

**INTERNATIONAL**

**YOGA**

**FESTIVAL  
2017**



At Parmarth Niketan Ashram  
Rishikesh (Himalayas), India





explore  
Uttarakhand

[www.uttaranchaltourism.in](http://www.uttaranchaltourism.in)

Uttarakhand offers a huge selection of ancient temples, ashrams, mountaineering, national parks, shopping, skiing, yoga and meditation, trekking, spotting tigers, white-water rafting – all rapidly unfolding as the mystical Ganges river winds its way down from the glaciers of the Himalayas to through the rolling hills and forests into sweeping plains.



सत्यमेव जयते

प्रधान मंत्री  
Prime Minister

New Delhi  
February 20, 2017

**Dear Swami Chidanand Saraswati Ji,**

Congratulations and best wishes for the International Yoga Festival at Parmarth Niketan in Rishikesh.

Yoga has the power to bring about a qualitative transformation in the personality of an individual. Yoga creates a spirit of oneness, with the self, with others and with nature. We should not look at Yoga only as a means to get over disease and ailments. Yoga guarantees wellness. Practicing Yoga is a key to health assurance.

On 21<sup>st</sup> June 2015 and 2016 the world celebrated International Day of Yoga with great enthusiasm. From Australia to Argentina and Sweden to South Africa, Yogis, deeply engrossed in practicing Yoga, welcomed the rays of the sun.

Today Yoga is becoming very popular globally. It is being taught across the world and that too by people of various countries. Clearly it has transcended race, colour and nationality.

I congratulate the Parmarth Niketan for the notable efforts to popularize Yoga. I also hope those gathered continue to spread the power of Yoga to newer frontiers in the times to come.

Regards,

(Narendra Modi)



सत्यमेव जयते  
राष्ट्रपति  
भारत गणतंत्र  
PRESIDENT  
REPUBLIC OF INDIA

## MESSAGE

1. I am happy to hear that the Annual International Yoga Festival is being held at Parmarth Niketan (Rishikesh) from 1-7<sup>th</sup> March, 2017.
2. Yoga literally means to join, to unite. It is a science of well-being, which integrates ancient wisdom to body, mind and soul. Three hundred million people around the world today practice yoga. Due to the remedies that yoga provides, men, women and children are experiencing healthier and happier lives. The practice of yoga has brought a lasting sense of peace to people across nations, across seas, and across boundaries. To me, this sense of peace resonates as a lasting symbol for the nation of India, where yoga was born, and to which, the world today comes for laudable events like the International Yoga Festival.
3. I have known Pujya Swami Chidanand Saraswatiji, President of Parmarth Niketan, for many years. His leadership and commitment to the cause of peace and interfaith harmony is commendable. I appreciate the sense of unity that his vast body of work brings.
4. I wish the Yoga Festival at Parmarth Niketan all success.

PRANAB MUKHERJEE  
PRESIDENT OF INDIA

February 25, 2017  
RASHTRAPATI BHAVAN

राजनाथ सिंह  
RAJNATH SINGH



गृह मंत्री  
भारत  
नई दिल्ली-110001  
HOME MINISTER  
INDIA  
NEW DELHI-110001

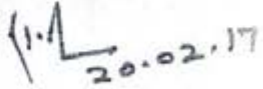
## MESSAGE

21 FEB 2017

I am pleased to know that Parmarth Niketan, (Rishikesh), in partnership with the Ministry of Ayush, Govt. of India and Tourism Development Board, Govt. of Uttarakhand, is organizing the "**International Yoga Festival**" on 1<sup>st</sup> March, 2017 at Rishikesh.

I am indeed happy that the festival attracts top yogic masters from across the world, where the traditional significance of the various forms of Yoga are discussed. I am sure through such festivals, the importance of Yoga and its relevance in our daily lives can be effectively propagated.

I convey my best wishes to the Parmarth Niketan and all others associated in organizing this grand event. I wish the function a grand success.

  
20.02.17  
(Rajnath Singh)

विदेश मंत्री  
भारत



Minister of External Affairs  
India

सुषमा स्वराज  
*Sushma Swaraj*



### **MESSAGE**

At the foothills of the timeless Himalayas, in the eternal city that inspired the ancients, I am so glad to know that the annual International Yoga Festival is taking place once again from 1-7 March, 2017.

Two and half years ago, a journey that began at the UN with the Hon'ble Prime Minister's proposal for an International Day of Yoga has now become a global movement. Since then we have seen two extraordinary annual celebrations on June 21<sup>st</sup>, which in turn have inspired other festivals across the world and in India. Yoga embodies the unity of mind and body; thought and action; harmony between man and nature and a holistic approach to health and well being. And while Yoga is valuable as a physical exercise, it is so much more than that. It enables us to access a 'new dimension' of the self. This 'new dimension' is critical for the age that we live in – overloaded by information, stressed by the pressures of daily life, and confronted by constant challenges – yoga helps us to restore our balance and furnishes us with a much needed sense of clarity. Through Yoga, we seek completeness, and above all – a oneness with the world.

There can be no better place to seek this unity than in the city of Rishikesh, in the calming surroundings of Parmarth Niketan Ashram. I understand that last year more than 1200 people from 85 countries attended, and that yogis from more than a hundred nations are expected this year. This is not a living testament to the significance of yoga, but the spiritual leadership of Pujya Swami Chidanand Saraswatiji, a moral beacon for our times.

Although I am not able to celebrate this occasion with you in person, my thoughts and wishes are with all of you as you mark one more Yoga Festival – bringing the world closer to the remarkable heritage of our ancient civilization.

**Sushma Swaraj**  
21 February 2017

डा. महेश शर्मा  
Dr. Mahesh Sharma



राज्य मंत्री (स्वतंत्र प्रभार)  
पर्यटन मंत्रालय  
संस्कृति मंत्रालय  
राज्य मंत्री नागर विमानन  
भारत सरकार

Minister of State (Independent Charge)  
Ministry of Tourism  
Ministry of Culture  
Minister of State for Civil Aviation  
Government of India  
Date: March 01, 2016

## MESSAGE

It is wonderful to know that the **International Yoga Festival** is taking place again this year at **Parmarth Niketan Ashram**. I was fortunate enough to be there last year, for the Inaugural Ceremony and to spend a glorious few hours with the participants from all across the world. I was so deeply impressed to see the zeal and commitment that the participants have.

I wish that I could be with you again this year. However, our Parliament is in session and therefore it will not be possible for me to get away. Even though I am not able to welcome and greet you personally, I am glad to welcome you all, on behalf of the Government of India, to this glorious nation, the birthplace of yoga. We are so glad that you have all found health and healing in this ancient yet timeless practice.

I am especially glad to see the way the festival is expanding every year, and to know that this year there are approximately 1000 participants from more than 70 nations having the opportunity to take part in approximately 150 different classes.

My best wishes are with the Government of Uttarakhand and **Parmarth Niketan Ashram** as well as with each of you. I hope that your time in India is full of exciting and transformative experiences and opportunities. I hope that, either before or after the **International Yoga Festival**, you will also have time to explore our Incredible India and be enriched by this majestic, colourful, vibrant and beautiful land.

(Dr. Mahesh Sharma)

Swami Chidanand Saraswati  
President  
Parmarth Niketan  
Rishikesh



श्रीपाद नाईक  
SHRIPAD NAIK



राज्य मंत्री (स्वतंत्र प्रभार)  
आयुर्वेद, योग व प्राकृतिक चिकित्सा, यूनानी, सिद्ध एवं  
होम्योपैथी (आयुष) मंत्रालय  
भारत सरकार

MINISTER OF STATE (INDEPENDENT CHARGE) FOR  
AYURVEDA, YOGA & NATUROPATHY  
UNANI, SIDDHA AND HOMOEOPATHY (AYUSH)  
GOVERNMENT OF INDIA

21<sup>st</sup> February, 2017/3401

### MESSAGE

Dear International Yoga Festival Presenters and Participants,

It is so wonderful to know of the **29<sup>th</sup> Annual, Week-long International Yoga Festival at Parmarth Niketan Ashram**, organized jointly by Ministry of AYUSH, Government of Uttarakhand, Uttarakhand Tourism Development Board, Parmarth Niketan GMVN.

As a testament to our Hon'ble Prime Minister Shri Narendra Modi Ji's deep commitment to Yoga, he has not only been pivotal in the historic declaration of the **International Yoga Day (June 21<sup>st</sup>)** but also creating an entire Ministry dedicated to the study and science of Ayurveda, Yoga, Unani, Siddha and Homoeopathy (AYUSH) of which I have the great honour of spearheading.

AYUSH, I believe is the true wealth of India, the heritage of our great land and a science that can truly bring great happiness and health to the world.

It is so good to hear that last year more than 1200 participants from 85 nations came together in celebration of Yoga and wellness and many more are expected this year.

Yoga holds the key to the health of our bodies and our minds. It preserves and protects our innate connection to our spirit. Therefore, Yoga is not only the key to individual health but the health of our families, our communities, our cities, our countries and our world.

Under H.H. Pujya Swami Chidanand Saraswatiji's leadership, you will not only do Yoga but get the unique opportunity to experience Yoga in Action, through the various service projects dedicated to the wellbeing of all.

Once again, on behalf of the Ministry of **AYUSH**, Government of India, I welcome you to India, welcome to the Himalayas, the sacred birth place of these Sciences and warm welcome to the International Yoga Festival.

  
(Shripad Naik)



**Dr. K. K. Paul**  
Governor, Uttarakhand



**RAJ BHAWAN**  
Dehradun-248 003

20 February 2017

## Message

It gives me immense pleasure to know that the 2017 edition of the annual **International Yoga Festival** is being held from March 1, 2017.

Organised by Parmarth Niketan in partnership with the Ministry of AYUSH, Government India, the Uttarakhand Tourism Development Board (UTDB), Government of Uttarakhand and Garhwal Mandal Vikas Nigam (GMVN), this famous festival draws yogacharyas, philosophers and seekers from every corner of the world .

This event is indeed a special celebration of yoga and the Indian spiritual and cultural heritage. Yoga is the great heritage of India whose scientific nature has been accepted by the entire world. It is not just for the body but an entire way of life which ensures clarity of mind, peace for the soul and a balanced existence. It provides a positive energy to people and takes them towards creativity. It is a matter of pride that the message of the richness of Indian culture and a healthy life is being propagated throughout the world by the International Yoga Festival. Rishikesh, the land where our rishis and munis meditated, has now established itself as the international Yoga capital.

The growing popularity of Yoga globally has, over the years, made Uttarakhand the most important and leading place for Yoga in the world. Last year, the festival hosted more than 1200 participants from over 85 countries. This year, Yogis from more than a hundred nations are expected to participate in the event.

I welcome to Uttarakhand all the delegates to this week-long festival of spiritual seeking and fulfillment. This gives you the opportunity to learn not only *asanas* and *pranayama* but also many other important aspects of yoga for the mind and soul including meditation, philosophy, chanting and yoga therapy.

I am confident that this international event will grow even more popular in the coming years, bringing in more and more seekers from all over the world to learn the beautiful art of life called Yoga. I wish the organizers and participants all the best for this very special annual event.

  
(Dr. K.K.Paul)



सत्यमेव जयते

**अजीत मोहन शरण**  
**AJIT M. SHARAN**



सचिव

भारत सरकार

आयुर्वेद, योग व प्राकृतिक चिकित्सा  
यूनानी, सिद्ध एवं होम्योपैथी (आयुष) मंत्रालय  
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,  
आई.एन.ए., नई दिल्ली-110023

SECRETARY

GOVERNMENT OF INDIA

MINISTRY OF AYURVEDA, YOGA & NATUROPATHY  
UNANI, SIDDHA AND HOMOEOPATHY (AYUSH)  
AYUSH BHAWAN, B-BLOCK, GPO COMPLEX,  
INA, NEW DELHI - 110023

Tel. : 011-24651950, Fax : 011-24651937

E-mail : secy-ayush@nic.in

## MESSAGE

It is so good to hear about the how the *International Yoga Festival at Parmarth Niketan Ashram*, jointly organized by Ministry of AYUSH, Government of Uttarakhand, Uttarakhand Tourism Development Board, GMVN and Parmarth Niketan, continues to grow, bringing yogis and seekers from every corner of the world to India in the name of health and wellness.

India, the land of spirituality and Ayurveda, is also the birthplace of Yoga, an invaluable gift to humanity. The practice of Yoga is believed to have commenced almost 5,000 years ago. The first reference of "Yoga" is found in the Rig Veda, the earliest of all the Vedas.

Yoga, considered as a holistic science, provides multifarious benefits to its practitioners. Practice of Yoga not only enhances the overall development and fitness of the body, but also strengthens the emotional foundations of the mind and provides fulfilment to a spiritual aspirations.

The Ministry of AYUSH, Government of India, is taking adequate steps to secure and preserve the heritage of Yoga and expand its knowledge and sanctity in its efforts to demystify Yoga to millions of seekers and practitioners around India and the globe and has also developed a systematic plan to achieve this objective through the Scheme for Voluntary Certification of Yoga Professionals, being developed by the Quality Control of India.

I personally appreciate the incredible efforts of Parmarth Niketan and its spiritual head HH Pujya Swami Chidanand Saraswatiji, under whose leadership and example the authentic practice and experience of Yoga is being shared with our world family.

Once again, on behalf of the Ministry of AYUSH, Government of India, I welcome you to India, welcome to the Himalayas, the sacred birthplace of these sciences, and warm welcome to the International Yoga Festival.

*Asharan*

(Ajit M. Sharan)

Dated the 14 February, 2017, New Delhi

S. Ramaswamy  
Chief Secretary



Govt. of Uttarakhand  
Secretariat  
4, Subhash Marg, Dehradun  
Phone (Off) 0135-2712100  
0135-2712200  
(Fax) 0135-2712500

Date:- 18 February, 2017

**:: Message ::**

I am delighted to learn that the 29<sup>th</sup> Annual International Yoga festival is being organized from 7<sup>th</sup> March, 2017 at Rishikesh by Department of Tourism in partnership with Parmarth Niketan. On behalf of the Government of Uttarakhand, I welcome all international and national delegates to this event. I am especially impressed to see that the festival is flourishing and thriving year by year, attracting people from all walks of life, bringing them together to celebrate Yoga and wellness, in the land where these ancient sciences have taken birth.

I hope you will have an uplifting and transformative experience during this week-long festival and that you will also learn how Yoga is not only a part of life but it can become all of life, practicing Yoga in every moment and every minute for a healthier and harmonious life. I also hope that you will explore and enjoy the extraordinary and natural beauty of this state.

I extend my deep regards to Pujya Swami Chidanand Saraswatiji Maharaj and my gratitude to Parmarth Niketan Ashram for hosting this internationally acclaimed event and also for inviting people to this sacred land, which is rich with spirituality and culture.

On behalf of the Government of Uttarakhand, I warmly welcome all delegates home to the Himalayas, India and hope the delegates are deeply rejuvenated and renewed by their time here. I also take this opportunity to extend my best wishes for grand success of the event.

A handwritten signature in black ink, appearing to read 'S. Ramaswamy', written over a horizontal line.

(S. Ramaswamy)  
Chief Secretary

**Shailesh Bagauli, I.A.S.**  
**Secretary /**  
**Chief Executive Officer**



**Department of Tourism**  
**Government of Uttarakhand /**  
**Uttarakhand Tourism Development Board**  
**Dehradun**

### **Message**

On behalf of the Department of Tourism, Government of Uttarakhand, Orce again we are organizing the annual International Yog Festival from 1<sup>st</sup> to 7<sup>th</sup> March, 2017 at Parmarth Niketan (Rishikesh) and Ganga Resort, Muni ki Reti, Rishikesh in association with Parmarth Niketan & Garhwal Mandal Vikas Nigam. I welcome tourists and Yog lovers from across the world to the holy land of Uttarakhand.

The International Yog Festival has grown year by year in proportion and international acclaim, attracting people from all around the world. This festival is one of the great highlights in Uttarakhand each year; and it is our pleasure to extend the ancient, timeless art of yog from this holy land to each corner of the earth.

One of our primary aims as the Department of Tourism is to share with visitors the unique sights and adventures of cur land. We hope you will also have time to explore the great bounty that this beautiful Himalayan state has to offer.

Once again, I welcome you to India and to the holy land of Uttarakhand.

  
(Shailesh Bagauli)

# Blessings from President and Spiritual Head of Parmarth Niketan H.H. Pujya Swami Chidanand Saraswatiji



**Pujya Swamiji is President of Parmarth Niketan, the largest ashram in Rishikesh and one of the largest spiritual institutions in India. He is a world renowned spiritual leader, visionary and divine guide. He is the Founder of Ganga Action Parivar, India Heritage Research Foundation (IHRF), and Divine Shakti Foundation, and Co-Founder of the Global Interfaith WASH Alliance, organizations working for education, healthcare, women's empowerment, disaster relief, environmental protection, water, sanitation and hygiene (see back cover for details). Pujya Swamiji has received innumerable awards, for example the Mahatma Gandhi Humanitarian Award and the "Surya Ratna" (Jewel of the Sun Award). His religion is Unity, and he is a frequent leader at international interfaith conferences and summits such as the UN, World Economic Forum, Parliament of World Religions, etc. He travels the world, bringing people of every religion and culture closer to the Divine.**

To learn more about Pujya Swamiji and all the divine projects being run under His leadership and vision, please visit:

[www.pujyaswamiji.org](http://www.pujyaswamiji.org)  
[facebook.com/pujyaswamiji](https://facebook.com/pujyaswamiji)  
[twitter.com/pujyaswamiji](https://twitter.com/pujyaswamiji)  
[www.youtube.com/parmarthniketan](http://www.youtube.com/parmarthniketan)

Dear Divine Souls,

I am so glad to welcome you all to the holy banks of Mother Ganga, to the lap of the sacred Himalayas, to this land which is the birthplace of yoga. As our Uttarakhand State Tourism Department's logo explains, "Uttarakhand: Simply Heaven."

It is not a coincidence that you are here in such a holy place. You are truly the chosen ones to be here, to be able to imbibe the ancient and timeless nectar of yoga. The International Yoga Festival is not only a festival where people learn yoga; rather, the festival itself is yoga – a divine union of the east and west, the north and south. On the banks of Mother Ganga, people of every country, every culture, every color and every creed are coming together as one family, connecting to the Divine within themselves and to the Divine within others. It is a time of uniting not only one's hands to one's legs, but a time of uniting oneself to the Divine, to the Divine that exists in every single one of you. Yoga is not only for health of the body; rather it also brings health, balance and stability to the mind, heart and your entire being.

Know that you have come home, here at Parmarth Niketan. This is your Himalayan home. Everything that your soul needs is here in abundance: serenity, inspiration and the divine touch. Come, sit by the banks of Mother Ganga, absorb the divine energy of saints, sages and rishis who have meditated and performed yoga here for centuries. Be touched and transformed by the divine, sacred energy of this holy place. Surrender, surrender your grudges, pains, difficulties and obstacles into the flowing waters of Mother Ganga. Let go, and let Ganga wash away the barrier between you and the peace, joy and light your life is meant to embody.

I always say, "Come to nature, be with nature, and change your nature.' Let your soul and spirit reach the height of the Himalayas in whose lap you are sitting. Let your joys, sorrows, attachments flow like the water in the Ganges. Become like the sunrise which brings light and warmth each day and a new day to all – with no discrimination, no vacation, no hesitation, and no expectation.

I extend great thanks to all our dedicated teachers who have traveled from every corner of the globe to come and offer their experience, enthusiasm and expertise to the Festival. I also offer great appreciation and gratitude for the commitment and dedication of the Uttarakhand Tourism Development Board and GMVN for their great commitment and dedication to the propagation and dissemination of the science and art of yoga.

May God bless you all with the continued awareness of the Divine within you and continued connection to the Divine Source.

With love and blessings always,

In the service of God and humanity

Swami Chidanand Saraswati

# Welcome Message by Director of International Yoga Festival Sadhvi Bhagawati Saraswatiji

Jai Gange!

It is such a great joy and blessing to welcome you all to the holy banks of the Mother Ganga river, to the lap of the Himalayas, to the birthplace of yoga, a place where for thousands of years saints, sages and rishis have performed their meditation, their yoga and attained enlightenment. It is a great honour and joy to be organizing this festival in cooperation with the Uttarakhand Tourism Development Board and GMVN.

The International Yoga Festival is a beautiful time of seeing the world come together in the name of yoga, or union. We have a union of countries, cultures, colors and creeds, a union of different lineages of yoga, a union of saints, yogacharyas and seekers.

This week as our world International Yoga Festival family gathers together we will unite with our inner selves, with the Divine and with the Divine embodied in and reflected by ourselves and each other.

During this transformative and sacred week, we will learn asana, pranayama, meditation, philosophy and so much more from world renowned yogacharyas. We will delve into hatha yoga, ashtanga yoga, raja yoga, kundalini yoga, so many other forms of yoga and also of course the triveni sangam of bhakti yoga (devotion), gyan yoga (wisdom) and karma yoga (taking yoga off the mat and into service of the world).

During the week you are here, imbibe not only the teachings but also the divine touch and transformation of this sacred place. Let the waters of Mother Ganga wash over you, and let the blessed atmosphere transform your whole being, filling you with joy, love, peace and the true union or "yoga" of body, mind and spirit.

With love and peace from the holy banks of Mother Ganga,

In His seva,

*Sadhvi Bhagawati*  
Sadhvi Bhagawati Saraswat



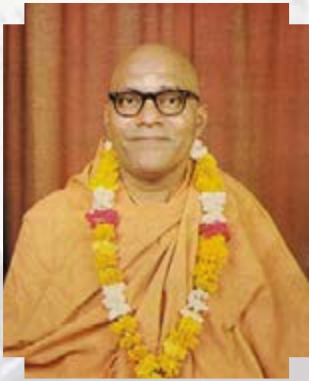
**Sadhvi Bhagawati Saraswati is the President of the Divine Shakti Foundation, a humanitarian organization which focuses on holistic programs to provide for the wellbeing of women, children and the Earth, and Secretary-General of the Global Interfaith WASH Alliance, an interfaith organization dedicated to bringing clean water, sanitation and hygiene to all (see back cover for details).**

To learn more about Sadhviji, please visit:

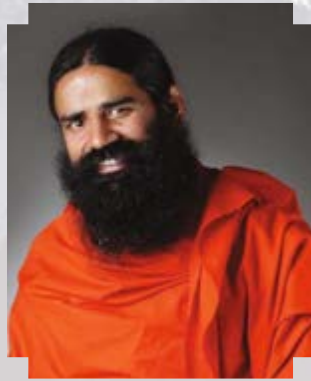
[www.Sadhviji.org](http://www.Sadhviji.org)  
[www.facebook.com/sadhvibhagawatisaraswati](https://www.facebook.com/sadhvibhagawatisaraswati)  
[www.twitter.com/sadhvibhagawati](https://www.twitter.com/sadhvibhagawati)  
[www.youtube.com/parmarthniketan](https://www.youtube.com/parmarthniketan)

# Revered Saints who will be blessing the Yoga Festival with their presence, words and blessings throughout the week.

*In addition to the revered saints who will be giving lectures and specific teachings, these revered saints will bless us with their presence - mostly in the time of Ganga Aarti -- and share their words of wisdom and inspiration.*



H.H. M.M. Swami  
Asanganandji



H.H. Swami Ramdevji



H.H. M.M. Swami  
Avdhesanand Giriji



H.H. Dr. Pranav  
Pandyajji



H.H. M.M. Kailashanand  
Brahmachariji



H.H. Acharya  
Balkrishanji



H.H. Mahant  
Ravindra Puriji



HH Drikung  
Kyabgon Chetsang



H.H. Mahant  
Rishishwaranandji



H.H. Mahant  
Hatha Yogiji



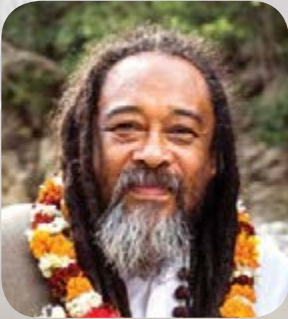
H.H. Mahant  
Durga Dasji

# Revered Saints, Yogacharyas & Teachers



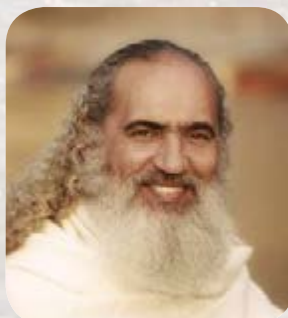
## H.H. Pujya Shankaracharya Swami Divyanand Teerthji

A Shankaracharya is a title used for the heads of matha (monasteries) in the Advaita tradition. Shankaracharya Swami Divyanand Teerthji is the 11th successor of the Bhanpura Holy Peeth. Shankaracharyaji is revered for his profound and deep commentaries on the Holy Scriptures. At the age of 27, he had a desire to understand the mysteries behind life and death. To gain awareness, he renounced home and moved from one place to another to meet saints and imbibe related knowledge. He was initiated into 'sanyas' by his holiness Harishwaranand Teerthji at Chitrakot. In 1989, Swami Divyanand Teerthji was installed as Shankaracharya of Bhanpura. After becoming the Shankaracharya, he dedicated his life to enhance the value of human lives and to spread the principles of Sanatan Dharma. Shankaracharyaji travels within India and around the world to spread his teachings and the message of universal brotherhood, love and righteousness.



## H.H. Pujya Mooji

Mooji was born in Jamaica and is a direct disciple of Sri Harilal Poonja, the renowned advaita master, or 'Papaji' as his followers call him. In 1987, a chance meeting with a Christian mystic was to be a life-changing encounter for Mooji. It brought him, through prayer, into the direct experience of the Divine within. Within a short period, he experienced a radical shift in consciousness so profound that outwardly, he seemed, to many who knew him, to be an entirely different person. As his spiritual consciousness awakened, a deep inner transformation began which unfolded in the form of many miraculous experiences and mystical insights. He felt a strong wind of change blowing through his life which brought with it a deep urge to surrender completely to divine will. Mooji lives a life of quiet simplicity and surrender to the will of God as it manifested spontaneously within him.



## H.H. Pujya Prem Babaji

Sri Prem Baba is a Brazilian spiritual leader from the Sachcha Baba lineage. He has built the Sachcha Mission Ashram in Sao Paulo and also spends some time each year at the Sachcha Dham Ashram in Rishikesh. He teaches a system which he has called the Path of the Heart, which is primarily based on jnana yoga, the path of self-discovery, bhakti yoga, the path of devotion, and karma yoga, the path of selfless service. He is the founder of the Alegria Institute for a Better World in Brazil, a non-profit organization which promotes holistic education.





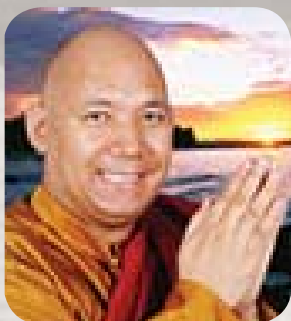
### **Dr. Bruce Lipton**

Bruce H. Lipton, Ph.D., a pioneer in the new biology, is an internationally recognized leader in bridging science and spirit. A cell biologist by training, Bruce performed groundbreaking stem cell research at Stanford University. He is the bestselling author of *The Biology of Belief: Unleashing the Power of Consciousness*, Bruce received the 2009 prestigious Goi Peace Award (Japan) in honor of his scientific contribution to world harmony and in 2012 was chosen as Peace Ambassador for the “Thousand Peace Flags” project. His latest book is “*The Honeymoon Effect*”, “*The Science of creating heaven on Earth*”.



### **Yogi Amrit Desai**

Since 1960, Gurudev Shri Amritji (Yogi Amrit Desai) has been honored worldwide for his pioneering work in bringing yoga to the west. Over the past fifty-five years, he has founded some of the largest yoga and health centers in North America, including Kripalu Yoga Center and the Amrit Yoga Institute. More than eight thousand yoga and yoga Nidra teachers in over forty-five countries have been certified to deliver the inner dimension and depth of yogic teachings that he developed. Gurudev has reached millions through his international trainings, workshops, seminars, peace missions, and publications. His recent titles *Ancient Wisdom, Modern Master* (2012), *Love and Bliss: Meditations on the Art of Living* (2014), and *The Yoga of Relationships* (2015) have earned a total of fifteen literary awards. Today, he is recognized as one of the greatest emissaries of the ancient heritage of India and has made a profound impact upon the history of modern yoga. [www.AmritYoga.org](http://www.AmritYoga.org) and [www.YogiAmritDesai.com](http://www.YogiAmritDesai.com)



### **H.H. Ven. Bhikkhu Sanghasenaji**

Venerable Bhikkhu Sanghasena was born in the remote Himalayan region of Ladakh – an ancient state located in the far north west of India, high on the Tibetan plateau. He was brought up within a religious family who followed the ancient Buddhist traditions. In 1977, Venerable Bhikkhu Sanghasenaji felt the inner spiritual calling and became a disciple of the renowned Buddhist scholar and celebrated monk, Venerable Acharya Buddharakkhita Mahathera, the abbot of the Mahabodhi Society Vihara, Bangalore, South India. In 1986 Venerable Bhikkhu Sanghasena founded the Mahabodhi International Meditation Centre (MIMC) in Ladakh and has been tirelessly working to provide high quality education and safe shelter for underprivileged children, healthcare to the sick and needy, empowerment and literacy programmes for women and other socially disadvantaged groups amongst many other humanitarian services.

# Revered Saints, Yogacharyas & Teachers



## Dr HR Nagendra

Dr HR Nagendra is the Vice-Chancellor of the Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA). Dr Nagendra has held research posts in a number of esteemed international universities and research centres, including Harvard University. From 1970 to 1971 he was a post-doctoral research associate at NASA and in 1975 he joined the Vivekananda Kendra, a service mission, to pursue “human engineering” rather than mechanical engineering. In 2002, Dr Nagendra became the first Vice-Chancellor of S-VYASA. Dr Nagendra has developed yoga research projects both in India and abroad in a range of yogic applications, including yoga therapy, and has published numerous book and research papers in the eld of yoga. Dr Nagendra has served on many expert committees and boards advising governments and other bodies, and has received numerous awards and distinctions for his contributions to yoga therapy and yogic education.



## Dr. Ishwar V. Basavaraddi

Dr. Ishwar V. Basavaraddi is the Director of Morarji Desai National Institute of Yoga (MDNIY), an autonomous organization of Ministry of AYUSH, Govt. of India, since June 2005. Earlier, he has worked as an Instructor/Lecturer/ Head of the Deptt. of Yoga Studies, Karnatak University, Dharwad, Karnataka for 16 years. He has more than 25 years of professional experience in Yoga education, therapy and research. He has imparted Yoga training and therapy to more than Seventy thousand people of diverse sections of the society.



## Dr. Vandana Shiva

Dr. Vandana Shiva is a world-renowned environmentalist and activist. In 1991 she founded Navdanya, a national movement to protect the diversity and integrity of living resources – especially native seed – and to promote organic farming and fair trade. For the last two decades, Navdanya has worked with local communities and organisations, serving more than 500,000 men and women farmers, conserving more than 3000 rice varieties from across India. Dr. bhas authored numerous books on sustainable agriculture, biopiracy, water issues, gender issues, and the social, economic and ecological effects of corporate-led globalization. Time Magazine identified Dr.Shiva as an environmental ‘hero’ in 2003, and Asia Week has called her one of the five most powerful communicators in Asia. In November 2010, Forbes Magazine identified Dr. Shiva as one of the Seven Most Powerful Women on the Globe.



## Gurmukh Kaur Khalsa

Gurmukh is the co-founder of Golden Bridge Yoga, the premier center for the study and practice of Kundalini Yoga and Meditation as taught by Yogi Bhajan. For more than four decades students in Los Angeles and around the world have sought out her classes in Kundalini Yoga, Meditation, and Prenatal and Postnatal Yoga.

Since being baptized more than 40 years ago with the spiritual name that means, “One who helps thousands across the world ocean,” Gurmukh has dedicated her

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life to fulfilling her namesake. As two of the world's leading Kundalini Yoga teachers, she and her husband Gurushabd travel worldwide, bringing this vast Technology and Teachers' Training Programs to students globally in the U.S.A., Mexico, Europe, Russia, India, and South Africa. Additionally, Gurmukh founded Seva Corp., a nonprofit organization that supports schools and orphanages in India. You can meet her at one of our Golden Bridge Yoga Studios or teaching somewhere around the world! Please visit Gurmukh on the Road to follow Gurmukh's teaching schedule: [www.goldenbridgeyoga.com](http://www.goldenbridgeyoga.com)



### **Sadhvi Abha Saraswati**

Sadhvi Abha Saraswati is an avid yoga practitioner since the age of twenty-five, when – through yoga – she cured herself of a terminal kidney ailment called nephritis. Since then she has delved more and more deeply into various forms of yoga, and has become not only a practitioner but also a teacher. Mataji took Sanyas diksha in 2003 from H.H. Pujya Swami Chidanand Saraswatiji. She resides at Parmarth Niketan, where she teaches yogasana, yoga nidra, nada yoga, yogic philosophy and Vedic chanting to students from around the world, as well as infuses the evening Ganga Aarti with the heavenly sound of her voice. She is the head of the Parmarth Yoga & Meditation Centre.



### **Sadhvi Bhagawati Saraswati**

Sadhvi Bhagawati Saraswati, PhD was raised in a traditional American family. While completing her PhD in psychology, she journeyed to India, and a deep spiritual experience transformed her life. She has been living in Rishikesh, India at Parmarth Niketan for over twenty years. She was initiated into the order of sanyas by Pujya Swami Chidanand Saraswatiji in 2000, marking her pledge to a life of service, renunciation, purity and devotion. Sadhviji is Director of the IYF, as well as President of Divine Shakti Foundation, a charitable organization that provides free education, training and empowerment to impoverished women and girls, and Secretary-General of the Global Interfaith WASH Alliance, an interfaith organization dedicated to bringing clean water, sanitation and hygiene to all. Sadhviji gives discourses and question-answer sessions, teaches meditation, and oversees a vast array of humanitarian programs being run at the ashram.



### **Padmashri Bharat Bhushan**

Padmashri Bharat Bhushanji has expounded the great Indian science of yoga internationally and is a well-known master in India. He was awarded the Padmashri award (one of the highest civilian awards given by the Indian government) for his contribution in the field of yoga. In 1973 he founded the Mokshayatan International Yogashram in Saharanpur, which offers degree courses in Yoga within a University curriculum. Bharat Bhushanji was instrumental in supporting the first International Yoga Festival and has been an esteemed panellist for many years.

# Revered Saints, Yogacharyas & Teachers



## **Srila B.A. Paramadvaiti**

His Holiness Swami B.A. Paramadvaiti Swami Ji was born in Germany in 1953. In 1972 he took the monastic order of life on the Vaishnava tradition. Immediately he was sent to South America by his Guru Srila A.C. Bhaktivedanta Swami Prabhupada, there he started the Eco Yoga Village network which has been grown up to 70 farms around the globe. At the same time he began the Inbound Yoga system which became quickly a prominent Yoga school which combines hatha-yoga, karma-yoga, gyana-yoga and bhakti-yoga. Inbound Yoga system keeps the Vedic culture alive through the emphasizing the importance of tapa, yagya and dhana. The Inbound Yoga school keeps close ties with the native groups of South America (Abya Yala) by teaching the ancient wisdom of protecting Mother Earth according to the Vedic tradition, it is also an offering to the project called United Nations of the Spirit. Inbound Yoga school has also become active in environmental activism and has been established ashrams at the banks of the Yamuna river in Vrindavan and on the banks of Ganga river in Mayapur.



## **Ira Trivedi**

Ira is a Master of Yoga who holds the highest training the Acharya training from the Sivananda Yoga Vedanta Centre. Ira has studied and taught yoga around the world, and was part of the team leading the first International Day of Yoga (June 21, 2015) at Rajpath New Delhi where two Guinness World Records were created- for the largest yoga lesson and for the most nationalities in a yoga lesson. This event was attended by the Prime Minister of India and the Chief Minister of Delhi along with many other national and international dignitaries. Ira was also part of the training videos featuring the yoga protocol that was dispatched globally to over 100 Nations. She is the founder of Namami Yoga, a charity that teaches yoga and life skills to underprivileged children.



## **H.S. Arun**

Arunji's journey into yoga started with his study of yoga at the Shareerika Siksha Kendra Bangalore where he managed to cure his asthma ailment with practice. He went on to pursue deeper studies with Dr BKS Iyengar who certified him to teach in 1978. His continuous research into all aspects of Yoga and its relation to the mental and physical well-being of man has helped him to introduce innovative methods of teaching Asanas. Arunji travels around the world delivering lectures and giving demonstrations in schools, colleges, organizations and hospitals. He is also an author and has written several books on Yoga.



### **Laura Plumb**

Laura Plumb is an Ayurvedic Practitioner, Yoga Teacher and co-founder of Deep Yoga. She has studied Ayurveda and Jyotish with world-renowned teachers in the East and West. Classes with Laura are an experience of Yoga as ritual, body as temple, breath as holy gift, and movement as divine energy and exhilaration of spirit. Laura also teaches classes in Ayurvedic cooking and has created a line of Ayurvedic Botanical Oils called Prakasha. She enjoys touching the hearts of other through her beautiful singing and kirtan.



### **Kia Miller**

Kia Miller is a devoted scholar, practitioner and teacher of Yoga who imparts her radiant spirit and joy for life in her classes, workshops and retreats throughout the world. Kia teaches at YogaWorks in Los Angeles and leads several of their 200-hour and 300-hour teacher training programs each year. Trained in both Hatha and Kundalini Yoga, Kia brings together a potent mix of asana, breath, meditation and chanting that leaves students uplifted and empowered.



### **Tommy Rosen**

Tommy Rosen is a yoga teacher and addiction recovery expert who has spent the last two decades immersed in yoga, recovery and wellness. He holds certifications in both Hatha and Kundalini Yoga and has 20 years of recovery from acute drug addiction. Tommy is one of the pioneers in the burgeoning field of Yoga and Recovery assisting others to holistically transcend addictions of all kinds. He teaches regularly at yoga conferences and festivals, including Wanderlust, Hanuman and Tadasana. He is the host of the Recovery 2.0: Beyond Addiction Online Conference and teaches annually at Esalen, Omega and Kripalu. Tommy's first book, Recovery 2.0, is due out from Hay House in 2014.



### **Gloria Latham**

Gloria Latham is one of the most influential forces of Yoga Classes and Yoga Teacher Training in Canada and globally. Her passion for yoga has led her to open four Semperviva Yoga Studios in Vancouver, BC and to create uplifting and transformative yoga retreats and yoga teacher trainings across the world. As the Director of Yoga Teacher Training at the Semperviva International College of Yoga, she and her team of the top Yoga Alliance certified teachers, offer Yoga Alliance certified teacher training in Canada, Mexico and Europe. She is a Global Ambassador for Lululemon. Gloria is adept in all yoga styles but is most passionate about Kundalini yoga because the benefits of the practice are immediate. Gloria's Kundalini yoga classes are a dynamic, powerful, fast paced and effective form of yoga that produce quick results. She combines the raw energy of dance with the traditional disciplines of yoga to create a style that is her own personal trademark.

# Revered Saints, Yogacharyas & Teachers



## **Mohan Bhandari**

Mohan is the co-founder and director of YogiYoga (China), the most famous and leading center in China. He has completed a 52 Yoga DVD with China Central Television (CCTV) and published a Chinese language book on the subject of yoga in 2004. Mohan studied with Yogacharya Sri B.K.S Iyengar, holds a Diploma in Yoga from Kaivalyadhama, Lonavla (Pune), and Yoga Therapy Diploma from Swami Vivekananda Yoga Anushandhana Samsthana, (Bangalore). He started teaching at Parmarth Niketan, and is now based in China, focusing on teacher trainings programmes, retreats, and workshops.



## **Yuva Dayalan**

Dr. Yuva Dayalan grew up in an unorthodox Hindu Family where the science of spirituality and discipline was practiced as a daily part of the lifestyle. He practiced yoga to cure himself of pneumonia when he was young and has continued to deepen his studies of the eight limbs of yoga with his guru Dr. T.A. Krishnan. Dr. Dayalan teaches various yoga workshops around Asia as well as at his own school Yuvaa School of Yoga. He is a master of several eastern practices like Kalari, Ikbudo, Harness and Taichi.



## **Chandra Mohan Bhandari**

Chandra Mohan Bhandari is a former career diplomat and Ambassador of India to Cambodia, United Arab Emirates, Poland and Lithuania. He has been a Yogi all his life, which has given him enviable insights into practical applications of Vedic Sciences. Audiences appreciate his down-to-earth ways of explaining the intricacies of Yog and Ayurved sciences from personal experiences that go beyond the physical postures and breathing, and introduce the subtle and consciousness levels. Ambassador Bhandari has been engaged in transforming his native village Mawra in Ranikhet, Almora into a Yog Ayurved destination and hosts Yog retreats there. He also runs a Yog Ayurved Center in Poland ([www.sulislaw.pl](http://www.sulislaw.pl)). He has several books to his credit, including the celebrated 3-Volume series on Yog titled "Yog Shakti".



## **Gurushabd Singh Khalsa**

Gurushabd is the co-founder of Golden Bridge Yoga with his wife Gurmukh. Together they had the unique opportunity to study Kundalini Yoga directly under Yogi Bhajan in Los Angeles and New Mexico for 25 years. Today they travel worldwide, bringing this vast Technology and Teachers' Training Programs to students globally in the U.S.A., Mexico, Europe, Russia, India, and South Africa. Gurushabd likes to teach challenging classes that encourage students to move beyond old comfort zones, and into deeper, more meditative experiences. His Gong Meditations are powerful and transformative.



## **Jules Febre**

Jules Febre is an internationally-acclaimed Advanced Certified Jivamukti Yoga Teacher, and travels the world teaching Jivamukti Yoga, Hip Hop Asana, as well as immersion programs and retreats. He leads the 300-Hour Jivamukti Yoga Teacher Training Programs in addition to mentoring in the 800-Hour Jivamukti Apprenticeship Program. Jules is recognized for his unique self-expression and a progressive teaching style that is filled with fun, humor and inspiration. Jules teaches a rigorous class with creative sequencing permeated by yoga philosophy that inspires, uplifts and serves all those he meets.



## **Bharath Shetty**

Bharath Shetty was drawn to Yoga after it helped him recover from chronic asthma. In order to spread the benefits of Yoga amongst people, he decided to become a professional teacher. In this pursuit he has studied extensively and trained under B.K.S Iyengar, the Indian Yoga Institute, Vivekananda Kendra, Bangalore and was also awarded the title of Yoga Acharya by the Sivananda Yoga Vedanta Center. Bharath has also won the Himalaya Yoga Olympiad (Indian National Yoga championship) twice, once in 1998 and then again in 2001. Bharath currently runs his own Yoga school "IndeaYoga" in Mysore, where he has trained over 500 yoga teachers from around the world.



## **Roberto Milletti**

Roberto Milletti is the Founder of Odaka Yoga. Roberto has been featured in "Om Yoga Magazine UK" as one of the three world leaders in new, contemporary forms of yoga. Roberto teaches at studios and yoga festivals worldwide. He is a Master of how to embrace flow and move Ki (the inner power) to open students up to endless possibilities, living by the mantra "We are not here to do yoga, we are here to become yoga".



## **Francesca Cassia**

Francesca Cassia is Co-Founder of Odaka. Francesca is an acclaimed International Yoga teacher. Her life has been dedicated to the empowering and transformative process of placing the body and mind in a dynamic interplay to reach the perfect alignment. Students call her the "Queen of Psoas". She has been teaching yoga and running teacher trainings for over 20 years.

# Revered Saints, Yogacharyas & Teachers



## **Smt. Hansaji Jayadeva Yogendra**

Born in 1947, Smt Hansaji was a frequent visitor to The Yoga Institute even while she was studying for B.Sc. and later, for a degree in Law. When she married Dr. Jayadeva Yogendra, it was a turning point in Hansaji's life. With her innate charm and capacity, she brought about dramatic changes in the Institute. The ladies' wing was expanded and she enthused a dynamism and radiance to all the activities. She took over as the Director at The Yoga Institute in the year 1997.

She brings a special energy wherever she goes and is a popular orator throughout the country. She has authored several Yoga books in English and Gujarati. The television serial, 'Yoga for Better Living' has been aired three times on the National network and is very well appreciated. She, together with her illustrious husband has travelled widely and shares her knowledge with all selflessly and with grace. At present, she is the President of International Board of Yoga.



## **Brian Siddharth Ingle**

Brian Siddharth is a licensed Doctor of Osteopathic Medicine, a Naturopath and a biodynamic cranial osteopath. He is a certified Hanna and Equine Somatic Educator and a Somatic Yoga teacher. He is a graduate of the British College of Osteopathic Medicine and of the Novato Institute for Somatic Research and Training, and is a past member of the teaching team at the Novato Institute for Somatic Research and Training and a licensed osteopathic physician in Australia. He is the founder and director of the Ingle Institute for Somatic Movement Education. Brian teaches all over the world, offering workshops and professional trainings in Clinical Somatics.



## **Yogiraj Vishwapal Jayant**

Brahmachari Vishwapal Jayant (Yogiraj) is a famous pranayama and power yoga expert and also an ayurvedic expert from Haridwar. Brahmachariji is head of the Kanav Ashram in Kotdwar where he gives yoga and pranayama camps as well as ayurvedic treatments.



## **Anand Mehrotra**

Anand Mehrotra was born and raised in Rishikesh, India – the birthplace of yoga. Combining the ancient wisdom of his upbringing with a lighthearted rebelliousness, Anand's unique brilliance appeals to modern audiences in both the East and West. He is the founder of Sattva Yoga – a holistic practice that combines asana, pranayama, meditation, kriya, and wisdom. Sattva Yoga inspires students to experience freedom, radical aliveness, and their most authentic Selves on every level. Anand currently teaches around the world: giving wisdom talks, offering satsangs and meditations, leading Sattva Yoga journeys, and guiding students through immersions, retreats, and trainings. He is featured in the award-winning documentary "The Highest Pass", and the top-selling Daily Om online course "Himalayan Wisdom for Life Beyond Fear".





### **Maa Gyaan Suveera**

Maa Gyaan Suveera is the founder of the CiPlus ( Cosmic Intelligence + ) Meditation technique. She is a Healer at heart, a gifted yogini, astrologer, Tarot Reader and a specialist of Life Force Energy. With more than three and a half decades of experience, Maa Gyaan conducts well-known course on healing, wellness, and meditation to people from around the world at her Kirti Hermitage in Rishikesh workshops throughout India and abroad, as well as workshops on CiPlus Meditation, Reiki, Crystal healing, Tarot reading, Aura reading and a host of India, Western and Zen practices. She has been teaching at the International Yoga Festival since 2001.



### **Erica Kaufman**

Erica is a devoted practitioner of yoga since the age of nine. In the lineage of Krishnamacharya, her mother is her life-long yogacharya. Teaching since 1984, Erica holds the highest level of Registry with Yoga Alliance. Her Lila Yoga classes and expertise are awarded by Yoga Journal's signature Karma Credit and featured in numerous publications including The Times of India, DNA India Bangalore Newspaper, Centered Magazine, and Center Daily Times, along with European and American TV for her work with Lila Yoga, Reconciliation, Contact Improvisation, Movement Improvisation and Mindfulness. Erica is on faculty at Shambhala Mountain Center in Colorado, USA and at Penn State University.



### **Yogrishi Vishvketu**

A teacher of teachers, Yogrishi Vishvketu facilitates trainings and workshops internationally incorporating diverse aspects of Yoga practice into his classes: asana, pranayama, meditation, cleansing kriyas, Ayurveda and Vedic chanting. He calls this holistic style of teaching Akhanda Yoga. A learned teacher and yogi, Vishva-ji has studied and practiced Yoga and the Vedic healing arts in the Himalayas since childhood. He also holds an M.A. and Ph.D. in Yoga Philosophy from the holy city of Haridwar. He is founder of the Anand Prakash Yoga Ashram Trust in Rishikesh, India where he offers his teachings and trainings. With his fun-loving nature, Vishva-ji inspires students and teachers from around the world to live the yogic life with joy and dedication. He teaches from the heart and leads students to connect more deeply to themselves: "You are blissful, joyful, playful and fearless."



### **Parmanand Aggarwal**

Parmanand Aggarwal started his career in Yoga from Vishwayatan Yogashram, Katra (J&K) in 1976 under the renowned Swami Dharendra Brahmachari. Former Secretary and Officer-In-Charge, with an experience of over 33 years, with Kaivalyadhama, Mumbai. Shri Aggarwal is a highly knowledgeable and experienced teacher of yoga in all its facets. He has been teaching yoga and has conducted several workshops and camps in India and abroad focusing on health and healing through yoga. He has also authored many books on topics like: – Pranayama Sdahana Shiber. Back Care through Yoga. Asthama, Diabetes. Notes on Shatkriyas, Asanas, Pranayama & Others.

# Revered Saints, Yogacharyas & Teachers



## **Shilpa Joshi**

Post passing out with first rank in the diploma course in 1989 at Kaivalyadham [Mumbai], Shilpa Joshi has been actively engaged in teaching as an instructor and lecturer in Traditional Yogic Texts for more than 15 years. She has translated from Marathi to English spiritual texts like “Dasbodh” by Swami Ramdas and Sant Tukaram, and Swami Kuvalayananda’s books on Asanas and Pranayam. After attending several spiritual discourses and doing a personal study of combining the scientific and spiritual aspect of yoga, she has developed an inner vision which reflects in her lectures on the yogic texts, like gheranda samhita, hathapradipika, Psychodynamics of Yoga and Patanjali Yoga Sutras. She is a very amiable person having wonderful interaction with her students.



## **T.A. Krishnan**

Dr. T.A. Krishnan has been practicing yoga for over 40 years, and holds a doctorate in Yoga as well as numerous certificates and diplomas in yoga and naturopathy. Over the years he has been awarded numerous honors for his achievements in the field of yoga, including the “Yoga Ratna” award from the former President of India Shri Zail Singh. Dr. Krishnan has established the Thirumoolar Yoga & Natural Diet Trust in Chennai. He is well-versed in postures, Kriyas, natural diet preparations, and Thirumoolar’s Thirumanthiram (an ancient text of Yoga), on which he has written several books. Dr. Krishnan has served in key positions in Thiruvadurai Ashram for more than 30 years.



## **Dr. Fharzana Siraj**

Dr Fharzana Siraj MD (AM) is the co-founder of Krshn Yoga and a doctor of Alternate Medicine specialising in therapeutic yoga . She is a consultant at the Krshn yoga clinics in Chennai. She is also certified by Guruji Shri BKS Iyengar to teach Iyengar Yoga.



## **Mert Güler**

Mert Güler is a well-known Yoga teacher, meditative guide and lecturer in Turkey. Being influenced by the teachings and the mystical beliefs of Rumi, Mert Güler, emphasizes inner awareness and a feeling of completion in his seminars, drawing inspiration especially from the meditational works and experiences he has received through Rumi’s teachings. For his master’s degree (MA), he has done unique scientific research on “The Effects of Yoga Exercises on Wellness and Quality of Employees Life”. He conducts seminars at universities, private institutions and Governmental foundations to contribute to the beneficial development of Yoga and Meditation.



## **Mark Robberds**

Mark Robberds has been studying yoga since 1997. He is a Certified Ashtanga Yoga teacher (one of the few Certified by KPJAYI) and spent 10 years travelling regularly to India to practice with the late, legendary Guru Sri. K. Pattabhi Jois, and the last 7 years with his grandson R. Sharath, of Mysore.

He has been teaching workshops, retreats and as a guest teacher, internationally since 2005. Mark wishes to share the teachings of yoga in a way that inspires people to develop a passion and love for the practice. He incorporates the philosophy of yoga into his talks, music and devotional songs, so that the deeper aspects of the yoga tradition can connect people and bring them closer together.



## **Sandeep Desai**

Sensei Sandeep Desai is a master of T'ai Chi, Ashtanga Yoga and Karate, having several international accolades to his name. He has trained extensively in Chenjiagou village, the birthplace of T'ai Chi in China, and successfully completed the 'Full Time Training' under the strict supervision of Grandmaster Chen Zhonghua, the Standard Bearer of the Practical Method of Chen Style T'ai Chi. Sensei is the only Indian to be certified by these two Grandmasters to teach two different versions of the original Chen Style T'ai Chi. He holds a 5th Degree Black Belt in Okinawan Shorin-Ryu Karate, acquired in Okinawa, Japan and he has been a full-time teacher of the martial arts for nearly four decades. He has also dedicated 20 years of his life to the regular practice of Iyengar Yoga. Having received training from the lineage holder Saraswathiji, a daughter of Shri K Pattabhi Jois, at the world renowned KPJAYI, Mysore, he now divides his time teaching Ashtanga Yoga and T'ai Chi. Sensei Desai is the author of the best-seller 'The Small Book of T'ai Chi', and writes regularly for the popular 'Speaking Tree' column in The Times of India. His episodes on TATA Active Fitness channel have drawn an enthusiastic response from all over.



## **Charat Singh**

Charat Singh 'Nirwan', Born in village Bhadurpur near Hastinapur , UP , India, is deeply rooted in the traditional practice of Yoga since the age of nine based on the works of his Grand Guruji Swami Yogeshwaranand Saraswati (the author of 'Science of Soul'). He has been involved in teaching Yoga in India since 1999 and conducted Yoga retreats and workshops in many countries to impart his extensive knowledge in Yoga Philosophy (such as Patañjali's Yoga Sutras, Bhagavad Gita, Upanishads etc.). Charat incorporates the spiritual, philosophical and moral aspects of Yoga in his classes, which are fun, educational and tailored to the needs of the students. He specializes in the use of breathing exercises (pranayama), yogic locks (bandhas) and concentration techniques (mudras) to cleanse the body and to enhance powers of concentration.

# Revered Saints, Yogacharyas & Teachers



## **Kristin Olson**

Kristin Olson's Urban Yoga Palm Springs generates the Soul of Yoga in the Coachella Valley since 2001. UYC is a sacred center for CommUnity, connection, creativity, ceremony, practice, kirtan, workshops, and a celebration of yoga of all varieties.

Kristin brings her large funny heart and deep devotion, a unique California native essence and a quick smile. For 40 years she offers Hatha based yoga with easy to adapt poses, professional expertise and humor. Stretching, strengthening and breathing are doable by everyone. Rooted in nature and breath, Urban Yoga with Kristin is the real deal, joining body mind and spirit for a delicious healing conversation with the divine.



## **Sukhmandir Singh Khalsa**

After experiencing manifold Kundalini experiences daily in the 1960s, Sukhmandir was drawn to the renowned master Yogi Bhajan, whom he studied with for many years. Sukhmandir was directed to help start the Kundalini Research Institute (KRI), and has developed many Kriyas and sets which have since been published. Since the late 1970s, Sukhmandir has continued to explore and expand in creating new ways to bring the wisdom of Kundalini yoga and Yogi Bhajan's teachings to people, including a free broadcast class every week which has reached audiences both through a podcast and a local TV show for the last seven years. Sukhmandir hopes to bring the experience of a shared mind space to the IYF, creating space for participants to access portals between consciousness and dream, along with strength, wonder, joy, exploration, devotion and sublimation of the Ego into the Inner Light.



## **Chandanni Miglino**

Chandanni Miglino is an international role model for Femininity, Individuality and Whole Health. She facilitates retreats and festivals all over the world. She is the Founder of WeBeFree.com, WeDharma.com, and creator of SUBMERGED Yoga & Meditation, an infused and inspired yoga and mediation style. Chandanni is an artist, a public speaker, a certified Kundalini yoga teacher, an Ayurvedic Practitioner and a certified Osho Meditation facilitator. She is the Co-Founder and Director of the Divine Shakti Festival. Her life's work is to re-define the role of women and men in the 21st Century and to promote peace and well-being, encouraging awareness and unity for all.



### **Satya Kalra**

Satya Kalra, founder and president of Path to Anandam, is a seeker, teacher and international speaker, popularly known for Anandam Lifestyle (Blissful Living). Satya's personal mission is to live in love, peace and Anandam – practicing and propagating blissful living and helping others become more self-dependent and self-reliant – especially destitute women and children. Following a divine call, Satya left the helm as a CEO in the biotech industry after serving for 35 years to become a fulltime seeker and discover her True Self. In addition to her work with Path to Anandam, she is the executive director of the International Divine Shakti Foundation. Satya is also the author of many spiritual articles and books which include, *My Questions and God's Answers – Bhagavad Gita* and *Yoga is Much More Than Asanas*. Her newest book *108 Mantras to Awaken Your Soul* will be out soon.



### **Dr. Radhika Nagrath**

Dr. Radhika Nagrath is a reputed scholar, speaker and author on Yoga and Indianness. Amongst other books, her book on Swami Vivekananda titled "The known Philosopher, the unknown poet" is widely acclaimed by litterateurs. With a journalistic experience of nearly 12 years, she has contributed to Times of India, Hindustan Times and Pioneer. She has given talks and presentations at Consulate General of India, Dubai, University of Oxford, McGill, California, IAYT.



### **Dr. Anjana Bhagat**

Dr. Anjana Bhagat, a renowned Aroma therapist and very much sought-after speaker on Wellness and Healthy Living, is passionately involved in popularizing Aromatherapy through her extensive research and discourses at various forums and conferences. A strong believer and proponent of Yoga and Alternate Therapy, she has enlarged the scope and meaning of Aromatherapy to include Wellness and Healthy Living holistically. Dr. Anjana has traveled both within India and abroad, presenting at various exhibitions, conferences and festivals on the power of Aromatherapy, healthy living through Indian spices, and healing with India spices.



### **Dr. Indu Sharma**

Indu Sharma has been in seva at Parmarth Niketan for over 10 years. Even before that being at Parmarth she completed her higher studies in Yoga and human Consciousness from DSVV University. Her deep interest in the field of yoga inspired her to do PHD in Surya Namaskar and the benefits and effects thereof as one practices and delves deeper into it. She is a devout practitioner and a dedicated teacher to her students in yoga courses conducted by Parmarth Yoga and Meditation Center.

# Revered Saints, Yogacharyas & Teachers



## **Bhavini Kalan**

Bhavini Kalan has been immersed in the science and techniques of yoga and ayurveda for lifestyle and wellness, where now she is fully pursuing this passion in helping others. She has been trained in the disciplines of Sivananda, Ashtanga Vinyasa (Pattabi Jois tradition), as well as Kundalini Yoga. She specializes in lifestyle workshops and retreats around the world. She integrates her yoga teachings with the intelligence of ayurveda, and also brings the best of Eastern and Western lifestyle thinking. She is a strategy planning facilitator as well as a lifestyle coach, and assists leading destination spas with the program design and development of frontier wellness programmes. She spends time each year at Parmarth Niketan in Rishikesh, her spiritual home.



## **Krishnamurthy Mohan Raj**

Krishnamurthy Mohan Raj is the Founder and Director of Namaste Mysore Yoga Culture Communication Center (China). Krishnamurthy Mohan Raj started practicing yoga at an early age under the guidance of his mother and brother. His practice moved into its next, deeper level when he started teaching yoga at the age of 14 in his birth place of Mysore. He assisted in Aarogay Marga Yoga Shala from 2000 to 2005, and in mid-2005 got the opportunity to promote yoga in China. He is now based in China, focusing on his workshops and the promotion yoga culture, encouraging his students to not only practice yoga, but to feel the magic of yoga.



## **Dr. Andréa Paige**

Dr. Andréa Paige (ND, MSc, CHT, E-RYT 500) is a Bali-Based Naturopath, empowering people to take health back into their own hands. Her robust educational foundation provides Andréa with a unique perspective in the healing world. Advanced studies in: Nutrition, Evolutionary Anthropology, Ethnobotany, Iridology, Colon Hydrotherapy and Yoga Therapy have culminated in a Doctorate in Naturopathic Medicine.

Guiding people through transformative fasting retreats in Bali, Andréa spends part of the year leading yoga teacher trainings. Additionally, she serves on the Board of Directors for Festival Medical (USA, non-profit) and is a founding member of the Micro-biome Think Tank. Andréa currently serves as the Director of Detox Department at the Yoga Barn in Ubud, Bali, Indonesia.

# Artists / Musicians

## Kailash Kher

Kailash Kher's spectacular journey from a humble upbringing to revered pop star, Bollywood playback singer and television celebrity is a testament to the strength and appeal of what is undeniably one of the most unique voices in Indian music today.

Combining Kher's strong traditional folk sensibilities and lyrics invoking Sufi mysticism, with modern rock, electronic and funk influences, Kailash Kher & Kailasa released their first album, Kailasa, in 2006, which resulted in the smash hits "Teri Deewani" and "Tauba Tauba." This was followed in 2007 by their second album Jhoomo Re, which was also a critical and commercial success. The release of their first international album Yatra (Nomadic Souls) signals the dawning of an entirely new adventure for Kailash Kher & Kailasa.



## Sivamani



A sought after performer both on Live - shows and recordings, Siva is widely recognized as one of India's best drummers. One of the best pair of hands in the world of percussion, Ustaad Zakir Hussain in a live show presented him as a phenomenon that walks the planet but once or twice in a century. South Indian geniuses Illayaraja and A R Rehman and other Bollywood music directors all regularly engage his variety of percussion. He features along with legendary masters such as Billy Cobham, Vikku Vinayakram, Freddy Santiago, Terry Bozzio, Wil Calhoun, Myanta, Ranjit Barot, T K Murthy, Rikki Ray and Dr. L. Subramaniam commanding the respect of a true Master Percussionist.

## Runa Rizvi

Runa is a classically trained singer and excels in the genre of Ghazal / Sufi / Folk / Thumri. Born in the heritage of Kalavant Gharana, started singing at the age of 6, trained under father / Guru, Rajkumar Rizvi the world renowned Ghazal Ustad and mother Indrani Rizvi an Indian classical vocalist herself. Runa has a unique blend of classical Bengal and Rajasthan and a versatile singer with a powerful & serene voice.



## Kirtanias

California-based Kirtanias are a global collective of energetic, multitalented artists. These twenty-somethings grew up in a Vedic culture of song, dance, philosophy and devotion between ashrams and temples both in India and the western world.

Besides the largely traditional approach to their acoustic sets, the Kirtanias now push the boundaries of genre to combine all of their passions into one new and unique sound. Early 2012 saw the release of the long anticipated first acoustic album called "Heart & Soul" through Silenzio (Europe) and White Swan Records (USA), which debuted at #11 on the iTunes World music chart.



## Adam Bauer

Adam Bauer travels the globe sharing the heart-expanding beauty of group chanting in gatherings large and small. From BhaktiFest and Wanderlust to more intimate festivals, ashrams and yoga studios, Adam enchants and inspires listeners with his deep, soulful presence wherever he goes. Adam played bass for years supporting artists like Krishna Das and Shyamdas, but now it's his own rumbling voice that resonates with listeners. His critically-acclaimed first solo record, Shyam Lila, debuted on Mantralogy Records in 2014. The album is available on major music services like iTunes and Spotify, or direct from the artist at <http://iamadambauer.com/shyam-lila>. Through facilitating inspiring workshops, personal coaching and hands-on therapeutic sessions, Adam's impact transcends the labels of singer or musician. As a bhakti yoga practitioner and healing artist, Adam shares his unique voice and inspiration through both ancient and contemporary spiritual practices.



## Anita Babu

Anita Babu is the founder of Odissi Natya Sala. started learning Odissi at the age of 7 and became a disciple of Guru Gangadhar Pradhan. She has been refining her dancing skills under the constant guidance and encouragement of her Guru as well as of the other senior students of the Orissa Dance Academy. She also has a Masters in Arts degree in Anthropology.





# Artists / Musicians

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## Anandra George

Anandra studies Hindustani classical music in New Delhi at the feet of master teacher Pandit Baldev Raj Verma of the Indore Gharana. She is also a well-known international teacher of Sanskrit Mantra for meditation and practical life transformation. She invites her students and audiences into the “heart of sound,” the Self that shines through music and mantra. Kirtan with Anandra is a heavenly experience of call and response mantra chanting set to Indian classical ragas.

## Ayu Lakshmi

In creative world music society in Indonesia and international, Ayu Lakshmi is one of the most important artist. She has an exotic beauty and special character of voice. Her ability in interacting naturally with theatrical gesture, also her courage in innovating tradition custom with a new melody without changing its principles has bring her to an identity. Before touching the world music stage, she explored many kinds of music genre, such as pop, ballad, rock, blues, jazz, and latin. Lakshmi also strengthen many kinds of music groups, they are Ayu Sisters, Labaronk, Soul Island, Tropical Transit, Nyanyian Dharma, etc. Since young, Lakshmi was zealous in creating original works, even she didn't show up publicly in that time, she was only listen it to herself. Many experiences have increased her musicality and all her works are getting richer. She concocts music idioms from the culture of archipelago, dressing in positive lyrics inspired by local benevolence.



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## NEW Sacred Sound Stage!

The yoga of the sages has always been the unseen, but deeply felt, realm of subtle sound. Alive with listening awareness, sacred sound is a pathway within, to allow the heart's voice to guide life along its highest path. We'll explore SANSKRIT, the vibrational language of creation; MANTRA, the revered tools for mental yoga; BHAKTI, the wellspring of devotion to the formless and formed Divine; KÍRTAN, call and response mantra set to music; and NĀDA, meditation on pure vowel sounds and musical tones within Indian rāgas. If you love sound, music, and chanting, and want to free your heart's voice, join us! A magical opportunity awaits you at our rich schedule of offerings, posted daily outside the Sacred Sound Stage in the Samadhi Mandir Hall.

### Yoga of Sound Workshop

At the Sacred Sound Stage... Learn nāda yoga vocal toning techniques, the tantric philosophy underlying the Sanskrit alphabet, and other fascinating topics related to sound! Check the schedule posted outside the Sacred Sound Stage for details.

### Sound Bath Experience

At the Sacred Sound Stage... Relax deeply into a sweet sonic space, serenaded by instrumental and calming vocal music. Synthesize, digest, and internalize your expansive experiences with simple meditations using the yoga of sound.

### Daily Mantra

#### Meditation Workshop

At the Sacred Sound Stage... Learn a new mantra each day, with key Sanskrit pronunciation points, non-dogmatic meaning, history, and usage recommendations. Then, experience the nectar of the mantra, chanting in unison with harmonium and tanpura.

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# Divine Celebration on the Bank of Ganga

## Ganga Aarti

Aarti is the beautiful ceremony in which diya (the oil lamps) are offered to God. Aarti can be done to a deity in the temple, it can be done on the banks of the Ganges to Mother Ganga, or it can be done to a saint. It is performed to God, in any manifestation, any form, by any name.

Aarti is a time when we say "thank you," and we offer back the light of our thanks, the light of our love and the light of our devotion. Aarti also means 'removal of pain'.

Ganga aarti is a time in which we break free from the normal stresses and strains of everyday life, and gather together in joy, reverence and peace. As the bright yellow sun dips into the water and the reflection of its rays bring tears to our eyes, we are filled a new with a deep sense of bliss, reverence and spiritual connection.



# Divine Celebration on the Bank of Ganga

## Yagna / Havan

The havan is one of the most common rituals in Indian culture. Havan is, in essence, a purifying ritual. Just as fire purifies everything it touches, so we perform yagna that our lives may be made pure. So, as we place the offerings into the flames, we symbolically offer all our “impurities” – our anger, our greed, our jealousy, our grudges, our pains – and we pray to God to make our lives as pure as the ghee we pour into the flames. Also, the yagna reminds us to give, and give and give. At the end of the mantras and shlokas chanted by the priests, it says, “Idam namama, Idam namama.” This means, “Not for me, but for You.” It reminds us that everything we do in life must be for others, for God, for the world. This is the root of yagna and the root of happiness in life.







# Living Yoga on a Daily Basis

By Pujya Swami Chidanand Saraswati



*The secrets of the ancient science of yoga were passed down from the divine rishis, saints and sages who came to the Himalayas for divine inspiration. Through their meditation, austerities and prayers, a treasure-chest of wisdom was bestowed upon them for the benefit of humanity. The sage Patanjali is the one most renowned for compiling this treasure chest of yogic wisdom for the benefit of the world. Yoga is not about physical postures, it is much more... Yoga is not a religion. It does not require you to believe in a certain God or to chant certain mantras. Yoga is an ancient science which leads to health in the body, peace in the mind, joy in the heart and liberation of the soul. Yoga is a way of life, and its teachings should penetrate every aspect of your being...*

## The 8 Limbs

In Patanjali's "Yoga Sutras, yoga is explained as 8 limbed tree, with the highest branch being Samadhi, or the ultimate, divine bliss and ecstasy which comes from a complete, transcendental union with the Divine.

The foundation of the tree are the yamas and niyamas (moral and ethical codes of conduct), then one moves upward through asana and pranayama which use the body and the breath as the medium, then into the aspects in which one's mind becomes fine-tuned and ultimately united with God, - a state of divine liberation.

Moksha or Liberation is about while we are here on Earth, not that after death. Liberation every moment of every day. It is liberation from anger, greed, worry, desires, despair, depression, and the list goes on...

## Yamas and Niyamas

We begin with the 5 Yamas – the moral restraints and injunctions which, when followed with dedication and discipline, helps us to master of our bodies, minds and lives.

### 1. Ahimsa – non violence

This is the fundamental, most basic and crucial tenet of living as a good human. Do not cause pain or injury to another. Ahimsa encompasses all forms of violence – violence in thought, violence in speech and violence in deed. We must think pure and loving thoughts. We must speak pure and loving words, and we must practice pure and loving acts.

It also means that one must take care of Mother Nature, protecting and preserving our natural resources, as well as no cruelty to animals.

*Lord Krishna to Arjuna on Yoga - Bhagavad Gita, Chapter 6:*

**Tatraikaagram manah kritwaa yatachittendriyakriyah;  
Upavishyaasane yunjyaadyogamaatmavishuddhaye**

“There, having made the mind one-pointed, with the actions of the mind and the senses controlled, let him, seated on the seat, practice YOGA for the purification of the self.”

Importantly, it also means bringing no harms to oneself, physically and mentally, be it bad harmful relationships, abuse, drugs, bad nutrition, etc.

## **2. Satyam – truthfulness**

We must speak and importantly live the truth. Satyam means being true to our promises and vows, fulfilling our word to ourselves, to others and to God. However, there is also restraint in speaking truth. If the truth is neither kind nor beneficial to the listener, then it should not be spoken.

## **3. Asteya – not stealing**

Asteya is refraining from stealing of any kind, not just material things. It is also about respecting people's time, energy, and space, so as not to steal from others without realizing it, through negative aspects like gossip or complaints. We steal people's credit by claiming to have done something that actually was accomplished by someone else. We steal from Mother Earth by using more than we need – in terms of the global concern for environmental pollution. Another concern is the exploitation of people all over the world, be it child labour, and other issues, robbing people of their dignity. In the cycle of abundance, prosperity is also about sharing and giving in one has excess of everything that brings joy and touches lives and people.

## **4. Brahmacharya**

Brahmacharya is translated as celibacy or abstinence, but actually its meaning is more comprehensive than refraining from sexual activity. Rather, it actually means one who is brahma-acharya, this means one whose actions are all dedicated to God, one whose actions are all pure and holy. It means one whose attention, energy and life are focused on God.

The law of brahmacharya also pertains everybody, not just monks and saints. In a broader sense, it is about restraint and moderation. It is about directing one's energy in every way to the divine path, be it in marriages, sexual relationships. We must ensure that those relationships with ourselves and others are pure, are loyal, are honest – all bringing us closer to God.

## **5. Aparigraha – non accumulation.**

Aparigraha literally means “non-hoarding.” It means, live simply, and use only that which you require. Purchase only that which is essential. It is about striving for simplicity, even if one has excess material means. Travel light in every way, as it affects the mind. Non accumulation amounts to less clutter and hence affecting a clearer state of mind. Aparigraha also means that there should be no sense of “mine” in life. We should realize that everything is God's and we have simply been lent a certain amount for a temporary period of time. In yagna ceremonies,



after each mantra, the priest chants “idam namamah.” It means “Not for me, God. It is for you, God.” This is aparigraha. Nothing is mine. Everything is His. Everything is for Him.

We also have 5 niyamas – the spiritual and ethical observances. These 5 niyamas are internal laws, rules which we set for ourselves and follow to live a truly yogic, spiritual, disciplined and divine life.

**1. Suacha** – which means “cleanliness and purity,” not only physical cleanliness but, but also purity on the inside, purity of thought and action. We must purify our thoughts through japa, meditation and the practice of positive thinking. We must purify our lives by ensuring that our actions are models of integrity, dharma and righteousness. Suacha also pertains to that which we allow to enter our bodies and minds, what food we take through our mouths and also what food we take through our ears and eyes. Saucha means refraining from putting anything impure into our being – this includes everything ranging from drugs and cigarettes to negative gossip to pornography etc. It is about honoring oneself in every way, and ensuring that nothing toxic goes in at mind, body level which affects our spiritual way of life.

**2. Santosha** – contentment. Sadly, a disease of the human mind is that we are rarely, if ever, satisfied. Our scriptures say that whatever we are given we should accept as Prasad from God. One of the most important personal characteristics toward which we should strive is the “attitude of gratitude. We should be thankful to God and keep chanting His holy name regardless of the condition in which He keeps us. We should accept more and expect less. Expectation is the Mother of Frustration and Acceptance is the Mother of Peace and Joy.

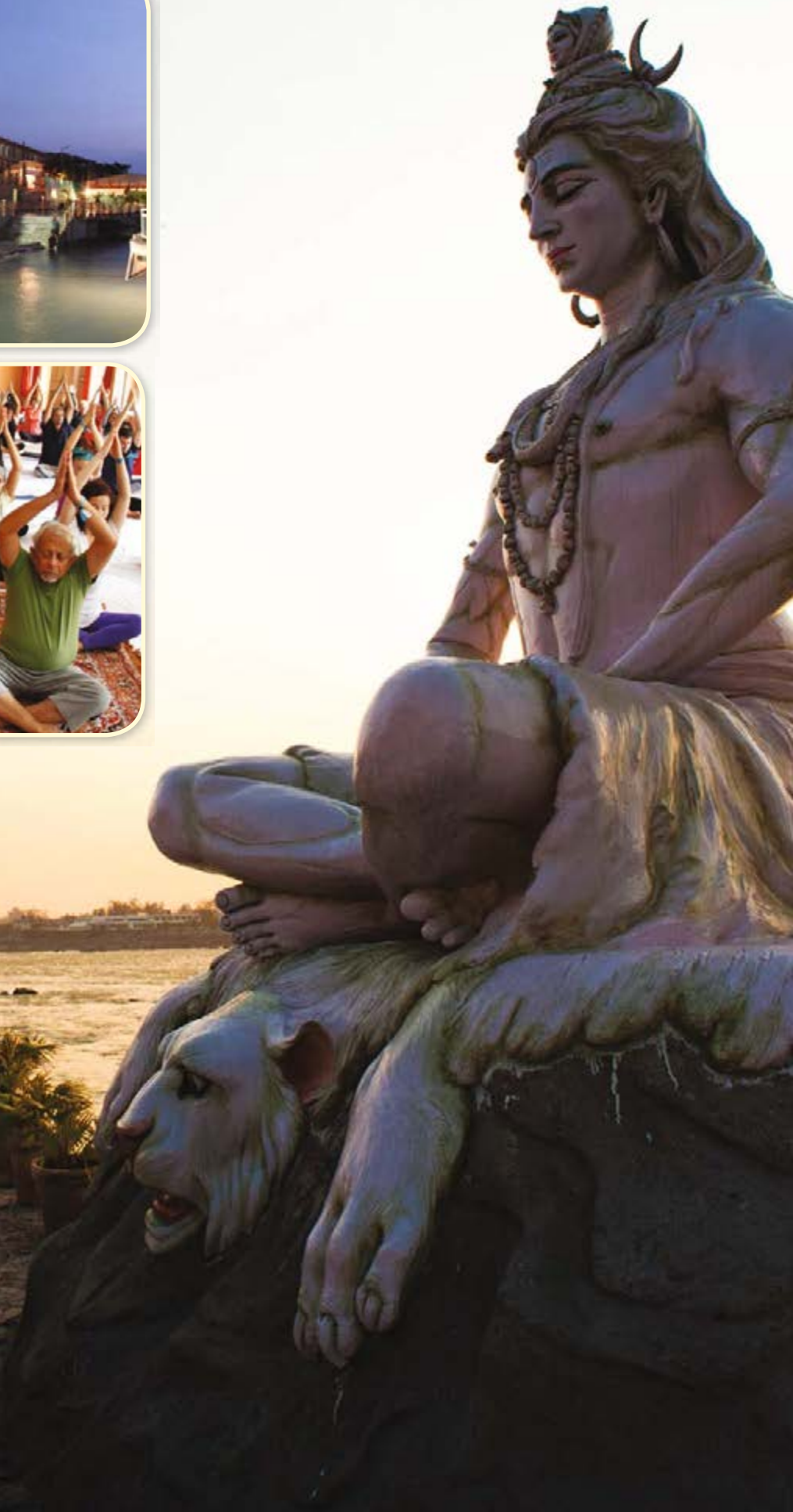
**3. Tapas** – austerities/ sadhana. Through the performance of regular tapas we learn to be the master of our body and mind. Tapas puts the control into our hands, into the hands of our higher Self. Tapas does not mean only doing japa or fasting or doing a certain number of ahutis in the yagna. Tapas can extend to every area of our lives, for example the practise of tolerance in relationships. Through practicing tapas, we learn to have control over ourselves so that we can choose whether to act

or not. Tapas teaches us mastery of emotions, of senses and controlling the vacillating mind.

**4. Swadhayay** – sacred study. It is very important to read something spiritual, something inspiring every day. This helps to keep us on track and to keep our mind pure. Otherwise we tend to get lost in our own mind’s sea of confusion. Importantly, one must also put these readings into practice. Further, Swadhaya also means self-study. Introspection is one of the greatest tools of a spiritual path. Our egos, our fears, our desires, our misconceptions and even just the hecticness of our lives keep us from truly examining our own lives. Each night we must ask ourselves, “Where do I stand?” Take stock every night where you are going.

**5. Ishwara pranidhana** – devotion or surrender to God. This is the final, ultimate commandment of leading a dharmic life. It doesn’t matter what name or what form of the Divine you worship. What matters is that you are surrendered fully to God. Only through living for Him and dedicating all of our actions to Him can we find peace, joy and meaning in life.





# "Know Your True Self"

*By Sadhvi Bhagawati Saraswatiiji*

The lack of awareness of who we truly are and why we have come to this world leads to suffering and misery in life, writes Sadhvi Bhagawati Saraswati

— the false identification with the body and its urges — which leads us to commit 'sin'. Of course, the karmic consequences for our actions must be paid, even when we realise that they were committed due to the darkness of ignorance rather than the darkness of evil.

When the spiritual masters of India exhort us to remove the darkness, to light the lamp within, they are referring not to a transformation of inherent darkness into newly created light, but rather to a shedding of that ignorance which shrouds our innate light from our view. As Pujya Swamiji explains, "The sun is always shining outside, but if your windows are covered with two inches of mud it will be dark in your home. The answer is not to go out in search of the sun, to sign up for courses or workshops on invoking the power of the sun, or even to bemoan the darkness. The answer is simply to clean the windows so that the naturally occurring presence of light may flow into your home."



One cannot possibly be an expert or even properly informed about the majority of subjects in the world. The information available in the world today is too vast, its depth and breadth boundless and unfathomable. However, it needs to be understood that the ignorance of math, science, history or technology may make life slightly inconvenient, but it does not shroud us in darkness. It does not keep the presence of the divine an arm's length from our hearts. But there's one ignorance which we cannot afford to have — the ignorance of the true nature of the self.

To me, one of the most beautiful aspects of Hinduism is the belief that at the core of our being we are divine. In contrast to other major religions, it teaches that at the essence of our being there is pure divinity, there is light, there is perfection. It is merely ignorance

In the same way, the inner divine light is always there, always shining, always available. It is the core of our being. However, the "windows" of our consciousness have become muddied by our false identifications, our expectations, our grudges, our jealousies. Hence, that light is obscured from our view.

## **Who AM I?**

From the time of the Kurukshetra war, when Lord Krishna urged Arjuna to realise his true self, to realise not only the universal dharma but also his personal dharma as a Kshatriya, the quest for the self is on. When we are not aware of who we really are, we inevitably try — consciously or unconsciously — to become something else. We then live our lives falsely identified with roles, masks and personalities that are not truly us. However, unlike the actor in a drama

who remembers to remove his costume and make-up at the end of the day, we have become so internally united with our false self that we have begun to think it is who we are. We have come to believe the mask is our true face, the script is our true life and the costume is our true self.

The problem with this false identification is that these roles are all fleeting. They are based merely on what we have done and achieved today. So, when they get shattered, as falsehood is inevitably shattered and as anything of the flesh is inevitably limited, we lose not merely a title or a job or money or beauty, but we lose the very connection with our self. We have wrapped our sense of self so tightly around these roles that when the curtain falls and the drama ends, we feel that our life is being torn out from within. If I am beautiful, what happens when I age? Then who am I? If I am rich and successful, and if I lose my money or retire from my profession, then who am I?

We also say, "I am angry. I am sad. I am frustrated. I am depressed." Yet, our scriptures tell us we are none of these things. Our brain may be experiencing emotional patterns of chemical and electric energy that correlate to what psychologists term anger or depression. However, I, the true self, is pure, perfect and untouched by patterns of energy corresponding to emotional states. I am the one who is aware, who is watching, who is witnessing, who is able to name the states of sadness and depression, but not the one who is afflicted by them.

The lack of awareness of who we truly are and why we have come to this world leads to suffering and misery in life. It is also this ignorance of the self's true nature that leads us to act in ways for which

we have to reap the fruits of negative karma. Greed, lust, jealousy, anger and arrogance are products of our blindness toward the true light within and toward the true nature of the self. If I am already full and complete then there is nothing to covet.

### **The overflowing cup**

These days in the new-age 'spiritual' circles, there is talk about 'enlightened abundance', which refers to the concept of becoming so enlightened that one can manifest piles of money. There are books, films, courses and workshops on manifesting abundance as though if one is simply in touch with the source, that source will provide whatever one asks. However, what the lives and teachings of the true saints and rishis teach us is that the moment one has even a taste of awakening, a taste of divine connection, a taste of being one with the source, one immediately experiences not a genie who will grant three wishes, but rather an overwhelming sense of completeness. Those who are truly enlightened live with the experience that their cup is overflowing. They are one with the creation; thus, there is no need to possess the wealth of the universe. It is already theirs.

When I first came to Rishikesh, Pujya Swamiji held up a pen in front of me and said: "You are not this pen." I laughed. "Of course, I am not a pen," I thought. He then said, "There will come a time when I will tell you that you are not that body and you will laugh in the same way you just laughed. A time will come when it will be as ridiculous to assume you are the body as it is ridiculous to assume you are a pen."

The writer, a graduate from Stanford University with a PhD in psychology, has dedicated her life to service and renunciation.

# Styles and Lineages

## Satsang and Darshan with Revered Saints

Satsang and discourses with our Revered Saints and spiritual, yogic leaders is one of the great highlights of International Yoga Festival and sets it apart from any other yoga event around the world. Satsang means to be in the presence of Truth, that divine and complete Truth which unveils the very nature of who we are and why we are here. It is a great blessing to be in the company of enlightened masters, with an assembly of persons who listen to, talk about, and assimilate the 'highest truth'.

This involves listening to or reading scriptures, reflecting on, discussing and assimilating their meaning, meditating on the source of these words, and bringing their meaning into one's daily life. There will be a range of discourses in term of Yoga, Vedanta, Ayurveda and Hindu Philosophy this week, as well as Living Yoga off the Mat.

## Classical Hatha Yoga

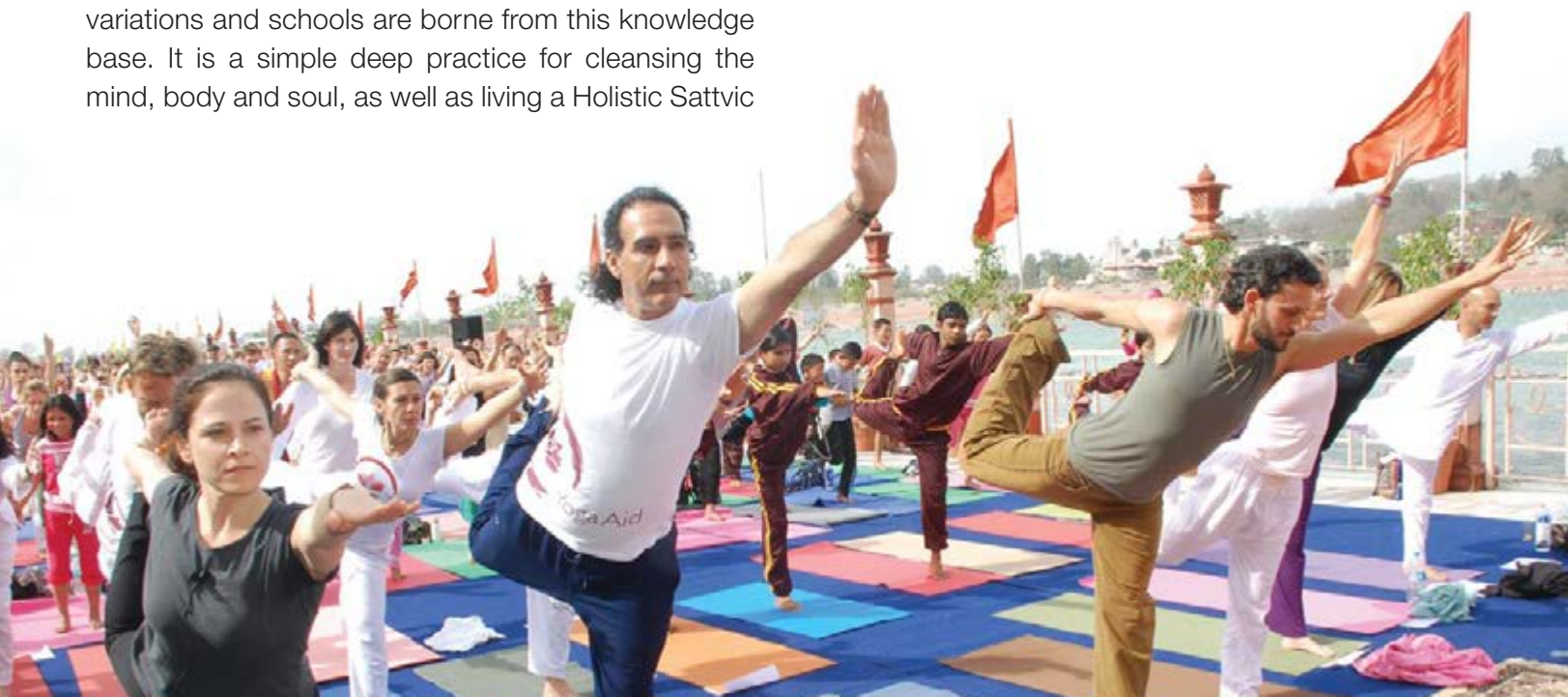
Classical Hatha Yoga is the foundation form of all the yoga forms we know today. Many advanced styles, variations and schools are borne from this knowledge base. It is a simple deep practice for cleansing the mind, body and soul, as well as living a Holistic Sattvic

Way of Life. The practice is devotional in itself, with a focus on simplicity, chanting, and not over-working the body. This takes us back to the times of the Gurukul and Ashram traditions in India. Practiced the simple way, there is a focus on balancing the Gunas with the aim of optimal mind and body balance. In this style, we have yoga nidra, Vedic chanting, traditional methods of alignment, as well as pranayama workshops.

- Sadhvi Abha Saraswati (Mataji), Indu Sharma  
Mohan Bhandari, Yogiraj Vishwapal Jayant, Kia Miller,  
Yuva Dayalan, T.A. Krishnan

## Ashtanga Yoga

An ancient system of Yoga, taught by Vamana Rishi in the Yoga Korunta, and passed from Krishnamacharya to Pattabhi Jois. The practice is about synchronized breath and body movement for Chikitsa – body cleansing and purification. Breathing and moving together while performing asanas increases circulation and removes toxins from the body, resulting in pushing out impurities and disease from the organs. Long and even breathing (through the Ujjayi Breath) tones the nervous system. The focus on bandhas (body locks) results in better breathing, and getting into deeper asanas. When mula bandha is perfect, mind control



is automatic. There is also a focus on clearing the six poisons, which surround the spiritual heart. In the yoga shastra it is said that God dwells in our heart in the form of light, but this light is tainted by six poisons: kama, krodha, moha, lobha, matsarya, and mada. These are desire, anger, delusion, greed, envy and sloth. When yoga practice is sustained with great diligence and dedication over a long period of time, the heat generated from it burns away these poisons, and the light of our inner nature shines through.

- *Sadhvi Abha Saraswati (Mataji),  
Indu Sharma, Erica Kaufman*

## Iyengar Yoga

Iyengar Yoga is based on the teachings of living yoga master B.K.S. Iyengar and begins with learning the art and science of asana and pranayama. The method of study is orderly and progressive, and the postures are adjusted to meet the physical conditions and needs of each student. Iyengar yoga emphasizes a balance between strength and flexibility, the building of endurance and the development of self-awareness through precision, movement and attention to the more subtle aspects of posture and breath. Strength, coordination, flexibility and an increased sense of well-being are some of the benefits of the Iyengar method of yoga. Through the consistent practice of asana and pranayama students of Iyengar yoga are guided towards increased awareness of their physical, emotional, and spiritual lives. Students experience meditation in action, a state of being focused and absorbed in the moment.

- *H.S. Arun*



## Kundalini Yoga

A science taught and spread by Yogi Bhajan is a specific series of asanas, kriyas, pranayama, chanting and meditation that bring about a relaxed state of mind, a healthier body, a more balanced glandular system, and an overall lightness of being. This practice helps to develop strength, courage and wisdom to cope with challenges of daily life. Through this week of practice, experience Kundalini to see how much we really do affect one another, and can ultimately heal and uplift one another. Work your emotions on the Banks of Mother Ganga and relax to the sound of the Sacred Gong. Here there is early morning Sadhana practice, the Kundalini class immersion in mornings, and the restorative class in the afternoons.

- *Gurmukh Kaur Khalsa, Gurushabd Singh Khalsa,  
Sukhmandir Singh Khalsa, Tommy Rosen, Kia Miller,  
Gloria Latham*

## Jivamukti Yoga

This style integrates the physical, psychological, and spiritual aspects of yoga practices into a modern lifestyle without losing sight of the ancient and universal goal of the practice—liberation. The name Jivamukti comes from the Sanskrit word 'jivanmukta' meaning "living liberated". Each class focuses on a theme, which is supported by Sanskrit chanting, readings, references to scriptural texts, music, spoken word, asana sequencing and yogic breathing practices. A Jivamukti Yoga class is a vigorous physical and spiritual practice leading to higher awareness. This vinyasa-based Hatha Yoga method incorporates five

elements that form the foundation of each class: scripture, bhakti (devotion to God), ahimsa (nonviolence and compassion), nada yoga (deep listening), and meditation (connection with the unchanging reality within).

- *Jules Febre*

## Kriya Yoga

The Kriya Yogi mentally directs her/his life energy to revolve, upward and downward, around the six spinal centers (medullary, cervical, dorsal, lumbar, sacral, and coccygeal plexuses); correlating to the chakras. It is deep and meditative practice, where Kriya sadhana has been described as a practice of being in Atman. There is a lot of focus on advanced breath control, body discipline, mental control, and meditating on 'Aum'. Kriya entails several acts that have evidently been adapted from the Gita, the Yoga Sutras, Tantra shastras and from conceptions on the Yugas. We offer a week-long immersion for you to benefit from this science.

- Sadhvi Abha Saraswati (Mataji),  
Dr. T.A. Krishnan

## Vinyasa Yoga

Vinyasa Yoga is focused on the dynamic sequencing of postures, with a focus on meditation through movement. This style has its prime influence from Ashtanga Yoga in Mysore. Vinyasa teachers have

integrated their teachings with either ayurveda, dance, martial arts, or bhakti. Vinyasa journeys are experienced in progressive series and different scientifically synchronized sets of asanas. Understand how Vinyasa can work for different body types, practice with music and specific chants, and incorporate inspirations and readings to move from physical to the philosophical and other aspects of yoga. The mind, body, soul become stronger through this process of Yoga Chikitsa (body purification). There are several creative variations of this form being offered at the International Yoga Festival.

- Bharath Shetty, Tommy Rosen,  
Krishnamurthy Mohan Raj, Bhavini Kalan

## Somatics Yoga

Somatic Movement Education is a safe, gentle and common sense approach to eliminating chronic muscle pain for the long term. It is an educational process of neuromuscular re-training, a sensory motor method that teaches you to reverse the cause of most chronic muscle pain. Through Somatic Yoga, practitioners empowered to enjoy freedom from pain along with flexibility and ease of movement in their mind and body. The focus is on mindful movement,



daily self-help programs, and gentle exercises to give back the ease, comfort and flexibility one remembers from childhood.

- Brian Siddharth Ingle

## Ganga Yoga

Deep Yoga has developed a unique approach to Asana Practice that offers a passageway into healing, self-awareness, higher consciousness and liberation. Vedic wisdom informs the imagery, mantra and meditation applied in practice. Ayurveda is infused into the experience for balance, harmony, purification and energetic alignment. Through the application of this ancient wisdom, students learn to open their hearts, access their inner intelligence, deepen their compassion, expand their consciousness and liberate themselves from the stress and anxiety that permeate our modern culture.

- Laura Plumb

## Lila Yoga

Influenced by Jiddu Krishnamurti's philosophy and Krishnamacharya's teachings, Lila Yoga is a traditional Hatha Yoga vinyasa practice, along with Raja (philosophical), and Bhakti (devotional) Yoga. Practicing asanas to cleanse & balance the body, and to understand the mind, Lila Yoga explores the possibility of living in brilliant ease by rejuvenating Self-trust and love, awakening energy within the body, and uniting with universal currents of energy around us.

- Erica Kaufman

## Sufi Yoga

Sufi Yoga is influenced by the teachings and the mystical beliefs of Rumi. This practice emphasizes inner awareness and a feeling of completion, drawing inspiration especially from the meditational works and experiences one can experience through Rumi's teachings.

- Mert Güler

## Meditation Techniques

Experience oneself flowing freely like the waters of Mother Ganga. Also dive inward to experience an **Expanded Consciousness** meditation, a loss of the boundaries of self and merging into the One.

- Sadhvi Bhagawati Saraswati

**Hatha Yoga Traditions** of Meditations as well as **Yoga Nidra** and **Aum Meditation**.

- Sadhvi Abha Saraswati, Mohan Bhandari

The Cosmic **Intelligence Plus (Ci Plus)** method is a direct path to self realization - an easy meditation technique developed on the personal energy matrix discovered by each practitioner in his meditation.

- Maa Gyaan Suveera





# Frequently Asked Questions

## Room issues?

Each residential block has its own reception where they can help you address room issues. You can pick up towels, soaps, toilet paper there as well. As part of Karma Yoga, you are encouraged to keep own sacred space clean; please ask building reception for cleaning supplies.

## Laundry?

Drop off your laundry at the building receptions. Put your name and room number on bag which will be provided. Laundry will be returned within a day, however if it is rainy within 2 days... NB: in Indian custom, undergarments are to be washed individually.

## Hot water?

Yes – in all rooms. If your room has a geyser please turn it on 30 minutes before showering and switch off immediately after use. Please help conserve! Other rooms have solar heated water.

## Travel Requirements?

If you need any assistance with booking of transport or travel, please contact Ramesh Naryani on, +91-7060215800 email: rameshji@parmarth.com or Deepak Sharma on +91-8899466042, email Deepakparmarth@gmail.com

## Safe Drinking Water?

Drinking water is provided in the Yoga Hall area in coolers, as well as in the building receptions and the dining area. Fill up your bottles with these. Please be sure to only drink bottled or filtered water.

## Medical attention?

We have our own clinic with dispensary onsite called Parmarth Niketan Hospital. Hours are Monday to Friday 8am to 11am and 3pm to 5pm. If you require attention outside these hours, please go to the Help Desk and someone will contact the resident doctor

## Wifi

There are free wifi zones throughout the ashram (near reception/registration, in the Ganga/Yamuna block) and also in the Yoga Garden.



## Safety precautions

It is inadvisable for females to travel alone into deserted areas day or night. It is not safe to venture into the forest at before dawn or after dusk as wild elephants and leopards inhabit this area. If any local tells you they want to do Astro- readings, Healings, etc. & says they will come to your room, this is a definite NO, we do not offer these services so we do not allow this at the Ashram. No unauthorized guests allowed in guest rooms at any time.

## Darshan (Blessings) with Pujya Swamiji

You may sign-up to have a special meeting with Pujya Swamiji. To sign-up for a timeslot to have darshan (divine meeting) with Pujya Swamiji, please find the sign-up sheet in the registration area during registration, and in Pujya Swamiji's Reception Office after the IYF registration area has closed. You or your group can sign-up for one timeslot, and we ask that you maintain responsibility for remembering that timeslot. Due to the potentially high volume of people who would like to meet with Pujya Swamiji, your timeslot may be shared with one or two other groups. Other opportunities to meet with Pujya Swamiji, are the daily open darshan/satsang/question-answer sessions immediately following Ganga Aarti in Pujya Swamiji's satsang hall (in Pujya Swamiji's Reception area). Additionally, there is a question basket in Reception, so if you feel shy to ask your question publicly you may put your questions in this basket and these will be addressed in the Satsang sessions.

## Indian etiquette:

- Be sensitive and respectful, dress as modestly as possible, especially during the Aarti. Shoulders and knees should always be covered, at all times, including in classes.
- When in doubt, observe what others are doing, or simply just ask.
- To preserve the purity of sacred places, remove your shoes.
- To avoid potential misunderstandings and for hygienic reasons, when greeting someone, fold your hands in Namaste.
- Indians reserve their left hand for unclean activities so it is customary to give and receive with the right hand.

## Ashram Donations

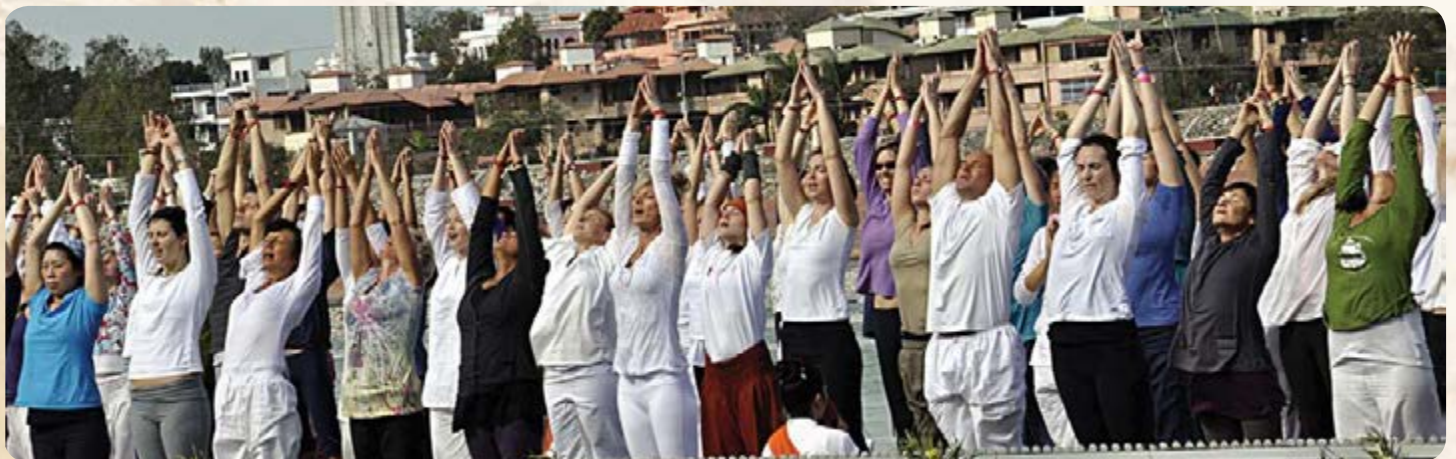
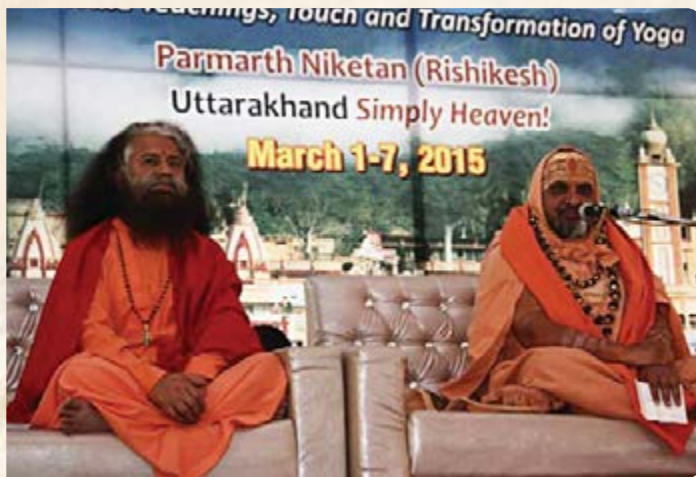
Please make donations only at the main reception desk. Make sure to receive your receipt (even if you don't require it). Please see the brochure in the Welcome Package which details the charitable and humanitarian activities of the ashram. Please do not tip anyone, as this is against the Ashram Policy.

## Your feedback is important

We will be giving Feedback Forms during the festival. Please keep your mind open to improvement, and fill them in. We will be requiring that you fill this out before receiving your key deposit if you are staying at the ashram.

**We hope that your time here at Parmarth Niketan is comfortable and enjoyable. If you are having any problems or need assistance in any way, please stop by the IYF office or the Reception Office.**

# IYF throughout the Years









# Exhibitions

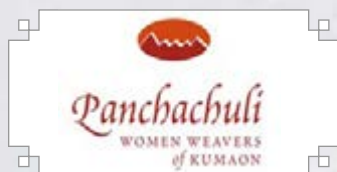
2017 International Yoga Festival is proud to host exhibitions by organizations and companies working towards a more sustainable, green planet, while providing products and services for enhancing our lifestyle. These entities emphasize the use of organically grown materials in their products, promote traditional methods of production and are dedicated to empowerment of local farmers and artisans.

## *Organic India*

At the heart of ORGANIC INDIA is a commitment to be a living embodiment of love and consciousness in action. Organic India works with thousands of family farmers in India to cultivate tens of thousands of acres of sustainable organic farmland. All ORGANIC INDIA products support health and True Wellness and are made with loving care. Each product is one link in a chain of connectedness between Mother Nature, farmers and you. By choosing ORGANIC INDIA, you are completing this chain, actively participating in its mission to create a sustainable environment of True Wellness, providing training and a life of dignity to ORGANIC INDIA's farmers, and bringing health, happiness and True Wellness to you. ORGANIC INDIA's success serves as living proof that shared abundance can be created with an uncompromising commitment to environmental and social responsibility.



[organicindia.com](http://organicindia.com)



## *Mandakini Women Weavers of Garhwal & Panchachuli Women Weavers of Kumaon*

Mandakini Women Weavers of Garhwal in partnership with Government of Uttarakhand, and Panchachuli Women Weavers of Kumaon have joined together with Divine Shakti Foundation to engage and reach out to 300 families in the Kedarnath Valley, the sacred pilgrimage region in the Himalayan state of Uttarakhand, to train them spinning in weaving, creation and production of handloom and textile products. The women being trained are mostly widows from the devastating flood disaster of June 2013 when thousands of menfolk and pilgrims lost their lives.

Now, a year after the floods, having been trained, these women have produced a range of gorgeous hand loomed products in Cashmere and Lambswool, which we are proud to bring to you during the International Yoga Festival. Your purchase of these products would not only be conscious consumerism in action but empower hundreds of women to weave their lives with hope for a brighter, more resilient and self-sufficient future.

## Fabindia

Fabindia is India's iconic lifestyle brand known for its contemporary range of craft-based products sourced from rural craftspeople. Created using traditional craft techniques and processes, Fabindia's distinctive offering extends from clothing, jewellery, bags & footwear to furniture, linen, lighting, giftware, organic foods and personal care products.

The Fabindia range combines the elegance and comfort of natural materials such as cotton, silk, and jute with traditional techniques - intricate weaves, patterns and vibrant colours. While focusing on innovation and design, Fabindia nurtures traditional craft skills by providing an accessible retail platform for crafts produced by rural artisans and offers products that emphasise an alternate to the mass produced. Fabindia is India's largest private retail platform for craft based products and has 193 outlets worldwide. *Fabindia at Rishikesh: Shop No. 3, Luxman Chowk, Luxman Jhula, Rishikesh.*



[fabindia.com](http://fabindia.com)

## Nourish Organics

Nourish Organics is about helping you make the right food choices. Nourish Organics has an array of ready-to-eat snacks that work for you and your body at all times, even on-the-go! Their products are made from delicious & wholesome ingredients, grown organically, free from harmful chemicals and pesticides. They are suffused with invaluable oils, natural antioxidants and wholesome fiber, creating a multitude of positive effects on the body from healthy hearts to weight control. Super foods like flaxseeds, pumpkin seeds, sunflower seeds, nuts and fruits combine to give you a high-powered dose of Essential Fatty Acids, Omega Oils and proteins.

Nourish Organics' aim is to educate and impart good eating and snacking habits, improving health and creating awareness about organic and healthy food products. Our products include: Breakfast Muesli, Health Bars, High Fiber snacks, Nuts and Seeds.



[nourishorganicfoods.com](http://nourishorganicfoods.com)

## Yogastra

Yogastra brings the benefits of Ayurveda to your Yoga practice by enabling the cleanest breathing experience possible. Besides being 100% organic cotton, Yogastra mats are infused with specifically blended and carefully prepared herbs, plants, flowers, roots and barks, all of which work in synergy to improve the quality of your practice simply by allowing you to take cleaner, healthier breaths. Yogastra mats are handwoven in Kerala, India. The fabric gets its colour from natural herbs using a 5000-year old dyeing process and no chemical colorants are used at any stage of the process. Yogastra offers yoga mats, meditation mats, eye pillows and towels.



## Yogastra

Vayam literally means 'we are' in Sanskrit. Hence Vayam Organics means we are organic. Our name represents a fusion of two cultures, the ancient Indian tradition and modern know how. Vayam's vision is to create and supply sustainable organic products. In this process, Vayam will support indigenous lifestyles and farming along with fair trade. Vayam also seeks to educate and develop public interest in organic products through Networking and connecting with like minded individuals and organisations.

Vayam is a small start up by two like minded ladies, who wish to promote organic products and hence on the way trying to support the villagers. Vayam brings you a wide variety of cooking Masalas, different flavoured Teas, Soaps, Air fresheners and organic cotton clothes.







### *Chitshakti*

Chitshakti Trust is a not for profit organization serving humanity for last more than 20 years through facilitation of dissemination of teachings through spiritual books, spiritual music, that support and inspire the lives of people to lead a meaning life. A trusted name for high quality natural products like – Incense, Dhooop, Aroma Oils, Stationery & Art products.



### *Pashmina World*

“THE SHADES OF SPRING”- ‘Embrace colours embrace hope’.

Calling all shopping lovers, to “an exhibition cum sale” of an array of articles under one single roof.

It’s got Pashmina shawls.

It’s got Cashmere scarves.

It’s also got Kashmiri Silk embroidered shawls....papier mache articles, crewel bags and many more...

Whatever you pick up...is your style

That’s why we come together every once in awhile.

Come along and celebrate one of the things you love...

Organised by ‘Shiv Gauri Pashmina World, Rishikesh’



### *Yo2yoga*

Despite your age, body-type and flexibility, Yoga can cultivate the best of your health and bring you in harmony with nature and the self. Your body understands and analyzes what goes around; the more you connect with yourself, the better your body responds. To achieve right balance between the fitness of body and mind, Yoga is the supreme pathway to do the task. We at Yo2Yoga have been striving to give you the best of yoga through digital means... for all those who are entangled with a number of duties and are on a lookout for a convenient and easy well-being management. Yo2Yoga helps you find balance, harmony and energy amidst the hectic bustle of everyday pressures and deadlines. Relax & enjoy a personalized yoga experience in the comforts of your home. You too can Discover the power of Yoga!



### *Deivee*

DEIVEE (pronounced as “DEVI”) is derived from the latin word ‘DEI’ & Sanskrit word ‘Devi’ which means Goddess. DEIVEE is a woman, a goddess, an universal expression of elegance, beauty and comfort. DEIVEE is a celebration of the super human capabilities of every woman, her role and the strong effect she has on our culture, society and tradition.

Deivee believes in going the extra mile to provide the healthiest alternatives for Indian women on their fitness journey. With our range of Organic Yoga Clothes, you wear fewer chemicals. By doing so, you don’t just take care of your body, but also the environment while not compromising with style, comfort and health.

Deivee offers a wide online range of creatively and aesthetically designed 100% certified organic yoga wear, that are cultivated with zero pesticides and chemical fertilizer that keep your skin from harm. Apart from a providing your fitness wear a longer life, the natural dyes used in the colors give it the additional healthy touch.

## *Arihant Gems*

Arihant Gems Creating Jewellery from Silver, Brass, platinum, gold, diamonds precious and Semi-Precious gems. At Our Studio We Are Making The jewellery With CAD also We Make Handmade Jewellery. Creating jewelry is the life ambition of our jewelers. Arihant Gems Has The Worldwide Business Platform. We Also Running Jewellery Classes & Workshops Where We Share Our Good Experience For Making Handmade jewellery To All Who Want To Learn Jewellery. Connecticut since we opened our doors in 2011.



## *Sattva*

Sattva is a conscious enterprise empowering different projects such as Sattva Yoga Academy, Sattva Retreat, The Sattva Collection, Yogini Ayurveda & The Khushi Project.



## *Proyog*

Proyog yoga wear is a creation resulting from a blend of nature's two most breathable fabrics - organic cotton and modal. It offers a contemporary rendition of traditional dressing styles, with a focus on comfort and performance.



## *Sampada*

Sampada (A hindi word meaning traditional wealth or treasure), is an enterprise, owned by an Indian couple Shivani & Mahipal, dealing mainly in exquisite handmade shawls and scarves. The couple is an ardent lover of Indian handicrafts and fabrics. They have an experience of more than 15 years, working with weavers and craft persons across India. They have been helping them with designs to make their products sustainable in market. The ethnicity of their creations is kept intact at all costs. The couple helps weavers understand the needs of their customers, thus, bridging the gap between the customers and the weavers. The couple also makes sure that the weavers are paid well.

Sampada runs three beautiful stores in Rishikesh. Their varied product range include the best quality hand-embroidered Himalayan cashmere, tribal shawls/scarves and Cruelty free silk meditation throws. Sampada, gives priority to humanity over business.



## *OSHO Multi Services (OMS)*

OSHO - the most provocative and inspiring spiritual master of the twentieth century --has spoken on hundreds of mystics and traditions including Buddhism, Christianity, Communism, Hassidism, Hinduism, Islam, Jainism, Sikhism, Sufism, Tantra, Taoism, Yoga, Zen and many more. Osho is a modern day mystic whose wisdom, clarity and humor have touched the lives of millions of people around the world. OSHO has devised active meditations such as Dynamic, Kundalini, Nad-Brahm, Natraj, No-Mind, and Chakra-Sound and so on keeping in focus the modern man and his life style. Osho Multi-Services (OMS) is deeply committed to making people aware of the various meditation and spiritual practices based on vision of OSHO. In this direction, OMS organizing various related meditation camps/workshops/lectures/ book exhibition at different places - across various sections of society ranging from school going children to well accomplished professionals with the help of academic / govt. institutions / ashrams.

## Shinne

We at Shinne life studio help you to begin journey inside you . And we are there in every step of your way .

Welcome to take the most thoughtful ,fulfilling ,eventful journey through your inner self ...come walk gently like you were walking on the pebbles resting under flowing water ..excitement yet a dulling your worries about life , mind ,body and soul . Experience only what you desire !! You know how easy it is to get whatever you want ... that's why you are taking this journey and change all your issues to trophies !!!here take your first step with Ma Prem Advaita, who is a best friend to all the seekers ,healers ,women, men, therapists etc. She takes you to BEING rather than BECOMING! What would it take for you to create a NEW YOU ??

Call her -09831031075



## Ayurveda Bhavan

An Ayurveda centre in a quiet residential setting, Ayurveda Bhavan overlooks the holy Himalayas and sacred Ganga River. Tastefully decorated and impeccably hygienic, Ayurveda Bhavan offers a range of residential and non residential Ayurveda healing treatments and programmes. Choose from one of our one of treatments or an individualised treatment programme with the guidance of our highly experienced Ayurveda Doctors. Offering a range of classical treatments as well as deep detoxification, weight loss, rejuvenation programmes and more, Ayurveda Bhavan is the ideal place to heal.



## Colours by Pooja Mehra

A Beautiful collection of traditional Indian embroidery on the most colourful fabrics. A fusion collection of indo -western wear representing India's rich heritage as per modern wear. The collection includes brocade, cotton kalamkari, Cotton chikan, georgette, velvet, net and raw silk with all the glitter.



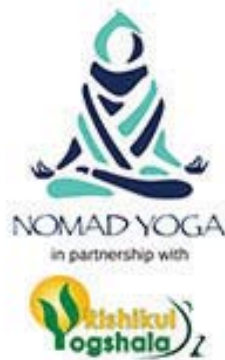
BHAKTI  
HANDICRAFT  
EMPORIUM



Prakaash



# International Yoga Festival THANKS OUR PARTNERS



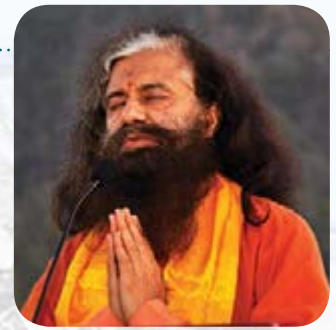
Learn more at [www.internationalyogafestival.com/partners](http://www.internationalyogafestival.com/partners)

# IYF Feedback over the Years



*"Expect less and accept more. It is our own expectations and our own egos that cause frustration and disappointment in life."*

*- Pujya Swamiji*



*"The teachings are so deep, the atmosphere is beautifully light and the people are so open. The International Yoga Festival is more than I can ask for from any yoga event."*



*"The interesting blend of Indian and Western approaches to yoga is so refreshing. The International Yoga Festival is both serious and fun simultaneously."*

*"I come to Parmarth Niketan to International Yoga Festival every year to recharge my batteries and to find my center again."*



*"I am opening my mind in the foothills of the Himalayas with so many great people, in such a beautiful place. It's wonderful."*

*"As a new yoga teacher it's amazing to listen and learn from so many great teachers, and especially in such a divine location."*

*"The Yoga Festival has been a perfect reason to finally come home to India."*

*"Initially I came for the yoga, but now I return for the people."*

*"Yoga means unity and this festival was truly a festival of unity – unity between people of different cultures and faiths, unity between the East and West, unity between modern and traditional, unity between the body, mind and soul."*

*"We learnt how to incorporate the principles of yoga into our lives and how to work towards balance and peace. Yoga off the mat!"*



*"Pujya Swamiji has a unique way to express the deepest and most profound thoughts and insights in ways that are understandable, meaningful, inspirational and transformative to people of all cultures, all backgrounds and all walks of life. We were not only taught by his wisdom, but were also touched by the divine messages and boundless love that flow from his heart."*

*"This is my fifth time at IYF and my seventh time at Parmarth. I connect deeply with all the people I meet here, I see the yoga of action, am part of gatherings with*

*inspiring yogis, and each time there is a deeper sinking of welcoming ourselves to our inner HOMES --- I feel so blessed."*

*"We were not only taught by the learned teachers, but we were also touched by the deep wisdom from the Saints and transformed by the divine atmosphere in the holy land, on the banks of Mother Ganga, in the lap of the Himalayas."*

*"Yoga students and teachers can travel to India but it is only when one comes to Rishikesh and the welcoming atmosphere at Parmarth does one feel the true essence of Yoga and being a Yogi. I wish to attract more teachers to this divine home with the love and blessings of Pujya Swamiji'.*



*"The caliber of all the teachings have been excellent. The teachers are so inspirational."*

*"Ganga Aarti lights the lamps in our hearts. I have for the first time felt divine love and felt divine tears as I did at Ganga Aarti. The soul gets lifted and the mind transported into a meditative bliss. Swamiji says it a 'happy hour' and it is truly a divine hour."*

*'All delegates from all around the world, from different religions, were completely immersed in divine union during the Ganga Aarti.'*

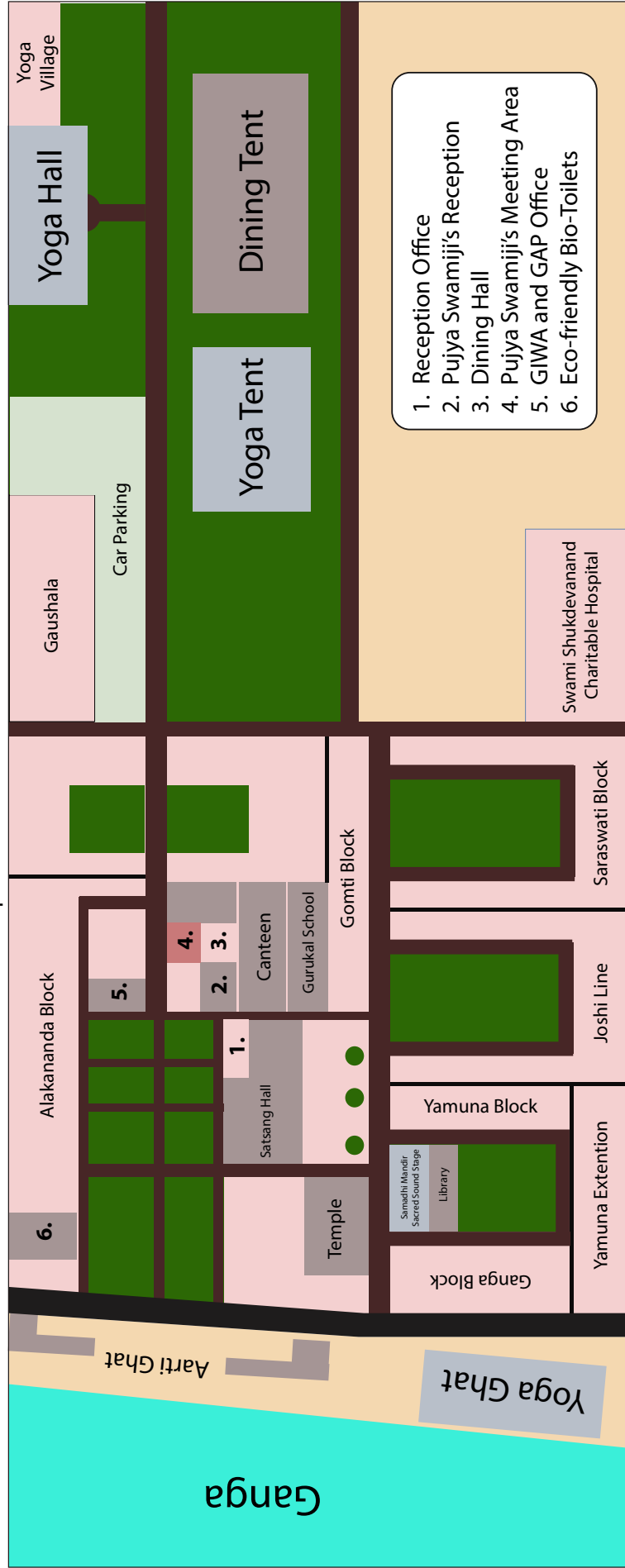


**karma**  
mantra

[www.karmamantra.com](http://www.karmamantra.com)

# Map of Parmarth Niketan Ashram

Map of Parmarth Niketan Ashram



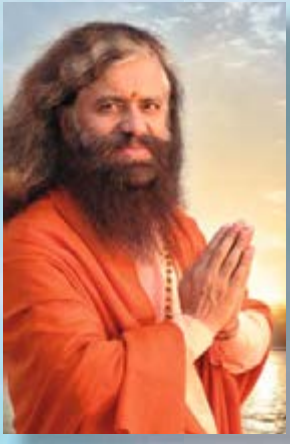


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# Our Programs for a More Peaceful World

## **H.H. Pujya Swami Chidanand Saraswatiji**

*Pujya Swamiji is the inspiration behind IYF, and with His vision, blessings, leadership and direction that these seva projects of peace listed below are flourishing.*

[www.pujyaswamiji.org](http://www.pujyaswamiji.org)

## **Global Interfaith WASH Alliance**

*Launched at UNICEF Headquarters, GIWA brings the world's faiths together, so that even the most poor and marginalized people can have safe water, sanitation and hygiene (WASH).*

[www.washalliance.org](http://www.washalliance.org)

## **Divine Shakti Foundation**

*Dedicated to the holistic well being of women, their children, and orphaned/abandoned children, and to all of Mother Nature and Mother Earth.*

[www.divineshaktifoundation.org](http://www.divineshaktifoundation.org)

## **Ganga Action Parivar**

*Launched at the hands of HH the Dalai Lama, HH Pujya Swami Chidanand Saraswati and many others, GAP brings together networks and partnerships of the world's preeminent researchers, environmentalists, engineers, religious and business leaders, and the general public. Together, we work towards creating thoughtful solutions to the numerous problems plaguing the Ganga and Her tributaries.*

[www.gangaaction.org](http://www.gangaaction.org)

## **Project Hope**

*Providing ecologically-sustainable relief and restoration in times of natural disaster*

[www.projecthope-india.org](http://www.projecthope-india.org)

## **India Heritage Research Foundation**

*Committed to education, healthcare, interfaith harmony and the upliftment of women. IHRF has also created ashrams in Mansarovar as well as the world's first comprehensive Encyclopedia of Hinduism.*

[www.ihrf.com](http://www.ihrf.com)

## **Encyclopedia of Hinduism**

*An unprecedented encyclopedia, drafted by some 1,000 experts over a 25-year time-span.*

[www.theencyclopediaofhinduism.com](http://www.theencyclopediaofhinduism.com)

## **Green Kumbh Initiative**

*Promoting clean and green festivals and public education for healthier populations and ecosystems.*

[www.parmarth.com/updates/kumbhspecial.pdf](http://www.parmarth.com/updates/kumbhspecial.pdf)

