



INTERNATIONAL YOGA FESTIVAL

2017 SCHEDULE OF EVENTS

AT THE BIRTHPLACE OF YOGA

Parmarth Niketan, Rishikesh (Himalayas), India



MARCH 1ST

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

- HH Pujya Swami Chidanand Saraswati



TIME	CLASS	PRESENTER	LOCATION
04:00 – 06:15	Morning Sadhana	Sukhmandir Singh Khalsa	Yoga Hall Top Floor
06:30 – 07:30	Lila Yoga: Asana Practice Series with Yogic Philosophy and Psychology	Erica Kaufman	Yoga Hall Top Floor
	Yoga Therapy as Complementary Medicine: Morning Routine	Dr. Fharzana Siraj	Yoga Hall Middle Floor
	Traditional Hatha Yoga: Morning Asana practice	Sadhvi Abha Saraswati	Yoga Hall Ground Floor
06:45 – 07:30	Sunrise Nada Yoga: Music Meditation on the Ganga	Anandra George	Aarti Ghat
07:30 – 08:15	Light Breakfast		Garden
08:30 - 10:30 (Synchrony of lineages for 30 min each)	Ganga Yoga	Laura Plumb	Yoga Ghat
	YogiYoga	Mohan Bhandari	
	Yoga and The Four Dimensions of Recovery From Addiction	Tommy Rosen	
	Kundalini Yoga	Kia Miller	
11:00 - 12:30	Opening Ceremony		Yoga Ghat
12:30 – 13:30	Lunch		Garden

14:00 – 15:15	Kirtan Workshop	Adam Bauer	Yoga Ghat
	The Biology of Belief – How Our Thoughts Influence Our Cells	Dr. Bruce Lipton	Tent
	Talk: Holistic Healthcare to Cure Diseases of the Mind and Body	Upasna Kamineni	Yoga Hall Top Floor
	Reiki: Level 1	Maa Gyaan Suveera	Yoga Hall Middle Floor
	Inbound Yoga	Swami B.A. Paramadvaiti	Yoga Hall Ground Floor
	Concept of Pranayam	Parmanand Aggarwal & Shilpa Joshi	Satsang Hall
15:30– 17:00	Open Yoga Class Yogi Yoga Hip and Shoulder Opening	Mohan Bhandari	Yoga Ghat
	Kundalini Yoga: Purification of the Chakras	Kia Miller	Tent
	Core Teachings of Kundalini Awakening	Sukhmandir Singh Khalsa and Kirantana	Yoga Hall Top Floor
	Body-Mind-Breath Coordination	Bharath Shetty	Yoga Hall Middle Floor
	Be You Now	Laura Plumb	Yoga Hall Ground Floor
	OSHO No Dimensions Meditation	Chandanni Miglino	Satsang Hall
	17:00 – 17:30	Tea & Snacks	
18:00 – 19:00	Ganga Aarti		Aarti Ghat
19:00 – 20:00	Dinner		Garden
20:00 - 21:30	Cultural Dance Programme by Himalayan Artists and Smt. Sharmila Bharati		Yoga Ghat

For the schedule of the Sacred Sound Stage programmes in the Samadhi Mandir Hall, please see separate Sacred Sound Stage schedule.

MARCH 2ND

*“Accept whatever comes as Prasad from God.
Whatever He gives us – a hut or a castle –is His divine gift”.*

- HH Pujya Swami Chidanand Saraswati



TIME	CLASS	PRESENTER	LOCATION
04:00 – 06:15	Kundalini Sadhana	Gurushabd Singh Khalsa	Yoga Hall Top Floor
06:30 - 07:30	Ashtanga Morning Series	Sandeep Desai	Tent
	Your Core and Your Core Desires	Gloria Latham	Yoga Hall Top Floor
	Traditional Hatha Yoga Asana with Sun Salutations	Dr. Indu Sharma	Yoga Hall Middle Floor
	CI Plus Meditation	Maa Gyaan Suveera	Yoga Hall Ground Floor
06:45 – 07:30	Sunrise Nada Yoga: Music Meditation on the Ganga	Anandra George	Aarti Ghat
07:30 – 08:15	Light Breakfast		Garden
08:30 – 10:30	Kundalini Yoga: Gifts of the Head and the Heart	Gurmukh Kaur Khalsa	Yoga Ghat
	The Wonderland of Your Consciousness	Tommy Rosen	Tent
	The Five Khoshas: Holistic Yogic Journey – towards a Deepening practice through the 5 layers of being.	Yogirishi Vishvketu	Yoga Hall Top Floor
	Somatic Clinic: Heal your injuries	Brian Siddhartha Ingle	Yoga Hall Middle Floor
	Rumi, Love, Meditation	Mert Guler	Yoga Hall Ground Floor
	Spiritual Lecture Series: A Spiritual Economy Expanding Consciousness	Dr. Vandana Shiva H.H. Shankaracharya Swami Divyanand Teerth	Yoga Ghat
12:30 – 13:30	Lunch		Garden

14:00– 15:15	Yoga Nidra (Yogic Meditative Sleep)	Sadhvi Abha Saraswati	Yoga Ghat
	Kirtan Bhakti Workshop	Kirtanias	Tent
	Inner Yoga Therapy Through the Chakras	Satya Kalra	Yoga Hall Top Floor
	Reiki: Level 1	Maa Gayaan Suveera	Yoga Hall Middle Floor
	Introductory Chakra Meditation	Dr. Anjana Bhagat	Yoga Hall Ground Floor
	Health Enearthed: Epigenetics & the Micro-Biome	Dr. Andrea Paige	Satsang Hall
15:30 – 17:00	Public Yoga Class Discovering Shiva	Anand Mehrotra	Yoga Ghat
	Shoulder Bliss	Roberto Milletti	Tent
	Heaven Bound Heart: Rousing the Spiral	Kristin Olson	Yoga Hall Top Floor
	Yoga Therapy as Complementary Medicine	Dr. Fharzana Siraj	Yoga Hall Middle Floor
	YogiYoga Intermediate	Mohan Bhandari	Yoga Hall Ground Floor
Experience the Medical Science and Health Benefits from Yogic Postures	CM Bhandari and Charat Singh	Satsang Hall	
17:00 – 17:30	Tea & Snacks		Garden
18:00 – 19:00	Ganga Aarti		Aarti Ghat
19:00 – 20:00	Dinner		Garden
20:00 – 21:30	Ecstatic and Devotional Chanting with Kirtanias		Yoga Ghat

MARCH 3RD

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

- HH Pujya Swami Chidanand Saraswati



TIME	CLASS	PRESENTER	LOCATION
04:00 – 06:15	Morning Sadhana	Gurushabd Singh Khalsa	Yoga Hall Top Floor
06:30 - 07:30	Morning Hatha Practice	Krishnamurthy Mohan Raj	Tent
	I FLOW - Swan Grace Body Opening Namaskaram Series	Bhavini Kalan	Yoga Hall Top Floor
	Traditional Hatha Asana	Sadhvi Abha Saraswati	Yoga Hall Middle Floor
	The Yoga of Love	Laura Plumb	Yoga Hall Ground Floor
	Power Pranayama & Warm-up	Yogiraj Vishwapal Jayant	Satsang Hall
06:45 – 07:30	Sunrise Nada Yoga: Music Meditation on the Ganga	Anandra George	Aarti Ghat
07:30 – 08:15	Light Breakfast		Garden
08:30 – 10:30	Kundalini Yoga: Awaken Your Inner Fire	Kia Miller	Yoga Ghat
	Let Go and Let God	Anand Mehrotra	Tent
	Lila Sun Salutations	Erica Kaufman	Yoga Hall Top Floor
	Happy Hips Flow	Francesca Cassia	Yoga Hall Middle Floor
	Journey through Chakras "Shake-Up": Energetic practice – True Potentiality	Gloria Latham	Yoga Hall Ground Floor

11:00 – 12:30	Getting High: Yoga, Meditation and The Infinite Pharmacy Within	Tommy Rosen	Yoga Ghat
	Kirtan Workshop	Kirtanias	Tent
	Respite from Intensity	Kristin Olson	Yoga Hall Top Floor
	Vinyasa Flow and Standing Asanas	Bharath Shetty	Yoga Hall Middle Floor
	Sufi Meditation	Mert Guler	Yoga Hall Ground Floor
12:30 – 13:30	Lunch		Garden
14:00 – 15:15	Epigenetics: Power to Change the Unconscious Mind	Dr. Bruce Lipton	Tent
	Balancing Emotions Using Aromatherapy	Dr. Anjana Bhagat	Yoga Hall Top Floor
	Reiki	Maa Gyaan Suveera	Yoga Hall Middle Floor
	Yoga Nidra (Yogic Meditative Sleep)	Sadhvi Abha Saraswati	Yoga Hall Ground Floor
	Talk on Yoga for Holistic Health and Wellness	CM Bhandari	Satsang Hall
15:30– 17:30	Divine Satsang	Pujya Sri Mooji	Yoga Ghat
18:00 – 19:00	Ganga Aarti		Aarti Ghat
19:00– 20:00	Dinner		Garden
20:00 – 21:30	Dance Performance by Anita Babu and Ensemble; and Ayu Laksmi of Bali		Yoga Ghat

MARCH 4TH

*“Let your selfless service be
your prayer and your meditation”.*

- HH Pujya Swami Chidanand Saraswati

TIME	CLASS	PRESENTER	LOCATION
04:00 – 06:15	Kundalini Sadhana	Gurushabd Singh Khalsa	Yoga Hall Top Floor
06:30 - 07:30	The Heart of Compassion	Anand Mehrotra	Tent
	Foundations of Health	Dr. Andrea Paige	Yoga Hall Top Floor
	Traditional Hatha Yoga Asana with Sun Salutations	Dr. Indu Sharma	Yoga Hall Middle Floor
	T'ai Chi	Sandeep Desai	Yoga Hall Ground Floor
	Inbound Yoga	Swami B.A. Paramadvaiti	Satsang Hall
06:45 – 07:30	Sunrise Nada Yoga: Music Meditation on the Ganga	Anandra George	Aarti Ghat
07:30 – 08:15	Light Breakfast		Garden
08:30 – 10:30	Kundalini Yoga	Gurmukh Kaur Khalsa	Yoga Ghat
	Jivamukti Yoga	Jules Febre	Tent
	Hip Openers and Forward Bends	Bharath Shetty	Yoga Hall Top Floor
	The Ultimate Body Cleanse	Gloria Latham	Yoga Hall Middle Floor
	Ultimate Warrior	Roberto Milletti	Yoga Hall Ground Floor
	Concept of Ashtanga Yoga and Practices of the Meditative Asanas	Parmanand Aggarwal and Shilpa Joshi	Satsang Hall

11:00 – 12:30	Spiritual Lecture Series: Buddhist Meditation Yoga and Ayurveda	Ven. Bhikkhu Sanghasena and H.H Acharya Balkrishna	Yoga Ghat
12:30 – 13:30	Lunch		Garden
14:00– 15:15	Kirtan Workshop	Adam Bauer	Ganga Ghat
	Yoga Nidra: Shivohum	Sadhvi Abha Saraswati	Tent
	Inner Yoga Therapy Through the Chakras Alignment	Satya Kalra	Yoga Hall Top Floor
	Nadabrahma Meditation	Chandanni Miglino	Yoga Hall Middle Floor
	Kundalini Meditation	Gurushabd Singh Khalsa	Yoga Hall Ground Floor
15:30 – 17:00	Public Yoga Class From Darkness to Light	Laura Plumb	Yoga Ghat
	Rumi, Love, Meditation	Mert Guler	Tent
	Happy Hips Flow	Francesca Cassia	Yoga Hall Top Floor
	Getting High: Yoga, Meditation and The Infinite Pharmacy Within	Tommy Rosen	Yoga Hall Middle Floor
	Somatics: The Yoga of the West	Brian Siddhartha Ingle	Yoga Hall Ground Floor
17:00 – 17:30	Tea & Snacks		Garden
18:00 – 19:00	Ganga Aarti		Aarti Ghat
19:00 – 20:00	Dinner		Garden
20:00 – 21:30	Musical and Dance Performance by Parmarth Rishikumars		Yoga Ghat

MARCH 5TH

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

HH Pujya Swami Chidanand Saraswati



TIME	CLASS	PRESENTER	LOCATION
04:00 – 06:15	Kundalini Sadhana	Gurushabd Singh Khalsa	Yoga Hall Top Floor
06:30 - 07:30	Yuva Yoga	Yuva Dayalan and T.A Krishnan	Tent
	Concept of Shuddhi Kriyas (with Practical Session)	Parmanand Aggarwal and Shilpa Joshi	Yoga Hall Top Floor
	Mysore Morning Series	Deepika Mehta	Yoga Hall Middle Floor
	The Five Khoshas: Holistic Yogic Journey – towards a Deepening practice through the 5 layers of being.	Yogrishi Vishvketu	Yoga Hall Ground Floor
	Praanic Energy, Mindfulness and Beyond	Charat Singh	Satsang Hall
06:45 – 07:30	Sunrise Nada Yoga: Music Meditation on the Ganga	Anandra George	Aarti Ghat
07:30 – 08:15	Light Breakfast		Garden
08:30 – 10:30	Kundalini Yoga	Gurmukh Kaur Khalsa	Yoga Ghat
	Ashtanga Primary Series	Mark Robberds	Tent
	The Kundalini Express	Tommy Rosen	Yoga Hall Top Floor
	Iyengar Yoga: Explore Tadasana Which Leads to all Standing Asanas	HS Arun	Yoga Hall Middle Floor
	Uncovering the Mystery of the Psoas	Francesca Cassia	Yoga Hall Ground Floor
	T'ai Chi	Sandeep Desai	Satsang Hall
11:00 – 12:30	Spiritual Lecture Series: Self Over Situation: How to Live Lives of health, happiness and wholeness	Dr. Bruce Lipton & Sadhvi Bhagawati Saraswati	Yoga Ghat
12:30 – 13:30	Lunch		Garden

14:00– 15:15	Buddhist Meditation	Ven. Bhikku Sanghasena	Tent
	Fasting: The Fastest Road to Health	Dr. Andrea Paige	Yoga Hall Top Floor
	Walking in the Mind of God	Suhkmandir Singh Khalsa	Yoga Hall Middle Floor
	Talk on The Healing Miracles of Yoga Nidra	Yogi Amrit Desai	Yoga Hall Ground Floor
	Inner Yoga Therapy Through Chakra Alignment	Satya Kalra	Satsang Hall
15:30 – 17:00	Public Yoga Class/Yogi Yoga Hip and Shoulder Opening	Mohan Bhandari	Yoga Ghat
	Kundalini Yoga Beacon of Light	Kia Miller	Tent
	Jivamukti Yoga	Jules Febre	Yoga Hall Top Floor
	Rock Your Bhakti	Laura Plumb	Yoga Hall Middle Floor
	Bharat Yog	Padmashri Bharat Bhushan	Yoga Hall Ground Floor
17:00 – 17:30	Tea & Snacks		Garden
18:00 – 19:00	Ganga Aarti		Aarti Ghat
19:00 – 20:00	Dinner		Garden
20:00 – 21:30	Enlightening Entertainment: Screening of Milton's Secret the Movie, based on the book by Eckhart Tolle, followed by special interactive session with the producer		

MARCH 6TH

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

HH Pujya Swami Chidanand Saraswati



TIME	CLASS	PRESENTER	LOCATION
04:00 – 06:15	Kundalini Sadhana	Gurushabd Singh Khalsa	Yoga Hall Top Floor
06:30 - 07:30	The Voice of the Soul	Gloria Latham	Tent
	I FLOW - Chandra Namaskaram Flow & Brain Coordination Series	Bhavini Kalan	Yoga Hall Top Floor
	Yoga for All: Sukshma Vyayama	Nandini Tripathi	Yoga Hall Middle Floor
	Lila Yoga	Erica Kaufman	Yoga Hall Ground Floor
	Bharat Yog	Padmashri Bharat Bhushan	Satsang Hall
06:45 – 07:30	Sunrise Nada Yoga: Music Meditation on the Ganga	Anandra George	Aarti Ghat
07:30 – 08:15	Light Breakfast		Garden
08:30 – 10:30	Jivamukti Yoga	Jules Febre	Yoga Ghat
	Ashtanga Yoga	Deepika Mehta	Tent
	Wrap Up the Sacred	Kristin Olson	Yoga Hall Top Floor
	Iyengar Yoga: Unrestricting the Mind and Body in Forward Bends, Leading to Eshwara Pranidana	HS Arun	Yoga Hall Middle Floor
	Kundalini Yoga	Kia Miller	Yoga Hall Ground Floor
	Somatic Yoga Flow	Brian Siddharth Ingle	Satsang Hall
	11:00 – 12:30	Spiritual Lecture Series: Divine Satsang	Pujya Sri Mooji
12:30 – 13:30	Lunch		Garden

14:00– 15:15	The Honeymoon Effect: The Science of Creating Heaven on Earth	Dr. Bruce Lipton	Yoga Ghat
	Buddhist Meditation	Ven. Bhikkhu Sanghasena	Tent
	Recognizing Blessings (lecture)	Erica Kaufman	Yoga Hall Top Floor
	Talk on The Practice of Patanjali's Ashtanga Yoga	Yogi Amrit Desai	Yoga Hall Middle Floor
	The Joy of Karmayoga – The Creation of Om Yoga Dog	Ira Trivedi	Yoga Hall Ground Floor
	Lecture on BP, Diabetes, Stress, Cerebral Palsy and ADHD	Dr. Ashish Gilhotra and Dr. Nishi	Satsang Hall
15:30 – 16:45	Public Yoga Class YogiYoga for Back Pain	Mohan Bhandari	Yoga Ghat
	Yuvaa Yoga (Healthy Spine for Inversion)	Yuva Dayalan and T.A Krishnan	Tent
	Kundalini	Gurushabd Singh Khalsa	Yoga Hall Top Floor
	Guided Ashtanga Yoga Class with Modifications for All Levels	Mark Robberds	Yoga Hall Middle Floor
	Ganga Flow Meditation: Let Go, Expand and Connect	Sadhvi Bhagawati Saraswati	Yoga Hall Ground Floor
17:00 – 17:30	Full Group Picture and Water Blessing Ceremony EVERYONE PLEASE ATTEND		Aarti Ghat
18:00 – 19:00	Ganga Aarti		Aarti Ghat
19:00 – 20:00	Dinner		Garden
20:00 – 21:30	Special Sufi Music Concert with Kailash Kher and Kailasa		Yoga Ghat

MARCH 7TH

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

- HH Pujya Swami Chidanand Saraswati

TIME	CLASS	PRESENTER	LOCATION
04:00 – 06:15	Kundalini Sadhana	Gurushabd Singh Khalsa	Yoga Hall Top Floor
06:30 – 07:30	Vinyasa Strength	Krishnamurthy Mohan Raj	Tent
	Power Yoga & Pranayama	Yogiraj Vishwapal Jayant	Yoga Hall Top Floor
	Pranayama	H.S. Arun	Yoga Hall Middle Floor
	Management of lifestyle diseases	CM Bhandari and Charat Singh	Yoga Hall Ground Floor
06:45 – 07:30	Sunrise Nada Yoga: Music Meditation on the Ganga	Anandra George	Aarti Ghat
07:30 – 08:15	Light Breakfast		Garden
08:30 – 10:30	Jivamukti Yoga	Jules Febre	Yoga Ghat
	Yogic Jogging	Radhika Nagrath	Tent
	The 10 minute yoga solution	Ira Trivedi	Yoga Hall Top Floor
	Iyengar Yoga: Untwist the twist to remain in the present	H.S. Arun	Yoga Hall Middle Floor
	Traditional Hatha Series	Sadhvi Abha Saraswati	Yoga Hall Ground Floor

11:00 – 12:30	Authentic Power Yoga	Anand Mehrotra	Yoga Ghat
	Yuva Yoga	Yuva Dayalan and T.A. Krishnan	Tent
	Traditional Hatha Yoga	Indu Sharma	Yoga Hall Top Floor
	Concept of Sukshma Vyayaam (with practical session)	Parmanand Aggarwal & Shilpa Joshi	Yoga Hall Middle Floor
	Yogi Yoga Intermediate	Mohan Bhandari	Yoga Hall Ground Floor
12:30 – 13:30	Lunch		Garden
14:00 – 15:15	Kirtan Workshop	Kirtanias	Tent
	Recognizing Blessings (lecture)	Erica Kaufman	Yoga Hall Top Floor
	Reiki	Ma Gyaan Suveera	Yoga Hall Middle Floor
	Yoga: A Holistic Approach	Dr. HR Nagendra	Yoga Hall Ground Floor
	Diving deep into a trance state	Sukhmandir Singh Khalsa	Satsang Hall
15:30 – 17:00	Divine Satsang with Pujya Sri Prem Baba		Yoga Ghat
17:00 – 18:00	Concluding Ceremony of International Yoga Festival		Yoga Ghat
18:00 – 19:00	Ganga Aarti		Aarti Ghat
19:00 - 20:00	Dinner		Garden
20:00 – 22:00	Drums, Music and Ecstatic Dance with Sivamani and Runa Rizvi		Yoga Ghat

“Yoga is not a union of our hands to our feet or our heads to our knees. It is a union of the self to the Divine.”

- HH Pujya Swami Chidanand Saraswati



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