall Middle Floor
	Sufi Meditation	Mert Güler	Yoga Hall Top Floor
	Forrest Yoga: Romance Your Spirit	Ana Forrest & Jose Calarco	Tent
6:45 - 7:30 am	Dhrupad Morning Rāga Concert	Astha & Pradeep Chopra	Sacred Sound Stage
7:30 - 8:15 am	<i>Light Breakfast</i>		<i>Garden</i>
8:30 - 10:30	Jivamukti Yoga	Jules Febre	Yoga Hall Ground Floor
	Iyengar Yoga: Standing Poses to Stabilize Body and Mind	H.S. Arun	Yoga Hall Middle Floor
	Kundalini Yoga - Beacon of Light	Kia Miller	Yoga Hall Top Floor
	Sattva Yoga: Uniting Shiva and Shakti Within	Anand Mehrotra	Tent
	Slow Flow Mantra Vinyasa: Authentic Movement and Mantra from the Heart	Akira Watamoto & Anandra George	Yoga Hall 4
9:00 - 10:30	Sanskrit Mantra Workshop: Savitrī Gāyatrī	Cheryl Friedman	Sacred Sound Stage
11:00 - 12:30	Special Eco-Friendly "Green" Ecstatic Holi Celebration w/dancing to drums by World Famous percussionist A. Sivamani		Garden
12:30 - 13:30	Lunch		Garden

TIME	CLASS	PRESENTER	LOCATION
14:00 - 15:15	Screening: PGS - Intuition is Your Personal Guidance System	Bill Bennett	Yoga Hall Ground Floor
	Can Karma Reveal Your Dharma?	Laura Plumb	Yoga Hall Middle Floor
	Aura Awareness and Healing	Maa Gyaan Suveera	Yoga Hall Top Floor
	Yoga Nidra: Yogic Meditative Sleep	Sadhvi Abha Saraswati	Tent
	Inner Yoga Therapy Through Chakra Alignment	Satya Kalra	Yoga Hall 4
	Gong Healing Experience	Sanj Hall	Sacred Sound Stage
15:30 - 17:00	Rumi, Love, Meditation	Mert Güler	Yoga Ghat
	Intro to Lila Yoga (Beginner Level)	Erica Kaufman	Yoga Hall Ground Floor
	Yuva Yoga: Healthy Spine for Inversion	Yuva Dayalan	Yoga Hall Middle Floor
	Odaka Yoga: Happy Hips Flow	Francesca Cassia	Yoga Hall Top Floor
	Forrest Yoga: Therapeutic Benefits of Backbends	Ana Forrest & Jose Calarco	Tent
	Applied Bio-Acoustic Medicine: Tuning Forks, Mudra and Marma	Katie Fisher	Sacred Sound Stage
17:00 - 17:30	<i>Tea & Snacks</i>		<i>Garden</i>
18:00 - 19:00	Ganga Aarti (Lighting Ceremony)		Aarti Ghat
19:00 - 20:00	<i>Dinner</i>		<i>Garden</i>
20:00 - 21:00	Sacred music and Chanting with Daphne Tse and Setsuo Miyashita, Gumi, Keigo Tanaka, Ryohei Kishimoto, and Momoko Nagano		Yoga Ghat



MARCH 3RD

*“We must not only light the oil lamp in our temples,
but also light the lamp in our own hearts”.*

- HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
4:00 - 6:15 am	Kundalini Sadhana	Gurushabd Singh	Yoga Hall Top Floor
6:30 - 7:30 am	Traditional Hatha Yoga with Sun Salutations	Sadhvi Abha Saraswati	Yoga Hall Ground Floor
	Iyengar Yoga: Forward Class... Which Leads to Pratyahara and Dhyana	H.S. Arun	Yoga Hall Middle Floor
	Ashtanga Yoga	Mariela Cruz Alvarez	Yoga Hall Top Floor
	Vinyasa Yoga: Morning Hatha Practice	Krishnamurthy Mohan Raj	Tent
	T'ai Chi Foundation Course (Beginner Level)	Sandeep Desai	Yoga Hall 4
6:45 - 7:30 am	Sunrise - Nāda Yoga	Anandra George	Aarti Ghat
7:30 - 8:15	<i>Light Breakfast</i>		<i>Garden</i>
8:15 - 10:15	A Union of Yoga <i>Each presenter will lead in their style of yoga for 30 minutes.</i>	Gurmukh Kaur, Kia Miller, Ana Forrest & Jose Calarco, and Anand Mehrotra	Yoga Ghat
10:30 - 12:30	Official Inauguration with Vice President Shri M. Venkaiah Naidu. <i>Please be in your seat by 10:30am for security reasons.</i>		Yoga Ghat
12:30 - 13:30	<i>Lunch</i>		<i>Garden</i>
14:00 - 15:15	Daoist Yoga	Yujia	Yoga Ghat
	The Yoga of Eating -- Health and Balance in Your Body and Mind	Rujuta Diwakar	Yoga Hall Ground Floor
	Guided Chakra Balancing and Self-Healing Session	Maa Gyaan Suveera	Yoga Hall Middle Floor
	Kirtan and Bhakti Workshop	Kirtanias	Yoga Hall Top Floor
	Yoga Nidra: Yogic Meditative Sleep	Sadhvi Abha Saraswati	Tent



TIME	CLASS	PRESENTER	LOCATION
14:00 - 15:15 (continued)	Becoming Your Own Master: The FUNDamentals	Dr. Andrea Paige	Yoga Hall 4
	Yin Yoga with Healing Crystal Bowl	Joanna Faso	Sacred Sound Stage
15:30 - 17:00	The Secret of Vinyasa (Beginner Level)	Akira Watamoto	Yoga Ghat
	Yoga for Beginners in the Classic Style of Krishnamacharya	Laura Plumb	Yoga Hall Ground Floor
	Intermediate Yogi Yoga	Mohan Bhandari	Yoga Hall Middle Floor
	Jivamukti Yoga	Jules Febre	Yoga Hall Top Floor
	Kundalini Yoga - Recovery 2.0: Yoga and Meditation to Move Beyond Addiction and Thrive	Tommy Rosen	Tent
	Somatic Yoga Clinic: Heal Your Injuries	Brian Siddhartha Ingle	Yoga Hall 4
	Tantric Sanskrit: Set Your Chanting on Fire!	Anandra George	Sacred Sound Stage
17:00 - 17:30	<i>Tea & Snacks</i>		<i>Garden</i>
18:00 - 19:00	Ganga Aarti with Special Blessings from H.H. The Dalai Lama		Aarti Ghat
19:00 - 20:00	<i>Dinner</i>		<i>Garden</i>
20:00 - 21:00	“Gandhi” Play by João Signorelli of Brazil Sufi Meditation and Whirling Dancing with Mert Güler		Yoga Ghat

MARCH 4TH

*“Accept whatever comes as Prasad from God.
Whatever He gives us - a hut or a castle - is His divine gift.”*
- HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
4:00 - 5:45 am	Morning Sadhana	Gurushabd Singh	Yoga Hall Top Floor
5:45 - 6:45 am	Original Chen Style T'ai Chi	Sandeep Desai	Yoga Ghat
	Kundalini Yoga - Surya Namaskar	Kia Miller	Yoga Hall Ground Floor
	Kundalini Yoga: Heal Your Heart	Gloria Latham	Yoga Hall Middle Floor
	Vinyasa Yoga: Morning Hatha Practice	Krishnamurthy Mohan Raj	Yoga Hall Top Floor
	Shinto Yoga	Hikaru Hashimoto	Tent
	Somatic Yoga Flow	Brian Siddharth Ingle	Yoga Hall 4
6:15 - 7:00 am	Nāda Yoga: Divine Santoor Concert	Setsuo Miyashita	Sacred Sound Stage
7:00 - 9:00 am	Special Morning Meditation on the banks of Mother Ganga, with Pujya Swamiji, Sadhvi Abha Saraswati, Gurmukh Kaur and Sadhvi Bhagawati Saraswati.		Yoga Ghat
9:00 - 10:00	<i>Light Breakfast</i>		<i>Garden</i>
10:30 - 11:45	<i>Spiritual Lecture Series:</i> Srila B.A. Paramadvaitiji -- Never Ending Love Dr. Bruce Lipton -- Yoga & Your Cells		Yoga Ghat
12:00 - 13:30	Kundalini Yoga: Awaken to Your Infinite Sensitivity	Gurmukh Kaur	Yoga Ghat
	Shiva Shakti Power: A Classical Kundalini Class	Yogrishi Vishvketu	Yoga Hall Ground Floor
	Zen Yoga, Mindfulness	Hikaru Hashimoto	Yoga Hall Middle Floor
	Transormation of Self Through Service: The Power of Devotion	Yoshi Aono	Yoga Hall Top Floor
	Jivamukti Yoga Beginner Class Exploring Basic Asanas, Breathings, and Simple Chanting	Jules Febre	Tent
	Vinyasa - Sweat and Depth: Move Your Asanas to Influence Inspiration in Your World	Katie B. Happy	Yoga Hall 4
13:30 - 14:30	<i>Lunch</i>		<i>Garden</i>

TIME	CLASS	PRESENTER	LOCATION
14:30 - 15:30	Bhakti Yoga: Yoga of Dance & Soul (Beginner Level)	Daphne Tse	Yoga Ghat
	Health Unearthed: Epigenetics, the Microbiome and Your Future	Dr. Andrea Paige	Yoga Hall Ground Floor
	Inbound Yoga	Srila B.A. Paramadvaitiji	Yoga Hall Middle Floor
	Get Real: Yoga in the Age of Trumpism	Adam Bauer	Yoga Hall Top Floor
	Sing Yourself to Samadhi - Kirtan	Kirtaniyas	Tent
	Crystal Resonance: Healing Sound Bath	Katie Fisher	Sacred Sound Stage
15:45 - 17:00	Kundalini Yoga - Breath: The Path of Transformation that Leads to Liberation	Tommy Rosen	Yoga Ghat
	Sattva Yoga: Discovering True Love	Anand Mehotra	Yoga Hall Ground Floor
	Odaka Yoga: Shoulder Bliss	Roberto Milletti	Yoga Hall Middle Floor
	Yogi Yoga: Hip and Shoulder Opening	Mohan Bhandari	Yoga Hall Top Floor
	Prana Shakti: Unlocking the Sacred Healing Power of Our Breath	Saul David Raye	Tent
	Mantra Yoga for Mental Health	Joanna Faso	Sacred Sound Stage
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	Ecstatic Kirtan with Kirtaniyas		Yoga Ghat



MARCH 5TH

*“Let your selfless service be
your prayer and your meditation.”*
- HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
4:00 - 6:15 am	Kundalini Sadhana	Gurushabd Singh	Yoga Hall Top Floor
6:30 - 7:30 am	Sunrise Sun Salutations -- Health of the Body, Mind and Spirit for Today and Forever	Radhika Nagrath	Yoga Ghat
	Intermediate Yogi Yoga	Mohan Bhandari	Yoga Hall Ground Floor
	Traditional Hatha Yoga: Morning Asana Practice	Sadhvi Abha Saraswati	Yoga Hall Middle Floor
	The Five Khoshas: A Holistic Yogic Journey	Yogrishi Vishvketu	Yoga Hall Top Floor
	Odaka Yoga: Movement & Fluidity	Roberto Milletti	Tent
	MetaFlow: Swan Grace Body Opening Namaskaram Series	Bhavini Kalan	Yoga Hall 4
6:45 - 7:30 am	Japanese Traditional Mantra Live	Setsuo, Gumi, Keigo and Momoko	Sacred Sound Stage
7:30 - 8:15	<i>Light Breakfast</i>		<i>Garden</i>
8:30 - 10:30	Tantra Yoga: Fire & Nectar	Saul David Raye	Yoga Ghat
	Odaka Yoga: Uncovering the Mystery of the Psoas	Francesca Cassia	Yoga Hall Ground Floor
	Shakti: Breath of Life	Laura Plumb	Yoga Hall Middle Floor
	Indian Classical Dance Workshop	Bharat Barai & Akshay Patel of Nityavali	Yoga Hall Top Floor
	Jivamukti Yoga	Jules Febre	Tent
9:00 - 10:30	Sanskrit Mantra Workshop: Asato Mā	Joanna Faso	Sacred Sound Stage
11:00 - 12:30	<i>Spiritual Lecture Series:</i> Sri Prem Babaji -- Yoga of Love Dr. Vandana Shivaji -- Yoga of Action		Yoga Ghat
12:30 - 13:30	<i>Lunch</i>		<i>Garden</i>

TIME	CLASS	PRESENTER	LOCATION
14:00 - 15:15	Protecting Our Future: The Yoga of Action	Dr. Vandana Shiva	Yoga Ghat
	Fasting: The Fastest Way to Heal	Dr. Andrea Paige	Yoga Hall Ground Floor
	Recovery from Addiction: The Yogic Way	Tommy Rosen	Yoga Hall Middle Floor
	Balancing Your Energy Centers Using Aromatherapy	Dr. Anjana Bhagat	Yoga Hall Top Floor
	Hanuman Chalisa - The Inner Meaning	Shubhvilas Das	Tent
	Alchemic Sonic Environment	Satya Hinduja	Sacred Sound Stage
15:30 - 17:00	Special meditation at the Maharishi Mahesh Yogi Ashram ("Beatles Ashram") - Meet at Aarti Ghat at 15:30 to walk over together		Aarti 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	Cultural Union of the World: An Evening with Denis Kucherov, Bharat Barai Classical Dancers, and Performances from Around the World		Yoga Ghat



“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

MARCH 6TH

"Be happy, be peaceful. Embrace all, include all, exclude none."

- HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
4:00 - 6:15 am	Morning Sadhana	Gurushabd Singh	Yoga Hall Top Floor
6:30 - 7:30	Hridaya Shakti: The Power of the Heart	Saul David Raye	Yoga Ghat
	Kundalini Yoga - Luminous Heart	Kia Miller	Yoga Hall Ground Floor
	Heroic Hips and the Heart of Hanuman	Dayna Seraye	Yoga Hall Middle Floor
	Vinyasa - Align Up with Your Highest Self Workshop: Clarity in Your Calling	Katie B Happy	Yoga Hall Top Floor
	Forrest Yoga: Tame the Pain	Ana Forrest & Jose Calarco	Tent
	Sukshma Yoga	Nandini Tripathi	Yoga Hall 4
6:45 - 7:30 am	Sunrise - Nāda Yoga	Anandra George	Aarti Ghat
7:30 - 8:15	<i>Light Breakfast</i>		<i>Garden</i>
8:30 - 10:30	Kundalini Yoga: Explore the Capacity of Love Within Ourselves	Gurmukh Kaur	Yoga Ghat
	Kundalini Yoga - Breaking Free of Conditioned Behavior and Old Patterns	Tommy Rosen	Yoga Hall Ground Floor
	Sattva Yoga: The Yoga of Fearlessness	Anand Mehrotra	Yoga Hall Middle Floor
	Somatic Yoga Flow	Brian Siddhartha Ingle	Yoga Hall Top Floor
	Pranayama and Meditation	Jules Febre	Tent
9:00 - 10:30	Sanskrit Mantra Workshop: Inner Meaning of Aum, Om Namah Śivāya	Swāmi Uttamānanda	Sacred Sound Stage
11:00 - 12:30	<u><i>Spiritual Lecture Series:</i></u> Science Meets Spirituality - The Power of Yoga to Transform Your Cells to Your Self Dr. Bruce Lipton & Sadhvi Bhagawati Saraswati		Yoga Ghat
12:30 - 13:30	<i>Lunch</i>		<i>Garden</i>
14:00-15:15	Special Lecture: The Journey	Brandon Bays	Yoga Ghat
	Introductory Chakra Meditation Using Essential Oils	Dr. Anjana Bhagat	Yoga Hall Ground Floor



TIME	CLASS	PRESENTER	LOCATION
14:00 - 15:15 (continued)	Chanting for the Soul	Daphne Tse	Yoga Hall Middle Floor
	Spiritual Dream Boarding -- Charting Your Course for a Divine Tomorrow	Swamini Adityananda Saraswati	Yoga Hall Top Floor
	Buddhist Meditation	Ven. Bhikkhu Sanghasena	Tent
	Medicine Resonance: Vibrational Frequencies for Health	Katie Fisher	Sacred Sound Stage
15:30 - 17:00	Yuva Yoga	Yuva Dayalan	Yoga Ghat
	Satsang & Ganga Flow Meditation: Let Go, Expand, and Connect in the Presence of Truth	Sadhvi Bhagawati Saraswati	Yoga Hall Ground Floor
	Safe, Accessible, and Effective Spinal Postures and Movements for Health and Longevity (Beginner Level)	Simon Borg-Olivier	Yoga Hall Middle Floor
	Lotus Flow Vinyasa: Free yourSELF!	Deborah Langley	Yoga Hall Top Floor
	Kundalini Yoga	Yogi Amandeep Singh	Tent
	The Rhythm of Life: A Musical Workshop	Tablā Maestro Pankaj Suhash	Sacred Sound Stage
17:00 - 17:30	Group Pictures & Water Blessing Ceremony		Garden
18:00 - 19:00	Ganga Aarti (Lighting Ceremony)		Aarti Ghat
19:00 - 20:00	<i>Dinner</i>		<i>Garden</i>
20:00 - 21:00	Cultural Song, Dance and Theatre Performance by Parmarth Rishikumars		Yoga Ghat

MARCH 7TH

"If we want to be torchbearers of peace, we must first become rivers of love, dousing all flames of discord in the water of our own compassion and serenity."

- HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
4:00 - 6:15 am	Kundalini Sadhana	Gurushabd Singh	Yoga Hall Top Floor
6:30 - 7:30 am	Awaken the Bliss Body	Dayna Seraye	Yoga Ghat
	Lila Yoga: Sun Salutations	Erica Kaufman	Yoga Hall Ground Floor
	Yoga for All: Intro to Sukshma Yoga	Nandini Tripathi	Yoga Hall Middle Floor
	Yuvaa Yoga: Healthy Spine for Inversion	Yuva Dayalan	Yoga Hall Top Floor
	Ashtanga Yoga Class	Sandeep Desai	Tent
	Power Yoga & Pranayama	Yogiraj Vishwapal Jayant	Yoga Hall 4
6:45 - 7:30	Nāda Yoga: Resonating Peace for All Beings	Setsuo Miyashita	Sacred Sound Stage
7:30 - 8:15	<i>Light Breakfast</i>		<i>Garden</i>
8:30 - 10:30	Kundalini Yoga - Build Vitality & Strength	Kia Miller	Yoga Ghat
	Traditional Hatha Yoga: Morning Asana Practice	Sadhvi Abha Saraswati	Yoga Hall Ground Floor
	Rumi, Love, Meditation	Mert Güler	Yoga Hall Middle Floor
	Forrest Yoga: Inversions and Arm Balances	Ana Forrest & Jose Calarco	Yoga Hall Top Floor
	The Power of OM: Sacred Sound Healing Experience	Saul David Raye	Tent
9:00 - 10:30	Sanskrit Mantra Workshop: Lokāh Samastāh Sukhino Bhavantu	Cheryl Friedman	Sacred Sound Stage
11:00 - 12:30	<i>Spiritual Lecture Series:</i> Video Message from Sri Mooji Baba Ven. Bhikkhu Sanghasena -- Buddhist Yoga Philosophy Srila B.A. Paramadvaitiji -- Environmental Inbound Yoga		Yoga Ghat
12:30 - 13:30	<i>Lunch</i>		<i>Garden</i>

TIME	CLASS	PRESENTER	LOCATION
14:00 - 15:15	Insights Through Yoga & Celebration of a Yogic Life	Hansa Jayadev Yogendra	Yoga Ghat
	Sudarshan Kriya - A Gift from the Unknown	Dr. Rohit Sabharwal	Yoga Hall Ground Floor
	Inner Yoga Therapy Through Chakra Alignment	Satya Kalra	Yoga Hall Middle Floor
	Kirtan Chanting with Adam Bauer	Adam Bauer	Yoga Hall Top Floor
	The Honeymoon Effect: The Science of Creating Heaven on Earth	Dr. Bruce Lipton	Tent
	Alchemic Sonic Environment	Satya Hinduja	Sacred Sound Stage
15:30 - 17:00	Jivamukti Yoga	Jules Febre	Yoga Ghat
	From Vision to Devotion to Liberation: Awakened Entrepreneurship in the Western Paradigm	Yoshi Aono	Yoga Hall Middle Floor
	Osho No Dimensions Active Meditation	Chandanni Miglino	Yoga Hall Top Floor
	Sattva Yoga: Awakening the Third Eye	Anand Mehrotra	Tent
	Yoga and Astrology	Smita Somane	Yoga Hall 4
	Kirtan 101: How to Lead Others in Chant	Harinam	Sacred Sound Stage
17:00 - 19:00	Concluding Ceremony & Ganga Aarti		Aarti Ghat
19:00 - 20:00	<i>Dinner</i>		<i>Garden</i>
20:00 - 21:00	Special Sufi Music Concert by World Renowned Sufi Singer Kailash Kher		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

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