



INTERNATIONAL YOGA FESTIVAL

2019 Schedule of Events

..... 30th Anniversary

PARMARTH NIKETAN ASHRAM
RISHIKESH (HIMALAYAS), INDIA



MARCH 1ST

*"Do not wait for miracles. You are the miracle!
Never forget the miracle of yourself!"*
- HH Pujya Swami Chidanand Saraswatiji



TIME	CLASS	PRESENTER	LOCATION
5:00 - 7:00	Sweat Lodge: A purification ceremony to join in prayer, song and silence with the elements. Co-ed and all-female lodges open on first-come, first-serve basis.		Temezcal (Sweat Lodges)
6:30 - 7:30	Traditional Hatha Yogasana	Dr. Indu Sharma	Yoga Hall Middle Floor
	Chen T'ai Chi: One of the Best Kept Secrets of China	Sandeep Desai	Tent
	Led Ashtanga Primary Series	Deepika Mehta	Yoga Ghat
	The Sound of Silence	A silent space to do your own meditation or mantra jāpa	Sacred Sound Stage
6:45 - 7:30	Sunrise Nāda Yoga Musical Meditation	Anandra George	Aarti Ghat
7:30 - 8:15	Light Breakfast		Garden
8:30 - 10:30	Chikitsa Vinyasa Therapeutic Flow	Dr. Eden Goldman	Yoga Hall Ground Floor
	Leading Lives of Purpose, Passion, and Power	Gabriela Bozic	Yoga Hall Middle Floor
	Awaken Shiva	Anand Mehrotra	Tent
	Magic Takes Guts	Dana Flynn	Yoga Ghat
9:00 - 10:30	Vedic Chanting	Sadhvi Abha Saraswati	Sacred Sound Stage
11:00 - 12:30	Spiritual Lecture Series: H.H. Pujya Shankaracharya Divyanand Teerthji: <i>Philosophy of Yoga in Indian Spirituality</i> H.H. Pujya Radhanath Swamiji: <i>The Yoga of Love</i>		Yoga Ghat
12:30 - 13:30	Lunch		Garden

TIME	CLASS	PRESENTER	LOCATION
13:45 - 14:45	Therapeutic Yoga Flow	Paula Tapia	Yoga Hall Ground Floor
	Yin Yoga	Yujia	Yoga Hall Middle Floor
	My Experiences with the Himalayan Masters	H.H. Pujya Radhanath Swamiji	Tent
	The Meditative Heart	Tommy Rosen	Yoga Ghat
	Gong Bath Healing Journey	Sanj Hall	Sacred Sound Stage
15:00 - 16:00	What's Your Dharma, Why the Karma?	Laura Plumb	Yoga Hall Ground Floor
	Living Your Authentic Self: How to Show Up in Self Love	Katie B. Happy	Yoga Hall Middle Floor
	Awakening Our Spiritual Heart	Kia Miller	Tent
	Mystics on the Mat	Seane Corn	Yoga Ghat
	Voicing the Sounds of Your Chakras	Gumi	Sacred Sound Stage
16:00 - 16:30	Tea & Snacks		Garden
16:30 - 18:00	Official Inauguration of the 30th International Yoga Festival		Aarti Ghat
18:00 - 19:00	Divine Ganga Aarti		Aarti Ghat
19:00 - 20:00	Dinner		Garden
19:00 - 20:00	Kirtan Family Hour: Chant your heart open with our beloved family of international musicians (and open mic) in our cozy, intimate space. Immediately after Aarti.		Sacred Sound Stage
20:00 - 21:00	Special Concert of Ecstatic Rhythm & Soul with world famous percussionist A. Sivamani		Yoga Ghat

MARCH 2ND

"Service to others is the true message, the true teaching, the true wisdom of spirituality."
- HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
5:00 - 7:00	Sweat Lodge: A purification ceremony to join in prayer, song and silence with the elements. Co-ed and all-female lodges open on first-come, first-serve basis.		Temezcal (Sweat Lodges)
6:30 - 7:30	Flow Terapéutico En Español (in Spanish)	Paula Tapia	Yoga Hall Ground Floor
	Traditional Hatha Yogasana	Sadhvi Abha Saraswati	Yoga Hall Middle Floor
	Sacred Sound Healing	Michelle Button Vrinda Devi	Yoga Hall Top Floor
	Soothe Your Insides: Mindfulness, Meditation, Pranayama & Yogic Storytelling	Dr. Eden Goldman	Tent
	Led Ashtanga Primary Series	Deepika Mehta	Yoga Ghat
	The Sound of Silence	A silent space to do your own meditation or mantra jāpa	Sacred Sound Stage
6:45 - 7:30	Sunrise Nāda Yoga Musical Meditation	Anandra George	Aarti Ghat
7:30 - 8:15	Light Breakfast		Garden
8:30 - 10:30	Sweat Meets Depth: Move Your Asanas to Influence Inspiration in Your World	Katie B. Happyy	Yoga Hall Ground Floor
	Traditional Hatha Yogasana	Dr. Indu Sharma	Yoga Hall Middle Floor
	Freedom of Body - Hip & Shoulder	Mohan Bhandari	Yoga Hall Top Floor
	The River Of Kriya	Tommy Rosen	Tent
	The Yoga of Awakening	Seane Corn	Yoga Ghat
9:00 - 10:30	The Great Healing Mantra: Mahā Mrtyunjaya	Karen Neumann	Sacred Sound Stage
11:00 - 12:30	Spiritual Lecture Series: H.H. Pujya Shankaracharya Swami Divyanand Teerthji: <i>The Truth is One -- Teachings of the Great Masters</i> H.H. Pujya Radhanath Swamiji: <i>Lessons from Ganga</i> Taita Julio Muñoz, Berito Kuwarwa, Marceliano & Abuela Tonalmitl: <i>Healing Medicines</i>		Yoga Ghat

TIME	CLASS	PRESENTER	LOCATION
12:30 - 13:45	Lunch		Garden
14:00 - 15:15	Rebirthing 1 - Renacimiento 1 (in English & Spanish)	Jai Hari Singh	Yoga Hall Ground Floor
	How to Look Younger than Your Age with Health Tips	Dr. G.S. Gupta	Tent
	Vedic Mythology & The Four Devis of Awakening	Laura Plumb	Yoga Ghat
	Soothing Mantra Śavāsana	The Love Keys	Sacred Sound Stage
15:30 - 17:00	Connect to the Cosmic Prana	Anand Mehrotra	Yoga Hall Ground Floor
	Indian Classical Dance Workshop	Nrityavali Group - Bharat Bhariya & Akshay Patel, Gujarat	Yoga Hall Middle Floor
	One Love: Activating the Heart!	Dana Flynn	Tent
	Hot, Hip & Holy	Gabriela Bozic	Yoga Ghat
	The Harmonic Spine: Music as Medicine	Joseph Schmidlin	Sacred Sound Stage
17:00 - 17:30	Tea & Snacks		Garden
17:30 - 18:00	Sacred Havan		Aarti Ghat
18:00 - 19:00	Divine Ganga Aarti		Aarti Ghat
19:00 - 20:00	Dinner		Garden
19:00 - 20:00	<u>Kirtan Family Hour</u> : Chant your heart open with our beloved family of international musicians (and open mic) in our cozy, intimate space. Immediately after Aarti.		Sacred Sound Stage
20:00 - 21:00	Indian Classical Dance Performance with Nrityavali Dance of Gujarat		Yoga Ghat



MARCH 3RD

*"We must not only light the oil lamp in our temples,
but also light the lamp in our own hearts".*
- HH Pujya Swami Chidanand Saraswatiji



TIME	CLASS	PRESENTER	LOCATION
5:00 - 7:00	Sweat Lodge: A purification ceremony to join in prayer, song and silence with the elements. Co-ed and all-female lodges open on first-come, first-serve basis.		Temezcal (Sweat Lodges)
5:30 - 7:30	Ashtanga Yoga Traditional Style	Paramaguru Sharath Jois	Yoga Ghat
6:30 - 7:30	Taoist Yoga	Yujia	Yoga Hall Ground Floor
	Traditional Hatha Yogasana	Sadhvi Abha Saraswati	Yoga Hall Middle Floor
	SUNNIAI - The Deep Listening	Kia Miller	Tent
	The Sound of Silence	<i>A silent space to do your own meditation or mantra jāpa</i>	Sacred Sound Stage
6:45 - 7:30	Sunrise Nāda Yoga Musical Meditation	Keren Porat Snapir	Aarti Ghat
7:30 - 8:15	<i>Light Breakfast</i>		Garden
8:30 - 10:30	The Three Jewels	Tommy Rosen	Yoga Hall Ground Floor
	Art of Asana Alignment	Mohan Bhandari	Yoga Hall Middle Floor
	Soul Sweat	Dana Flynn	Tent
	Anahata Flow	Seane Corn	Yoga Ghat
9:00 - 10:30	The Power of Om	Saul David Raye	Sacred Sound Stage
11:00-12:30	Spiritual Lecture Series: <i>Shakti: Power of the Divine Feminine in A Yogic Life</i> with Sadhvi Bhagawati Saraswati, Dr. Vandana Shiva, Gurmukh Kaur Khalsa, Seane Corn, & Laura Plumb, Abuela Tonalmitl & Martina Mamani		Yoga Ghat
12:30 - 13:45	<i>Lunch</i>		Garden
14:00 - 15:15	Inbound Yoga	Srila B.A. Paramadvaiti	Yoga Hall Ground Floor
	Restorative Yoga and Meditation	Paula Tapia	Yoga Hall Middle Floor
	Cosmic Intelligence (CI Plus) Meditation	Maa Gyaan Suveera	Yoga Hall Top Floor

TIME	CLASS	PRESENTER	LOCATION
14:00 - 15:15 (cont'd)	Ancient Wisdom of the Original Nations as an Offering to the United Nations of the Spirit	Srila B.A. Paramadvaiti, Jose Humberto Victorino Muluk, Taita Julio, Tata Tlahuizcalpantecuhtli, Jesus vincente Marquez, Martina Mamani, Abuela Tonalmitl	Tent
	Zen Yoga Mindfulness	Hikaru Hashimoto	Yoga Ghat
	The Divine Santoor: Rāga Sound Healing	Setsuo Miyashita	Sacred Sound Stage
15:30 - 17:00	Awakening Kundalini - The Infinite Potential of Being	Anand Mehrotra	Yoga Hall Ground Floor
	Awakening Heart: Healing Yoga, Meditation & Chanting for Transforming Times	Saul David Raye	Yoga Hall Middle Floor
	The Secret Art of Assisting Yoga Poses	Dr. Eden Goldman	Yoga Hall Top Floor
	Rumi Love Meditation	Mert Güler	Tent
	Relax and Restore	Gabriela Bozic	Yoga Ghat
	Tantrik Sanskrit: Embody the Primal Sounds	Anandra George	Sacred Sound Stage
17:00 - 17:30	<i>Tea & Snacks</i>		Garden
17:30 - 18:00	Sacred Havan		Aarti Ghat
18:00 - 19:00	Divine Ganga Aarti		Aarti Ghat
19:00 - 20:00	<i>Dinner</i>		Garden
19:00 - 20:00	Kīrtan Family Hour: <i>Chant your heart open with our beloved family of international musicians (and open mic) in our cozy, intimate space. Immediately after Aarti.</i>		Sacred Sound Stage
20:00 - 21:00	Music for Peace with Indigenous Elders		Yoga Ghat

MARCH 4TH

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

TIME	CLASS	PRESENTER	LOCATION
4:00 - 6:15	Kundalini Sadhana	Gurushabd Singh Khalsa	Tent
5:00 - 7:00	Sweat Lodge: A purification ceremony to join in prayer, song and silence with the elements. Co-ed and all-female lodges open on first-come, first-serve basis.		Temezcal (Sweat Lodges)
5:30 - 7:30	Ashtanga Yoga Traditional Style	Paramaguru Sharath Jois	Yoga Ghat
6:30-7:30	Ashtanga - The Standing Postures in Detail	Sandeep Desai	Yoga Hall Ground Floor
	Bhakti: The Power of Love	Gabriela Bozic	Yoga Hall Middle Floor
	Ganga Yoga: Soma Flow	Laura Plumb	Yoga Hall Top Floor
	Sufi Meditation	Mert Güler	Tent
	The Sound of Silence	A silent space to do your own meditation or mantra jāpa	Sacred Sound Stage
6:45 - 7:30	Sunrise Nāda Yoga Musical Meditation	Keren Porat Snapir	Aarti Ghat
7:30 - 8:15	Light Breakfast		Garden
8:30 - 10:30	Accessing Your Radiant Body	Kia Miller	Yoga Hall Ground Floor
	Earth Prayer: Yoga & Earth Activism	Saul David Raye	Yoga Hall Middle Floor
	Give it Up: How to Give Up What Holds You Heavy	Katie B. Happy	Yoga Hall Top Floor
	Detox Flow	Seane Corn	Tent
	A Split Second: The Awakening Call	Gurmukh Kaur Khalsa	Yoga Ghat
9:00 - 10:30	Playshop with Sound Healing Instruments	Sanj Hall	Sacred Sound Stage
11:00 - 12:30	Spiritual Lecture Series: Satsang with H.H. Pujya Mooji		Yoga Ghat
12:30-13:45	Lunch		Garden
14:00 - 15:15	Rebirthing 2 - Renacimiento 2 (in English & Spanish)	Jai Hari Singh	Yoga Hall Ground Floor

TIME	CLASS	PRESENTER	LOCATION
14:00 - 15:15 (cont'd)	Oida Therapy: Yoga Teachers Help to Understand Sraddha	Sriila BA Paramadvaiti	Yoga Hall Middle Floor
	Reiki Healing Initiation: Class 1	Maa Gyaa Suveera	Tent
	Krsna's Flute: Rāga Sound Healing Experience	Tilak Vishwas	Sacred Sound Stage
15:30 - 17:00	Satsang & Ganga Flow Meditation: Let Go, Expand, and Connect in the Presence of Truth	Sadhvi Bhagawati Saraswati	Yoga Hall Ground Floor
	Yoga Therapy for Scoliosis	Mohan Bhandari	Yoga Hall Middle Floor
	Indian Classical Dance Workshop	Nrityavali Group - Bharat Bhariya & Akshay Patel, Gujarat	Yoga Hall Top Floor
	Be Love, Radiate Love	Anand Mehrotra	Tent
	The Big Bang Theory in Vedic Literature	Harinaam Anand	Sacred Sound Stage
17:00 - 17:30	Tea & Snacks		Garden
17:30 - 18:00	Sacred Havan		Aarti Ghat
18:00 - 19:00	Divine Ganga Aarti		Aarti Ghat
19:00 - 20:00	Dinner		Garden
20:30 - 22:00	Divine Maha Shivaratri Celebrations: Sacred Shivabhishek & Chanting with Pujya Swamiji, Sadhvi Bhagawati, Sadhvi Abhaji (Mataji) & the Parmarth Rishikumar		Aarti Ghat
22:00 - 7:15am (March 5th)	All Night Maha Shivaratri Ecstatic Chant Offering with musicians of the Sacred Sound Stage. Open mic sign-up for IYF participants to lead an energizing Shiva kirtan is posted at the Sacred Sound Stage.		Aarti Ghat



MARCH 5TH

*"Let your selfless service be
your prayer and your meditation."*

- HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
4:00 - 6:15	Kundalini Sadhana	Gurushabd Singh Khalsa	Yoga Ghat
5:00 - 7:00	Sweat Lodge: A purification ceremony to join in prayer, song and silence with the elements. Co-ed and all-female lodges open on first-come, first-serve basis.		Temezcal (Sweat Lodges)
6:30 - 7:30	Align Up with Your Highest Self Workshop: Clarity in Your Calling	Katie B. Happy	Yoga Hall Ground Floor
	Traditional Hatha Yogasana	Dr. Indu Sharma	Yoga Hall Middle Floor
	The Five Tibetans	Joseph Schmidlin	Yoga Hall Top Floor
	Sound Healing	Diego Iorio, German Dario & Michelle Button Vrinda Devi	Tent
	The Breath Of Awareness	Tommy Rosen	Yoga Ghat
	The Sound of Silence	A silent space to do your own meditation or mantra jāpa	Sacred Sound Stage
6:45 - 7:30	Sunrise Nāda Yoga Musical Meditation	Anandra George	Aarti Ghat
7:30 - 8:15	Light Breakfast		Garden
8:30 - 10:30	Dance of Prana	Deepika Mehta	Yoga Hall Ground Floor
	Ashtanga Yoga - Mysore Style	Sandeep Desai	Yoga Hall Middle Floor
	Soul and Soma: Awakening the Power of Inner Flow, Rejuvenation & Intuition in Yoga	Saul David Raye	Tent
	Becoming Sensory Human Beings	Gurmukh Kaur Khalsa	Yoga Ghat
9:00 - 10:30	Sounds of India - A Musical Journey Story	Keren Porat Snapir	Sacred Sound Stage
11:00 - 12:30	<i>Spiritual Lecture Series: The Yoga of Action</i> Sadhvi Bhagawati Saraswati: <i>Living Love - Opening & Expanding</i> Shilpa Shetty: <i>Simple Soulful - Yoga for the Soul</i> Dr. Vandana Shiva: <i>Seeds of Oneness</i>		Yoga Ghat
12:30 - 13:45	Lunch		Garden

TIME	CLASS	PRESENTER	LOCATION
14:00 - 15:15	The Yoga of Mother Earth	Srila B.A. Paramadvaiti	Yoga Hall Ground Floor
	Natural Remedies for Beauty & Hair	Dr. G.S. Gupta	Yoga Hall Middle Floor
	Yoga and Ayurveda: Natural Healing and Immortal Being	Laura Plumb	Tent
	Protecting Our Future: The Yoga of Awakened, Conscious Action	Dr. Vandana Shiva	Yoga Ghat
	Therapeutic Sound Bath	Joseph Schmidlin	Sacred Sound Stage
14:45 - 15:30	Simple Soulful Yoga	Shilpa Shetty	Shankar Bhagawan Ghat (Lord Shiva Statue Ghat)
15:30 - 17:00	Indian Classical Dance Workshop	Uttaran Classical Dancers of West Bengal	Yoga Hall Ground Floor
	Understand Forward Bends to Relax the Mind	HS Arun	Yoga Hall Middle Floor
	Rumi Love Meditation	Mert Güler	Tent
	Agni – The Fire of Transformation	Kia Miller	Yoga Ghat
	Indian Rhythm Tala Workshop	Waka	Sacred Sound Stage
17:00 - 17:30	Tea & Snacks		Garden
17:30 - 18:00	Sacred Havan		Aarti Ghat
18:00 - 19:00	Divine Ganga Aarti		Aarti Ghat
19:00 - 20:00	Dinner		Garden
19:00 - 20:00	<i>Kirtan Family Hour: Chant your heart open with our beloved family of international musicians (and open mic) in our cozy, intimate space. Immediately after Aarti.</i>		Sacred Sound Stage
20:00 - 21:00	<i>Cultural Union of the World: An Evening of Cultural Song, Dance and Theatre Performances by Parmarth Rishikumars, Sufi Dancing with Mert Güler, and IYF Participants from Around the World</i>		Yoga Ghat



*"Live in peace, not in pieces.
If you are in peace, you will
exude peace, manifest peace
and spread peace."*

- HH Pujya Swami
Chidanand Saraswatiji

MARCH 6TH

"Be happy, be peaceful. Embrace all, include all, exclude none."
- HH Pujya Swami Chidanand Saraswatiji



TIME	CLASS	PRESENTER	LOCATION
4:00 - 6:15	Kundalini Sadhana	Gurushabd Singh Khalsa	Yoga Ghat
5:00 - 7:00	Sweat Lodge: A purification ceremony to join in prayer, song and silence with the elements. Co-ed and all-female lodges open on first-come, first-serve basis.		Temezcal (Sweat Lodges)
6:30 - 7:30	Rebirthing 3 - Renacimiento 3 (in English & Spanish)	Jai Hari Singh	Yoga Hall Ground Floor
	Ashtanga Yoga - Mysore Style	Sandeep Desai	Yoga Hall Middle Floor
	Shintou Yoga and Ibuki Kokyu (Part 1)	Hikaru Hashimoto	Tent
	Secret of Energy	Mohan Bhandari	Yoga Ghat
	The Sound of Silence	A silent space to do your own meditation or mantra jāpa	Sacred Sound Stage
6:45 - 7:30	Sunrise Nāda Yoga Musical Meditation	Keren Porat Snapir	Aarti Ghat
7:30 - 8:15	Light Breakfast		Garden
8:30 - 10:30	The Power of the Heart - Hridaya Shakti	Saul David Raye	Yoga Hall Ground Floor
	Conscious Breath in Asana Practice	HS Arun	Yoga Hall Middle Floor
	Kundalini Yoga - Surya Namaskar	Kia Miller	Yoga Hall Top Floor
	Hanuman Namaskar	Laura Plumb	Tent
	A Gathering	Gurmukh Kaur Khalsa	Yoga Ghat
9:00 - 10:30	Inner Meaning of Om Namah Śivāya	Swāmi Uttamānanda	Sacred Sound Stage
11:00 - 12:30	Spiritual Lecture Series: Yoga for Our Planet: Yoga, Climate and Earth Activism with Pujya Swami Chidanand Saraswatiji, Sadhvi Bhagawati Saraswatiji, Seane Corn, Saul David Raye, Abuela Tonalmitl, Tata Tlahuizcalpantecuhtli, Suaie Murillo & Srila B.A. Paramadvaiti		Yoga Ghat
12:30 - 13:45	Lunch		Garden

TIME	CLASS	PRESENTER	LOCATION
14:00 - 15:15	Reiki Healing Initiation: Class 2	Maa Gyaan Suveera	Yoga Hall Ground Floor
	Yoga Nidra	Sadhvi Abha Saraswati	Yoga Hall Middle Floor
	How to Reverse Health Problems and Reverse Diseases with Food	Dr. G.S. Gupta	Tent
	The Life Beyond Craving	Tommy Rosen	Yoga Ghat
	Hindustanī Classical Rāga Concert	Setsuo Miyashita	Sacred Sound Stage
15:15 - 16:00	Tea & Snacks		Garden
16:00 - 16:30	Group Pictures & Water Blessing Ceremony		Aarti Ghat
17:00 - 18:00	Concluding Ceremony of IYF 2019		Aarti Ghat
18:00 - 19:00	Divine Ganga Aarti		Aarti Ghat
19:00 - 20:00	Dinner		Garden
	Kirtan Family Hour: Chant your heart open with our beloved family of international musicians (and open mic) in our cozy, intimate space. Immediately after Aarti.		Sacred Sound Stage
20:00 - 21:00	Classical Indian Dance Performance wth Uttaran Dance of West Bengal		Yoga Ghat

MARCH 7TH

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

TIME	CLASS	PRESENTER	LOCATION
5:00 - 7:00	Sweat Lodge: A purification ceremony to join in prayer, song and silence with the elements. Co-ed and all-female lodges open on first-come, first-serve basis.		Temezcal (Sweat Lodges)
6:30 - 7:30	Traditional Hatha Yogasana	Dr. Indu Sharma	Yoga Hall Middle Floor
	Chen T'ai Chi: For Stronger Body & Mind	Sandeep Desai	Tent
	Balancing Five Elements Through Yoga	Dr. Radhika Nagrath	Yoga Ghat
	The Sound of Silence	A silent space to do your own meditation or mantra japa	Sacred Sound Stage
6:45 - 7:30	Sunrise Nāda Yoga Musical Meditation	Anandra George	Aarti Ghat
7:30 - 8:15	Light Breakfast		Garden
8:30 - 10:30	Death & Me - La Muerte y Yo (in English & Spanish)	Jai Hari Singh	Yoga Hall Ground Floor
	Shintou Yoga and Ibuki Kokyu (Part 2)	Hikaru Hashimoto	Yoga Hall Middle Floor
	Yogāsana accompanied by Mantra Chanting	The Love Keys	Tent
	Journey Through the Chakras	Anand Mehrotra	Yoga Ghat
9:00 - 10:30	Sāvitrī Gāyatrī Mantra for Illumination	Joanna Faso	Sacred Sound Stage
10:45 - 12:30	Special meditation at the Maharishi Mahesh Yogiji Ashram ("Beatles Ashram")		Meet at Aarti Ghat at 10:45 to walk over together
12:30 - 13:45	Lunch		Garden

TIME	CLASS	PRESENTER	LOCATION
14:00 - 15:15	Yoga Nidra	Sadhvi Abha Saraswati	Yoga Hall Middle Floor
	Natural Pain Management for Joint, Muscular & Nerve Pain	Dr. G.S. Gupta	Tent
	Reiki Healing Initiation: Class 3	Maa Gyaan Suveera	Yoga Ghat
	Sound Healing: Walking on Air	Keren Porat Snapir	Sacred Sound Stage
15:30 - 17:00	Indian Classical Dance Workshop	Nrityavali Group - Bharat Bhariya & Akshay Patel, Gujarat	Yoga Hall Ground Floor
	Untwist the Twist to Unwind the Mind	HS Arun	Yoga Hall Middle Floor
	Anand Yoga	Swami Anand Giri	Tent
	Prana Shakti: Soul Sadhana	Saul David Raye	Yoga Ghat
	The Homeopathics of Sound	Joseph Schmidlin	Sacred Sound Stage
17:00 - 17:30	Tea & Snacks		Garden
17:30 - 18:00	Sacred Havan		Aarti Ghat
18:00 - 19:00	Divine Ganga Aarti		Aarti Ghat
19:00 - 20:00	Dinner		Garden
20:00 - 21:00	Ecstatic Kirtan with The Love Keys		Yoga Ghat



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

- HH Pujya Swami Chidanand Saraswati



PARMARTH NIKETAN

P.O. Swargashram, Rishikesh (Himalayas), Uttarakhand, 249304

Phone: +91 (135) 244-0070, +91 (135) 243-4301,
+91 (135) 243-4302

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iyf@internationalyogafestival.com

info@parmarth.com

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