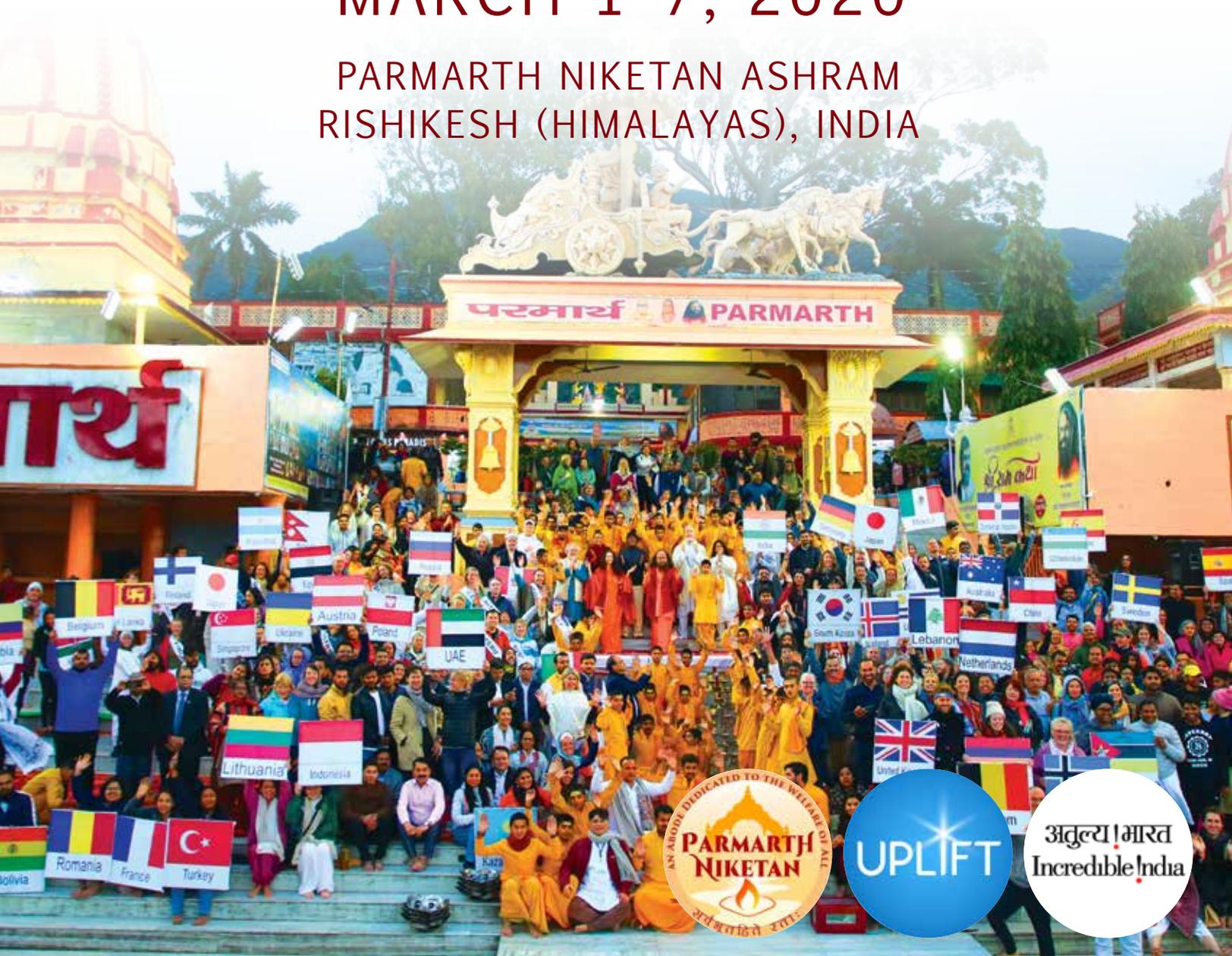




# International Yoga Festival

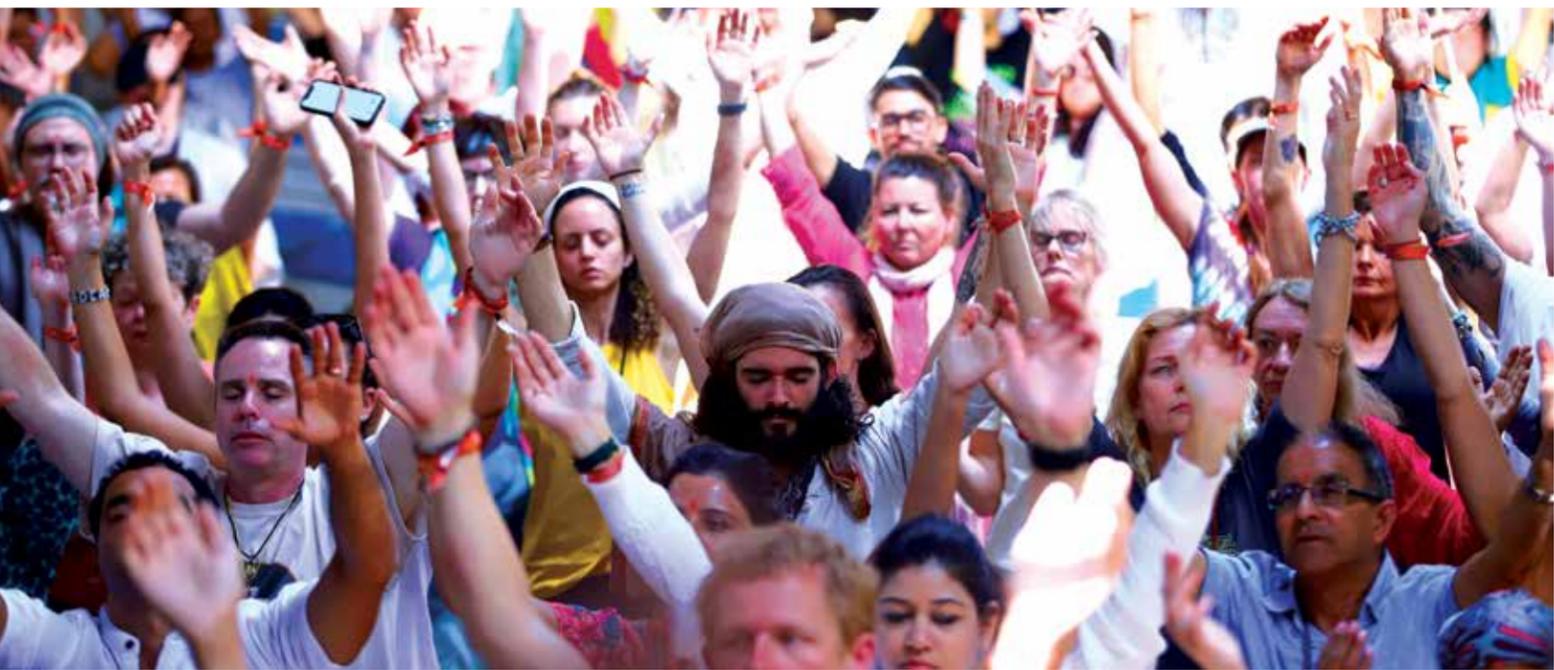
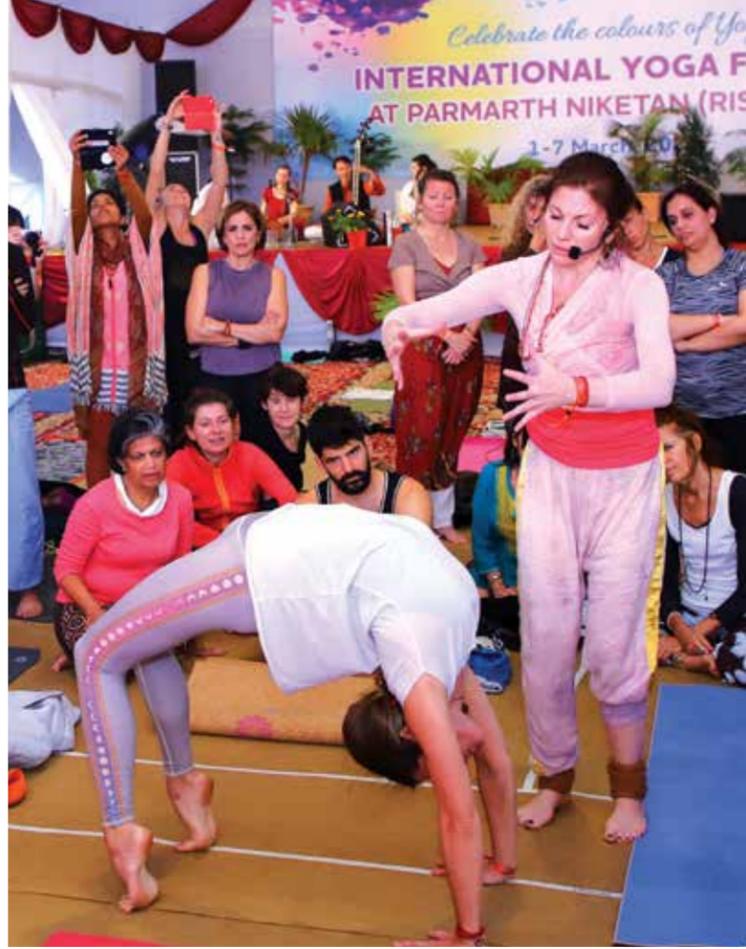
MARCH 1-7, 2020

PARMARTH NIKETAN ASHRAM  
RISHIKESH (HIMALAYAS), INDIA



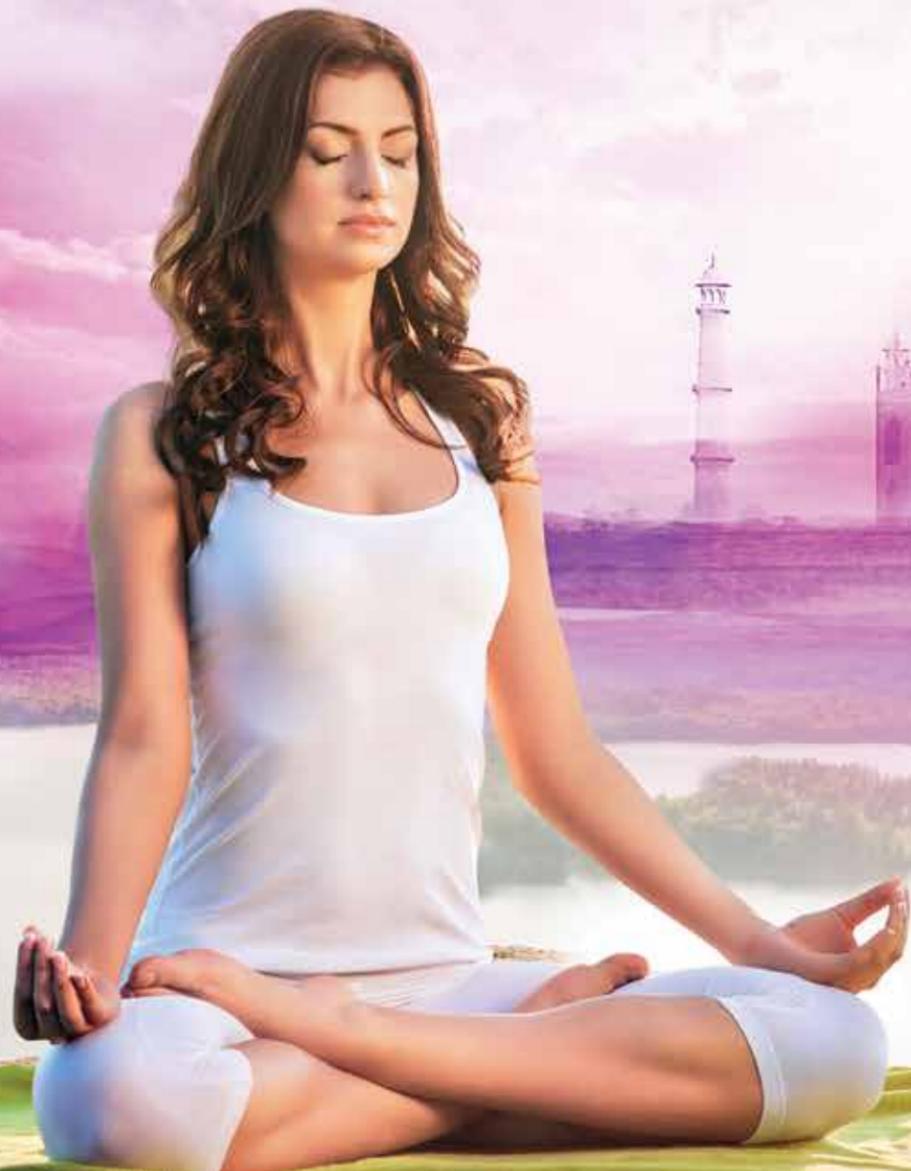






**YOGA BELONGS TO THE WORLD.  
BUT IT HAS A HOME.**

India - The Birthplace of Yoga



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# About Parmarth Niketan

HOME TO THE WORLD RENOWNED, ANNUAL INTERNATIONAL YOGA FESTIVAL



**HH PUJYA SWAMI  
SHUKDEVANAND  
SARASWATIJI**

Founder of  
Swami Shukdevanand Trust



**H.H. PUJYA  
MM SWAMI  
ASANGANANDJI**

Managing Trustee of  
Swami Shukdevanand Trust



**HH PUJYA SWAMI  
CHIDANAND  
SARASWATIJI**

President of  
Parmarth Niketan (Rishikesh)



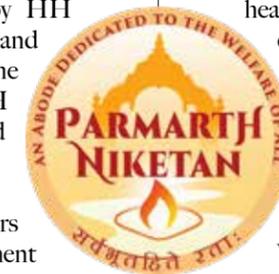
To learn more: [www.parmarth.org](http://www.parmarth.org)

Yoga is practiced by some 300 million people worldwide, making Parmarth Niketan's International Yoga Festival a tremendous draw for individuals from around the world.

Parmarth Niketan Ashram was founded by HH Pujya Swami Shukdevanand Saraswati Ji, in the early 1940's. The ashram is currently blessed by HH Pujya MM Swami Asanganand Saraswati Ji and guided by the leadership and vision of HH Pujya Swami Chidanand Saraswati Ji.

Parmarth Niketan Ashram offers comfort, inspiration and upliftment for your body, mind and spirit as well as a deeper connection with the Divine. As you experience the serenity of the Ashram you will

feel your soul bathing in the peace of sacred energies, including those that emanate from nature and those that linger from the timeless healing powers of saints, sages and enlightened masters.

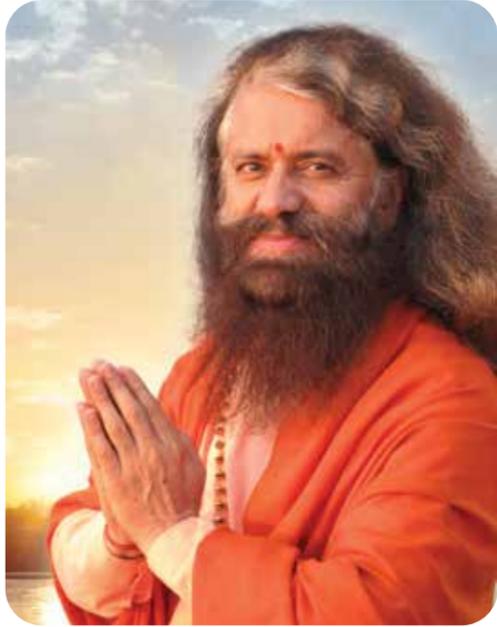


Parmarth Niketan is also one of India's largest interfaith, yoga and spiritual institutions. Parmarth Niketan Ashram literally means an "Abode Dedicated to the Welfare of All" and is a true spiritual haven, lying on the holy banks of Mother Ganga, in the lap of the lush green Himalayas.

# Blessings

H.H. Pujya Swami Chidanand Saraswatiji

President and Spiritual Head of Parmarth Niketan



Pujya Swamiji, one of India's most renowned leaders, 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 numerous organizations dedicated to protection, preservation and upliftment of society as well as interfaith harmony, including: Global Interfaith WASH Alliance, Ganga Action Parivar, Divine Shakti Foundation, Interfaith Humanitarian Network & India Heritage Research Foundation (see inside back cover for details). Pujya Swamiji has received innumerable awards, both in India and abroad for his extraordinary leadership. 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 PLEASE VISIT:

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

[@pujyaswamiji](https://www.facebook.com/pujyaswamiji)

[youtube.com/parmarthniketan](https://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.

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 travelled from every corner of the globe to come and offer their experience, enthusiasm and expertise to the Festival.

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,

Swami Chidanand Saraswati

Sadhvi Bhagawati Saraswatiji,

Director of International Yoga Festival



*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.

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 Saraswati

## TO LEARN MORE PLEASE VISIT:

[sadhvi.org](http://sadhvi.org)

[@sadhvibhagawatisaraswati](https://www.facebook.com/sadhvibhagawatisaraswati)

[@sadhvibhagawati](https://www.instagram.com/sadhvibhagawati)

[@sadhvi](https://www.youtube.com/sadhvi)

[youtube.com/parmarthniketan](https://www.youtube.com/parmarthniketan)



RISHIKESH  
**THE YOGA CAPITAL  
 OF THE WORLD**

*On the Holy banks of Mother Ganga*

**AT PARMARTH NIKETAN**

In the Lap of The Himalayas  
 OFFERING YOGIS FROM  
 AROUND THE WORLD  
**THE TEACHING, TOUCH  
 & TRANSFORMATION  
 OF YOGA**

# IYF 2020

IYF has taken place in Rishikesh since 1989, first organized by the Government of Uttar Pradesh, and then by the Government of Uttarakhand since 2001. Parmarth Niketan

has been hosting this event, since 1999. In this time, the IYF has grown to international acclaim and continues to increase in attendance yearly. 🌸



**OVER 1500  
 PARTICIPANTS**

From 76  
 countries



**OVER 150  
 CLASSES**

More than  
 50 diverse class  
 offerings



**MORE THAN 60  
 PRESENTERS**

From  
 10 countries

# 76 Countries Participate in the International Yoga Festival 2020





अतुल्य! भारत  
Incredible India

# 31st Anniversary



# International Yoga Festival

## at Parmarth Niketan (Rishikesh) March 1-7, 2020



Welcome Home

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#IYF2020

IntlYogaFest

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ParmarthNiketan

“Parmarth’s IYF illustrates that the time has come for yogis and yoga practitioners to take yoga off the mat and into the world, becoming the solution to the challenges that ail our planet and all of humanity. From the banks of Ganga, the message is: Become the rivers of conscious action, thinking not merely of ‘what for me’ but ‘what through me’. Becoming soldiers and stewards of peace is what Yoga is all about.”

- H.H. Pujya Swami Chidanand Saraswatiji

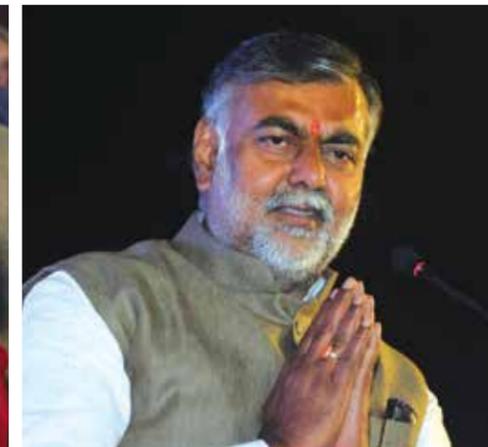
“It’s so beautiful to be celebrating the 31st Anniversary of the IYF, and to be emphasizing the aspect of Yoga in the World, the concept of yoga as union, whether it’s with our sisters and brothers from around the world, whether it’s with Mother Earth, or union with future generations. In the face of everything that’s going on in the world today, we realize how much we need yoga; yoga is the answer to everything that is afflicting our world.”

- Sadhvi Bhagawati Saraswatiji -

# Official Inauguration of the 31st International Yoga Festival

Over 900 participants from 56 countries joined Pujya Swamiji and Sadhvi Bhagawati in welcoming the Hon'ble Minister of State for Culture and Tourism for the Government of India, Shri Prahlad Singh and the Hon'ble Speaker of the Uttarakhand Legislative Assembly, Shri Prem Chand Aggarwal, for the

inauguration of the 31st Annual International Yoga Festival, held at Parmarth Niketan in partnership with Incredible India, Ministry of Tourism, Government of India a week of enlightenment, upliftment and connection to themselves, each other and all of Creation.



"Yoga is all the way from the United Nations to the United Nations on the banks of Ganga! Come here not just to do yoga but leave here with the art and practice of being yoga. Be Yoga, Learn Yoga, Live Yoga, Love Yoga!"  
- Pujya Swami Chidanand Saraswatiji, President of Parmarth Niketan

"As we gather on the banks of the sacred Ganga, in Rishikesh, the World Capital of Yoga, the land where the sages, saints and rishis have come for thousands of years to attain enlightenment, we remember that yoga is not only postures on a mat but yoga is who we are. Yoga is love, yoga is peace, yoga is togetherness. This is what the world needs today. Yoga is the answer to all that ails us from terrorism and war to environmental destruction to internal depression. Yoga is union - union with the Creator and union with the Creation. Through our yoga may we become vehicles of peace, love and union for the world."  
- Sadhvi Bhagawati Saraswatiji, Director of the International Yoga Festival

"I would like to welcome all of the people from all over the world present here in the lap of Maa Ganga, and I thank Pujya Swamiji for making it possible for people from across the country and around the world to connect on a deeper level. Yoga means Union, and Swami Ji has really made it possible for that union to happen. I was born on the River Narmada. What a blessing it is to be here in the lap of the Himalayas, in the arms of Maa Ganga and at the feet of the extraordinary and Divine power that is here. I am overjoyed that so many people from all over the world have come here, and so very proud to call this place the Yoga capital of India and the world."  
- Shri Prahlad Singh Patel, Hon'ble Minister of Tourism and the Hon'ble Minister of State for Culture and Tourism

"First of all I'd like to welcome all my brothers and sisters from all over the world and thank them for their presence in this divine place of Uttarakhand. Every year we get an opportunity to meet and greet people from different countries, and even today - as we all know that people from 56 people are present here - it feels as though the entire Universe is in the lap of Rishikesh. I'd also like to offer Pujya Swamiji my hearty thanks and congratulations for all of the work that He's done for water, education and the environment. He hasn't limited His work to just the International Yoga Festival; He addresses so many social topics and concerns."  
- Shri Prem Chand Aggarwalji, Hon'ble Speaker of the Uttarakhand Legislative Assembly,

# Union, Unity & Love

## Day 1: Global World Family Joins Together on the Holy Banks of Mother Ganga

With the theme of "Vision 2020" the world-renowned annual International Yoga Festival began early in the morning at Parmarth Niketan with a renewed emphasis on Union, Unity and Love in these troubled times. A vibrant round of Yoga Asana classes that awakened hundreds of participants to the magnificent potential awaiting them during the coming week on the holy banks of Mother Ganga, as well as to the beauty of a late winter morning in the lap of the majestic Himalayas.

The morning asana classes began with Vinyasa - Align Up with Your Highest Self Workshop: Clarity in Your Calling with Katie B. Happy and Paula Tapia's Therapeutic Yoga Flow, along with Sukshma Yoga with Ganga Nandini and Kia Miller's amazing Awakening the Higher Qualities of the Heart practice. In addition, Anandra George led a Sunrise Nada Yoga class, with musical vibrations that elevated those on the ghat and anyone in hearing distance with their brilliant tones.

After a light breakfast, Janet Attwood beautifully encouraged her students to undo their limiting beliefs, while Tommy Rosen offered paths for a breakthrough to the real selves of the capacity crowd in his long-awaited class. Dr. Indu Sharma, a dedicated teacher and practitioner at Parmarth for over 10 years, also led a traditional Hatha Yogasana, while Stewart Gilchrist offered remedies to remove the obstacles to yoga in our lifetimes and Dana Flynn conducted a

vibrant and dynamic Soul Sweat class that left participants, well...soul-filled!

At 11am, this year's Spiritual Lecture Series commenced with highly-motivational addresses by Dr. Bruce Lipton, Bharat Mitra, Prince Ea and Sadhvi Bhagawati Saraswati exploring the universal truth that "We Are One!"

Said Bruce Lipton about Yoga and Union: "What happens here at Parmarth Niketan is the harmony of love, consciousness and community. What is Yoga? Unity. Union. Coming together. You are creating a union of consciousness. And what happens when we all come together in harmony? The more power that we wield. Each of you is a seed of evolution, and where are you getting your strength from? Yoga! It's not just the body, it's the Creation. I want to thank every one of you because when I come to this environment, to the International Yoga Festival, to Parmarth Niketan, I can feel the evolution. The energy is so strong I have good vibes. Because your energy is harmonizing with the energy of love, peace and evolution. And, so I want to thank every one of you. Each one of you is a seed of evolution that can bring us back to the garden that we came into before separation. Union. Unity. Yoga. Thank you for participating in our world."

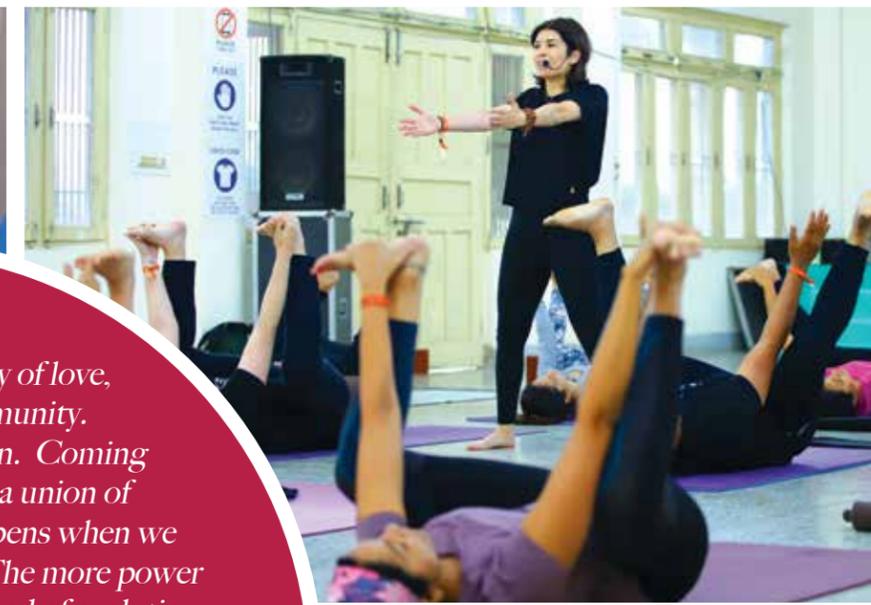
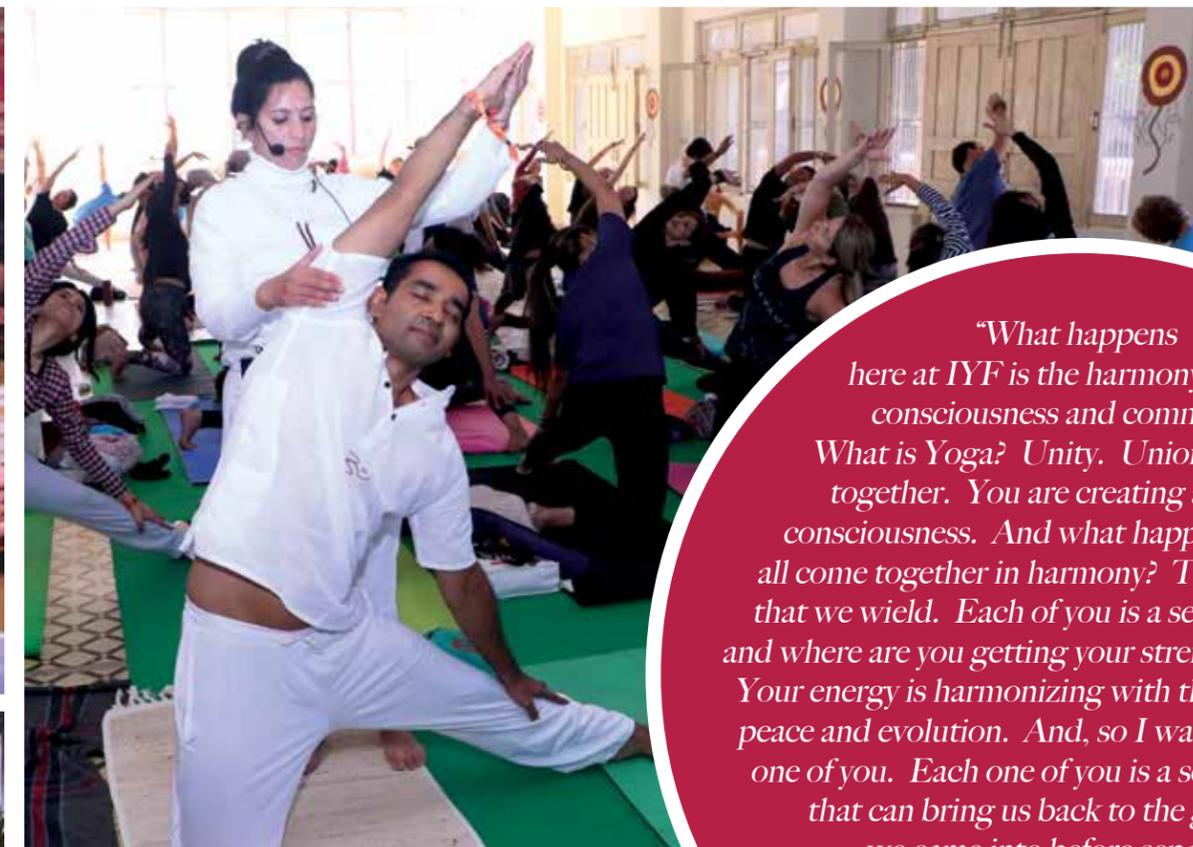
Similarly, with almost a quarter-century of life filled with experiencing and sharing the divine principle of Vasudhaiva Kutumbakam, Sadhvi Bhagawati Saraswatiiji stated: "The illusion of

separation that we talk about is something that all of us were raised into from early childhood, assuming you were raised by humans. Because the humans that raised each of us were humans that were interacting with their own karma and their own programming. And everything that we encounter reinforces that separation. We reward that which is of the body, of the action, and of the illusion. What we end up with is this very, very deep belief that we are what we do and what we look like and how we behave. The fastest, easiest way and most-powerful way that I know to plug yourself in...to connect... to end the separation...to counteract the programming... is to love. Just love."

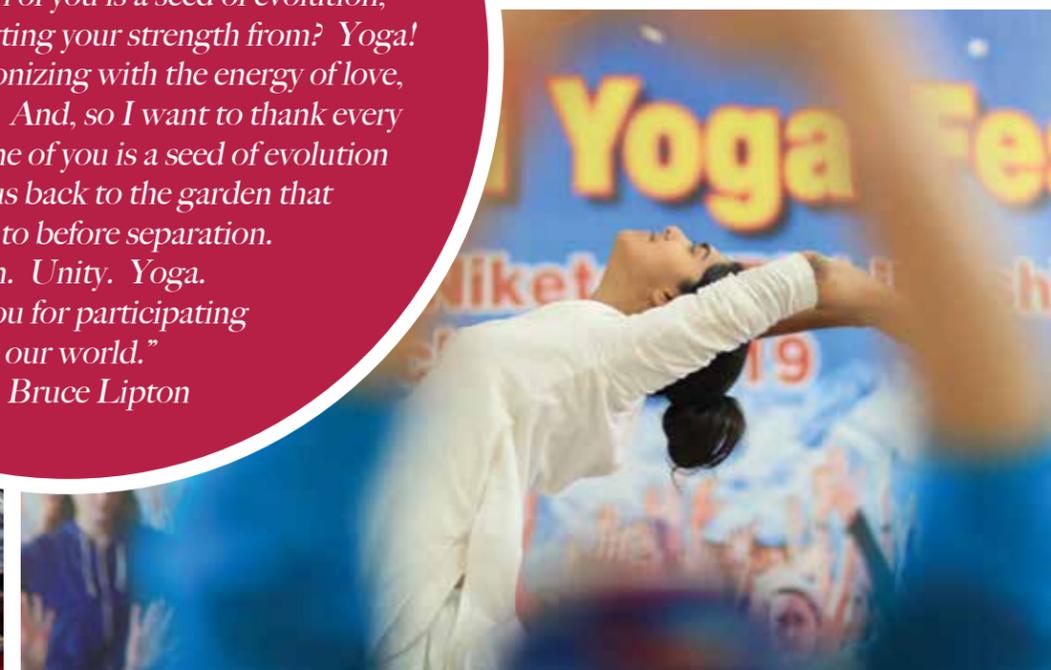
After lunch and prior to the inauguration in the afternoon, illumination and enlightenment continued with classes such as The Importance of Detoxification in the Modern World with Dr. Alejandro Junger and Food Rules for a Sattvic Life with Rujuta Diwekar, while Maa Gyan Suveera offered insights into Cosmic Intelligence Plus (CI+) Meditation and Anand Mehrotra shared his wisdom about Cosmic Prana and Cosmic Self. And, Joseph Schmidlin bathed attendees with his beautiful Therapeutic Sound Bath.

Finally, after the official inauguration, with hearts full and minds opened, participants joined Anandra and the Sacred Sound Stage musicians and the Kirtanias for a jam session of ecstatic chants and Kirtan along the blessed waters of Maa Ganga, awaiting the exciting start of Day 2!





*“What happens here at IYF is the harmony of love, consciousness and community. What is Yoga? Unity. Union. Coming together. You are creating a union of consciousness. And what happens when we all come together in harmony? The more power that we wield. Each of you is a seed of evolution, and where are you getting your strength from? Yoga! Your energy is harmonizing with the energy of love, peace and evolution. And, so I want to thank every one of you. Each one of you is a seed of evolution that can bring us back to the garden that we came into before separation. Union. Unity. Yoga. Thank you for participating in our world.”*  
- Dr. Bruce Lipton





# The World Is One Family

Day 2: Pujya Sri Sri Ravi Shankarji Graces & Blesses IYF

Spiritual Lecture Series Focuses On Taking the Teachings of Yoga Into the World

Building on the extraordinary momentum of the event's opening day, the 31st Annual International Yoga Festival continued to offer perfect 2020 Vision of a world at peace and a people in harmony, with a full schedule of energizing classes and dynamic opportunities for participants to embrace the divine power of Yoga and reconnect with their true Selves, each other and all of Creation.

The second day of the festival at Parmarth Niketan was blessed by the presence of Pujya Shri Shri Ravi Shankarji, who addressed the crowd of International Yoga Festival participants and shared so beautifully about Vasudhaiva Kutumbakam, the World is One Family, something that was so evident in looking at all of the people who had joined the Parmarth family for this incredible international yoga celebration!

Pujya Sri Sri Ravi Shankarji shared his love for Pujya Swamiji and Parmarth Niketan saying, "The Ganga Aarti here is something that is very dear to almost everyone in this country and to the world. Everyone who knows about it loves the Ganga Aarti, the sweet pravachan (spiritual discourse) that happens here at Parmarth, and this Yoga Festival which has been happening for the last 31 years!"

He added, "Through yoga we are able to be connected with everyone on the planet, cutting across race, religion and gender. Through yoga we are able to relieve ourselves of the past and be satisfied fully in the present, live happily and spread happiness."

The day was also graced by the presence of the Hon'ble Governor of Maharashtra and former CM of Uttarakhand, Shri Bhagat Singh Koshyari, who was so overjoyed to see all of the participants and join them for lunch in the dining hall. He personally encouraged and thanked them for their participation in this global event, welcoming them to his homeland of Uttarakhand. He shared to participants

that even as a Governor he practices complete surrender to the path of spirituality and is a mere vessel and instrument in the hands of the divine.

Prior to lunch, participants gathered for our second Spiritual Lecture Series on 'Yoga in the Marketplace', a panel giving insight and guidance on how to take the teachings of yoga 'Off the Mat'.

The panel featured Gaur Gopal Dasji as the keynote speaker, a renowned monk of the ISKCON tradition who emphasised that yoga is not just exercise but a philosophy, a system of beliefs and values that impacts and informs our actions and choices in life. He highlighted that yoga is the answer to physical, spiritual and mental wellness. The spiritual lecture series panel included Andrew Hewitt, Bharat Mitra, Gurmukh Kaur Khalsa and Sadhvi Bhagawati Saraswati. The session provided the perfect opportunity for both new and longtime practitioners to focus on ways that the power and unifying force of Yoga can become an integral part of everyday life.

Gaur Gopal Dasji explained, "The very word yoga comes from the word yuj which is to connect, a connection of course with ourselves, but with someone or something beyond us. When you connect, your heart lights up, and when your heart lights up, you light up the world. The world needs light and love today in the situation we are in, but we are not lit up. So, how do you light up the world? The third dimension of yoga is our connection which gives us spiritual wellness. There is social wellness, mental wellness and spiritual wellness, which is more than physical exercise. First there is the philosophy which gives us the values and lifestyle choices, second the ability to step back and watch, and third is to adopt some kind of spiritual practice whether it is meditation, chanting, prayer, whatever it may be for you, and feel a deep connect, a deep love within ourselves so we can share it with the world."

The second day of IYF 2020 began with a full-range of uplifting and inspiring classes, ranging from Kundalini Sadhana with Gurushabd Singh Khalsa and Chikitsa Vinyasa Therapeutic Flow with Dr. Eden Goldman, a Yoga, Mindfulness and Wellness lifestyle expert from Los Angeles, to YogiYoga Hips and Shoulders with Mohan Bhandari and Sensei Sandeep Desai's hugely-popular Chen Style Tai Chi. The morning was capped with the return of both Dana Flynn's Soul Sweat and Anandra George's Sunrise Nada Yoga under the divine gaze of Lord Shiva on the Parmarth Ganga Ghat.

Following a nourishing morning meal, Tommy Rosen and Janet Attwood returned to the mat with The Kundalini Express and Yoga of the Mind – the Passion Test, respectively. Joining Tommy and Janet in the mid-morning classes were Jai Hari Singh, with a beautiful How to Face Your Fears workshop; Yogrishi Vishvketu with an intensive Pranic Boost practice; and, Gurmukh Kaur Khalsa, leading an incredible discourse entitled Cleansing the Window of Perception: 5 Spiritual Laws to Set You Free! Immediately afterward, Karen Neumann gathered aspiring crooners in the Sacred Sound Stage for the highly-entertaining Singing the Blues: A Beginner's Vocal Playshop.

Lunch was followed by an array of courses, classes and discourses that combined the wisdom and healing powers of Yoga and Eastern philosophy with Western practicality. Reiki with Maa Gyaan Suveera; Detoxification with Dr. Alejandro

Junger; Laughing Yoga: Face Reflexology with Dr. G S Gupta; Where Art Meets Science with Dr. Bruce Lipton and Prince Ea; Yoga Nidra with Dr. Indu Sharma; Restorative Yoga and Sound with Astrid Slegten; Restorative Yoga with Paula Tapia; Klesha! Avidya in Modern Context with Stewart Gilchrist; Living as a Visionary with Anand Mehrotra; and, a divine Satsang & Ganga Flow Meditation entitled Let Go, Expand and Connect in the Presence of Truth with Sadhvi Bhagawati Saraswati filled the afternoon with meditation and movement, and the melodious mantras of Voicing the Sounds of Your Chakras with Gumi completed the expansive schedule of enlightening events.

During the evening's renowned Ganga Aarti, Pujya Swami Avdeshanand Giriji blessed the Festival Participants by sharing, "I am truly very happy to be here today and welcome you to this sacred land, especially my gratitude, love and good wishes to Pujya Swamiji Maharaj and Pujya Sadhvi Bhagawati for their tremendous efforts. My blessings and love are always with you."

It was obvious at the end of day 2 that the attendees were flooded with Ganga's divine essence flowing through their minds and hearts and in their breath and bodies, thanks to the wonders of the International Yoga Festival and the day's final event - an elevating Ecstatic Kirtan with kirtan extraordinaires, The Love Keys!

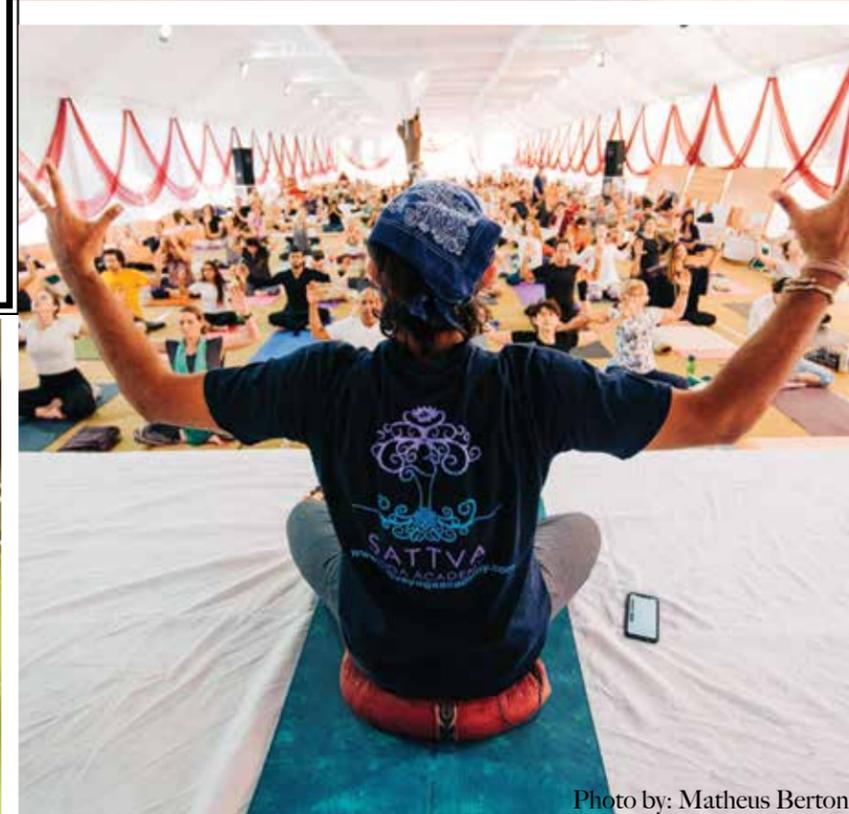


Photo by: Matheus Bertoni



# Divine Connection & Opening Hearts

Day 3: Pujya Mooji Gives Divine Satsang to IYF Participants

Participants Join in Full Schedule of Beautiful & Elevating Classes

Day 3 of this year's 31st Annual International Yoga Festival at Parmarth Niketan began with Kundalini Sadhana with Gurushabd Singh Khalsa, Sufi Love Meditation with Mert Güler, Vinyasa - Living Your Authentic Self: How to Show Up in Self Love with Katie B. Happy, Ganga Yoga with Ganga Nandini, Sunrise Nāda Yoga on the Ghaḥ with Anandra George, the second installment of Yoga of the Mind / Markers for The Passion Test with Janet Attwood, Soul Sweat with Dana Flynn, Touch: A Universal Human Language with Dr. Eden Goldman, Rasa Yoga: Chakra of Compassion - Backbends, Pranayama, & Chanting with Sianna Sherman, Magnetism & Radiance with Kia Miller, and The Homeopathies of Sound with Joseph Schmidlin.

Joining one of the morning sessions was the Hon'ble Ambassador of Georgia to India and Bangladesh Mr Archil Dzuliashvli who had come in for a two-day visit to the Festival. Having come in the previous afternoon for meeting with Pujya Swamiji, experience of the Festival and the divine Ganga Aarti ceremony he was deeply touched by his visit and shared, "It is a great privilege for me to be come here to Parmarth Niketan, this is my second time and every time I come here I feel such a divine connection and peace. My friends, we may be coming from many different countries, different faiths, different traditions but what unites us is Mother Nature. Mother Nature unites us to do good deeds, live consciously and make this world a better place for all beings."

Participants and presenters were in high spirits and in anticipation of HH Pujya Mooji's inspirational and motivational pre-lunch satsang as part of the Festival's Spiritual Lecture Series, seeing hundreds of people pouring in to listen intently, where the revered Spiritual Teacher engaged

those gathered in thought-provoking and insightful dialogue.

Mooji began by leading a beautiful meditation on finding the true self within, on the experience of total awareness, and expansive stillness. He emphasized that freedom is possible right now!

Sadhvi Bhagawati expressed her deep appreciation and gratitude for Pujya Mooji for blessing the Festival again this year guiding the participants and presenters with this wisdom.

Afternoon classes ran the gamut from an uplifting Indian Classical Dance Workshop with Nrityavali, more Detoxification in the Modern Toxic World discussion and demonstration from Dr. Alejandro Junger, a beautiful Kirtan and Bhakti Workshop featuring the brilliant voices of the Kirtanias, Gumi's Breath of Love: Indian Flute Raga Sound Healing, Yoga for the Spine with Mohan Bhandari and a Spiritual Dream Boarding session entitled Charting Your Course for a Divine Tomorrow with Swamini Adityananda Saraswati to ways to Release Tension and Find Bliss with Tommy Rosen, OBSTACLE! Asmita in the Modern Context with Stewart Gilchrist, Yogrishi Vishvketu's BEE Harmony - Hatha-Raja Yoga practice and Rāga & Tāla: An Introduction to North Indian Music with Waka on the Sacred Sound Stage.

Completing the full schedule of beautiful and elevating events on this third day were our Sacred Havan and Ganga Aarti on the Ganga Ghat, plus a tuneful Kirtan Family Hour that allowed all participants to chant their hearts open in an open mic format with our beloved family of international musicians in our intimate Sacred Sound Stage. Closing out the day was a spectacular display of Indian Classical Dance with Nrityavali Dance of Gujarat - a crowd favorite!



# Elevation & Transformation

Day 4: Divine Meditation at the Maharishi Mahesh  
Yogi Ashram

Ecstatic Concert of Rhythm & Soul with World-  
Famous Percussionist Sivamani

On the 4th Day of the International Yoga Festival, early-risers continued to benefit from the full range of classes, courses and workshops available as the sun peeked over the majestic Himalayas this morning, with Gurushabd Singh Khalsa's Kundalini Sadhana leading a beautiful class to greet the dawn. This, coupled with a Traditional Hatha Yogasana with Dr. Indu Sharma, a dynamic Soul Sweat session with Dana Flynn and energizing Qigong and Tai Chi with Sensei Sandeep Desai provided just the kick-start needed for the full day ahead.

Providing an inspiring feature-length-documentary-look into the musical and social phenomenon of chant and response meditation, Georgia Wyss' film, Mantra - Sounds Into Silence provided both illumination and respite from the full-spate of activities on another beautiful day of Festival programming. The award-winning film features interviews and music by Rishikesh and IYF favorites Deva Premal & Miten

with Manose, Krishna Das, Snatam Kaur and Jai Uttal.

The balance of the morning was spent in even deeper meditation and asana practice as Jai Hari Singh presented a discourse on How to Face Your Fears, Anand Mehrotra offered tips to Embody Shiva, and Swami Uttamananda offered insight into The Siva Principle: Mystical Mantras for Meditation.

Mid-morning, hundreds of yoga practitioners trekked to the Maharishi Mahesh Yogiji ("Beatles Ashram") for a beautiful two-hour session featuring Kirtan, Meditation and Asana practice on the historic grounds.

Pujya Sadhviji led the enthralled gathering in a beautiful guided meditation that offered empowerment and manifestation. She intoned, "In this sacred place, where the Beatles came as musicians and wrote beautiful music that touched the world, allow yourself to also be a vehicle in whatever way the life force wants

to use you - whether it's music, or art, or education, or science, or technology, or leadership or on the ground sacred seva, whatever way that sacred energy wants to use you, open yourself to it."

Pujya Swamiji then offered a magical interpretation of the powerful Vedic mantras lending his beautiful voice to the sacredness of the hall. As his words echoed back from the storied and historic walls, the energy in the room immediately elevated and transformed.

The day's very special guest, Dr. Michael Beckwith of Agape International Spiritual Center in Los Angeles, then led the gathering in a magnificent prayer, sharing "All the love, all the joy, all the beauty, all the wisdom it's all here and right here, right now, and we recognize this. At this moment we feel a deep feeling of unity of a lifetime which is the light of God. This consciousness of unity in one. We are all one, we are not separate, we all come from the one source of light which is God - this is Yoga."



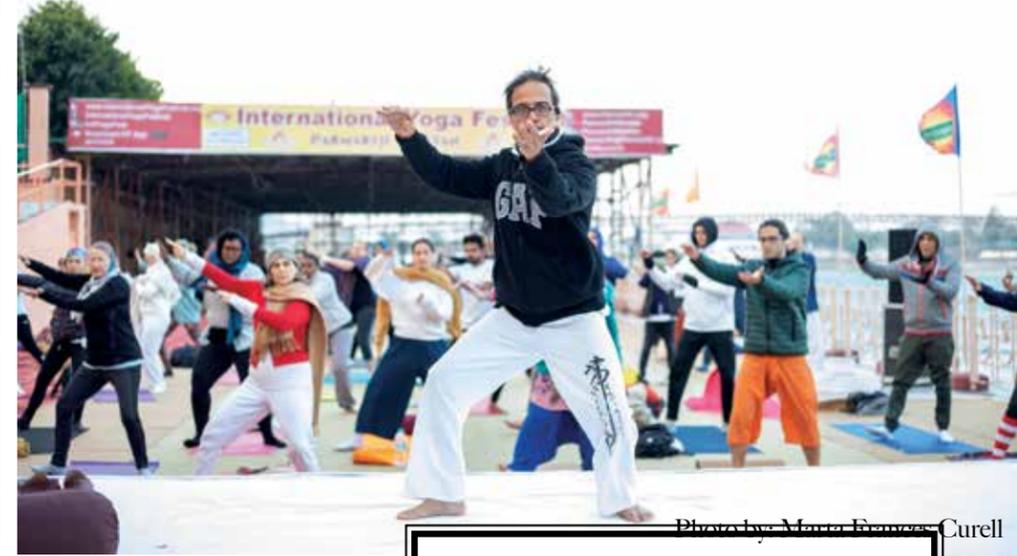


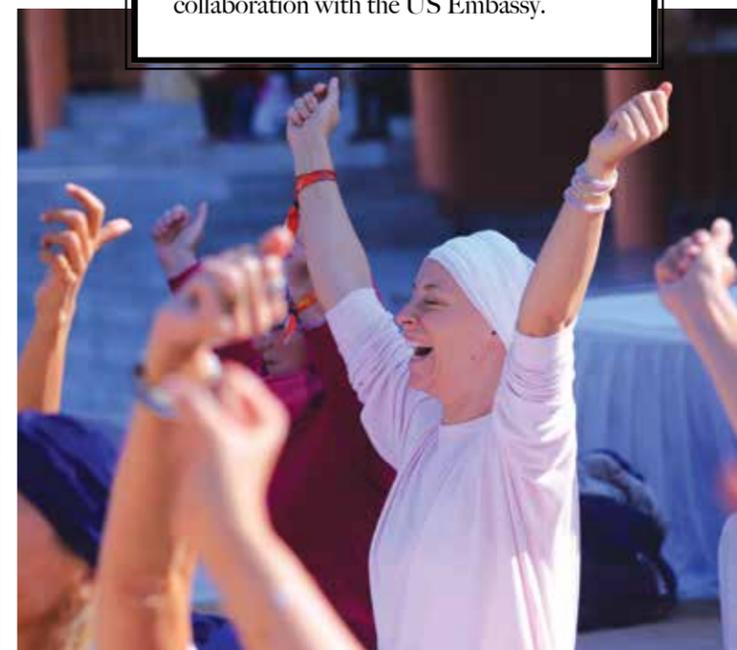
Photo by: Maa Gyaan Suveera Curell



Afternoon offerings included a Reiki Level 1 class with Maa Gyaan Suveera, a special workshop entitled the The Honeymoon Effect - A Fireside Chat with Dr. Bruce Lipton, How to Detox Your Body and Relaxation Therapy guidance by Dr. G.S. Gupta, a beautiful Restorative Yoga class with Paula Tapia and a special musical performance, the Mantra Lullaby, by crowd-favorites The Love Keys.

Late afternoon classes included an Inversion Workshop by Katie B. Happy, a Rasa Yoga presentation to foster emotional intimacy with Sianna Sherman, a "Back" to the Basics class with Dr. Eden Goldman, Mert Güler's Sufi Love Meditation, Inner Reprogramming with Yogrishi Vishvketu, the Living Sounds of Sanskrit: Restorative Healing Session with Anandra George.

The evening was celebrated with a very special performance by America's The Bluegrass Journeymen - a collective of accomplished musicians presenting traditional American Bluegrass Music in collaboration with the US Embassy.



## Ecstatic Rhythm & Drums Concert with Sivamani



Following our Sacred Havan and Divine Ganga Aarti on the holy banks of Mother Ganga, the highly anticipated and incredibly talented internationally-acclaimed percussionist Padma Shri Sivamani - a master of instruments including drums, octoban, darbuka, udukai, ghatam and kanjira - carried us magnificently and musically with his live concert Ecstatic Rhythm and Soul with Sufi singer Runa Rizvi.





Day 5 of the International Yoga Festival continued its incredibly-successful run with another beautiful morning of practices, performances and power-talks designed to inspire, motivate and uplift both participants and presenters. Beginning at dawn with Ganga Nandini's Yoga For All - Sukshma Yoga, Rohini Manohar's Mandala Flow and Mert Güler's Sufi Love Meditation and continuing through Accessing the Command Center with Kia Miller, Patanjali Yoga for Health with Dr. Radhika Nagrath and another beautiful Sunrise Nada Yoga on the Ghat with Anandra George, bodies were activated, minds were cleared and hearts were opened before breakfast was even served.

After a healthy and delicious light breakfast, Katie B. Happy brought Sweat and Depth together to influence and inspire her student's lives, while Yogrishi Vishvketu offered his students alignment to their true selves with a journey through the five koshas, Sianna Sherman spun a web of Mantra, Mudra and Magic, Tommy Rosen calibrated his class to the infinite and Joanna Faso demonstrated Yin Yoga & Self Massage to Free her students' voices.

The day's power-packed Spiritual Lecture Series, Moving from "Breakdown to Breakthrough" took attendees on a journey of inner personal healing that, as panelists Dr. Bruce Lipton, Rev. Michael Beckwith, Sadhvi Bhagawati Saraswati and Tommy Rosen all agreed, could end-up collectively healing our planet.

Immediately after the lecture series there was a beautiful Eco-Friendly Waterless Holi Celebrations in which participants and presenters from across the world celebrated with

beautiful flower petals being showered and eco-friendly colours applied by the respected saints and teachers present on the occasion to the divine sound of the drums of world famous percussionist Sivamani and the gorgeous singing of his wife Runa Rizvi. There was a pledge by the saints to protect and preserve water, treading on the planet with reduced carbon and water footprint.

Following lunch, Dr. G S Gupta presented Look Health & Be Pain-Free with Super Foods; Dr. Alejandro Junger reprised his popular Detoxification in the Modern Toxic World class; Yusuke Hoshido offered his Digeridoo Sound Healing workshop; and, Maa Gyaan Suveera taught students Healing with Words and Thoughts. These beautiful offerings were supplemented with a Creating Enlightened Alliances discourse by Janet Attwood, Mind & Soul Through Pulse Reading with Dr. Smita Naram, Awaken to Your Destiny with Rev. Michael Beckwith and Pranayama (Breath and Energy) with Mohan Bhandari.

The afternoon sessions also included music and dance offerings, as well as the premier screening of a documentary film, followed by an in-depth Q&A with one of the subjects of the film. Musically, Arindam Chakravarty presented Tabla: A Journey into Indian Rhythm, while Nrityavali offered their brilliant Indian Classical Dance Workshop. The film Agniyogana meanwhile, was a meditative inquiry into the lost art of classical Hatha Yoga. Offering an experiential collage of action and stillness, light and darkness, sound and silence, Agniyogana explores the richness of traditional Hatha Yoga teachings, and was a crowd-favorite on this event-filled day.

# Colours of Oneness, Love & the Environment

Day 5: Eco-Friendly Holi Celebrations

Spiritual Lecture Series Discusses New Perspectives to Move World from Breakdown to "Breakthrough"



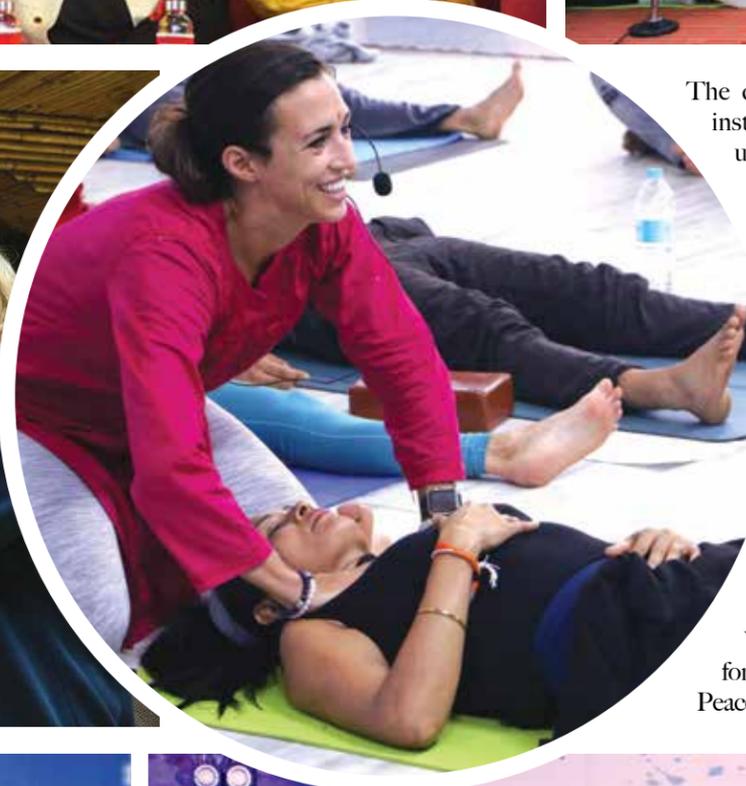
Inspiration from the Spiritual  
Lecture Series:  
 “From Breakdown to  
 Breakthrough”

“You cannot be in growth and in protection at the same time, they are mutually exclusive. And, when stress hormones are released into the body, the body is prepared to run - fight or flight. If you look at governments and corporations around the world, they sell themselves on fear: Be afraid, the immigrants are coming. Be afraid, the coronavirus. But if you look at the actual situation people are always dying. But, they scare you, they put you in fear. And, when you feel that you are a victim, you will give up your power to somebody else. And, the more fear they throw at you the weaker you become. Don't buy fear, because you give up your life. Realise and live your power.” - *Dr. Bruce Lipton*

“We have to shift our interest to the possibility that's being born right now. We have to be aware that every great movement on the planet, every great leap that's happened has not had anything to do with any governments or politicians. It has something to do with the rising of people, people that carry the visionary possibility, whether it's urban shaman, whether it's artists, whether it's individuals who have had individual breakthroughs - governments have done nothing for progress, historically. It's always come from an urgency that has arisen through individuals who have called a possibility.” - *Rev. Michael Beckwith*

“Every one of us has the power today and tomorrow and every single day to actually save those lives. But, that requires us to stand up and consciously, excitedly and willingly be part of a new system. It's not enough to simply sign petitions online, it's not enough to like and share things on social media. Those things are great, but let's not be deluded enough to think that we've done something. If we want to live in a different world - create it. As Gandhiji said, 'Be the change that you want to see in the world.'” - *Sadhvi Bhagawati Saraswatiji*

“The mechanisms of personal inventory at the level of society, at the level of government, at the level of corporation - there has to be a shift from 'this is how we do business, this is how we benefit our shareholders and our stakeholders'...there has to be a shift immediately to 'we are now doing business in a different way.' And, it has to begin - and this is true for the individual and for society - there has to be a bottom reached. The way that happens to corporations is their profits are threatened. That's what forces a corporation to its knees. Reconciliation, repair of damage done, ownership of what's been done is one of the most important mechanisms in this change. We're going to come to this place very soon where this focus on appearance is going to be less important than our survival. The government has to return to an ethic of service - service to the collective, service to humanity. It's so desperately missing.” - *Tommy Rosen*



The day concluded with another installment of the hugely-popular Kirtan Family Hour, followed by the UPLIFT Celebration and Hafla Music Night with Gil Ron Shama, Soul's Diet & Special Guests. With spiritually-inspiring songs from the Hindu, Sikh and Islamic traditions and sacred intonations of the masters and culture of all spiritual traditions blending together, performers and participants alike experienced a beautiful coming-together of Yoga and inspired upliftment for the world. The divine World Peace Concert offered the mantra

of “We are one heart. We are one source-Waking up. Om Shalom Salaam Amen!” as participants and presenters alike joined their hands waving to the rhythm of the music as the symbol of their collective intention of being agents of love and peace in the world.

Surprising the performers and the audience percussionist extraordinaire Sivamani and his wife, classical and Sufi singer Runa Rizvi Sivamani, joined to add their own divine energy to the Concert- changing their flights to stay another evening. The Concert also saw the guest appearance of Padma Shri Kailash Kher, who arrived early to prepare for the next evening's concert.





Supercharged and filled with divine inspiration thanks to last night's stellar concert, hundreds of yoga practitioners at Parmarth Niketan for the 31st Annual International Yoga Festival awoke to a rainy morning on the banks of Mother Ganga, but still took to their mats for a full-range of activities. Asanas were the order of the day, with Katie B. Happy's Vinyasa class and Ganga Nandini's Yoga for All - Mantras, Asanas and Meditation, continuing through Dr. Indu Sharma's Traditional Hatha Yogasana and Sensei Sandeep Desai's Mysore-Style Ashtanga Yoga practice to Mohan Bhandari's Flow of Yogi - Improving & Expanding and Anandra George's hugely-popular Sunrise Nada Yoga on the Ghat, postures and poses and practice created health and happiness for all the participants.

The offerings after a light breakfast were just as empowering, as trauma was healed through yoga, thanks to Beth Shaw, all Asanas were led to Tadasana by HS Arun, Kundalini was awakened by Kia Miller and accessed by Anand Mehrotra, poisonous Dvesa and Avhinivashah was presented in a modern context by Stewart Gilchrist and the spine became harmonic, thanks to the efforts of Joseph Schmidlin.

With courses and discourses complete for the morning, Rev Dr Michael Bernard Beckwith, Dr. Alejandro Junger, MD, Founder of the Clean Programme, New York Times best-selling Author of Clean, James Maskell, Founder of Functional Forum, the world's largest integrative medicine conference, Dr. Smita Naram, founder of Ayushakti and renowned Ayurveda expert has helped more than 1 million people from 108 countries, Uplift Connect Founder Organic India Founder

Bharat Mitra and Director of the International Yoga Festival Pujya Sadhvi Bhagawatiiji took to the stage for the day's Spiritual Lecture Series, entitled The Frontiers of Wellness Techniques with a focus on building resilience during this time of unprecedented systems collapse.

Their prescription for living in a troubled world included Dr. Smita Naram's offerings based on her vast experience in Ayurveda medicine shared that "trauma is one of the main reasons for getting so many health issues. Ayurveda mentions that shock and fear plus anger combined together creates a major shutting down of the immune system and the digestive system. So, what you eat is not processed by the body, which leads to so many degenerative issues. For these reasons, it's important to take care of your emotions on a daily basis. A simple marma point - Aponga marma - just applying ghee in circular motion to your temples, or rubbing your feet with ghee, can help so much in grounding you and your nervous system becomes stronger and more able to handle traumatic situations. It's very simple, but it is so effective."

And, Founder of Organic India's Bharat Mitra offered his take on the current state of wellness in the world by sharing, "Stress and loneliness are inevitable outcomes and symptoms of deep confusion. When we buy into the illusion that we are separate, when we are disconnected from reality, from the simple reality that we are all interconnected and that each and every one of us is a unique expression of the glorious mystery - God, divine consciousness, self-awareness, it has no name - and, yet, each and every one is dead right now. The source of our stress is our inner confusion, as if we're victims of the world. And,

it's not about changing the world, it's about changing ourselves."

Following another delightful Sattvic lunch, participants were called back to Yoga Village by the melodies of Nrityavali's Indian Classical Dance Workshop and Joanna Faso's Joy of Sargam: A Beginner's Vocal Playshop - two offerings that delighted all of the participants and stretched and defined those talents not confined to a yoga mat. But, those mats were well-used in Rohini Manohar's YINcredible offering and Dr. Eden Goldman's Chikitsa Vinyasa Therapeutic Flow, while The Yoga of Business with Andrew Hewitt and Recognizing the Other Person is You by Tommy Rosen motivated more cerebral portions of attendee's bodies.

Completing the afternoon's offerings were Dr. Smita Naram's recipe for living 100 years full of energy, vitality and health; Maa Gyaan Suveera's blending of intelligence and faith, science & tradition; and, Sianna Sherman's amazing combination of the physical practice of vinyasa flow and intelligent alignment with mantra chanting, myth, pranayama, tantra, mudras, rituals and meditation in her Rasa Yoga: Magic of Mudra class.

Following a beautiful Water Blessing ceremony and group photos and another of the Festival's popular Kirtan Family Hour, Day 6 of the International Yoga Festival revved-up before winding-down with a lively and energetic special Sufi music concert by award-winning and world-renowned Sufi Singer Kailash Kher, whose singular talents and charismatic personality charmed the audience and created beautiful memories for all of the audience members to take with them.

# Health, Soul & Lifestyle

Day 6: IYF Participants Energized by Soul-Stirring Concert with Kailash Kher

Spiritual Lecture Series Discusses Health & Harmony in the Body & the Mind

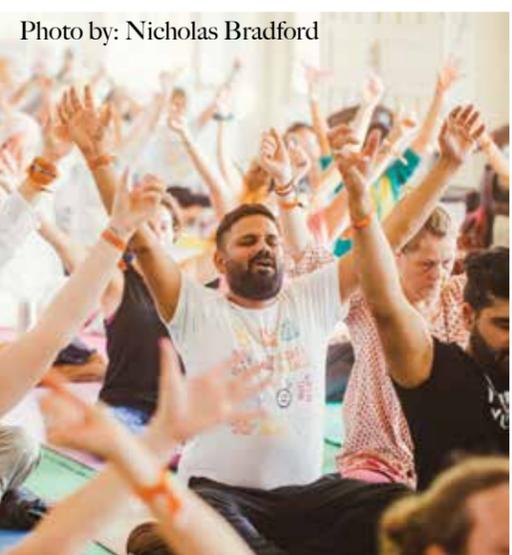
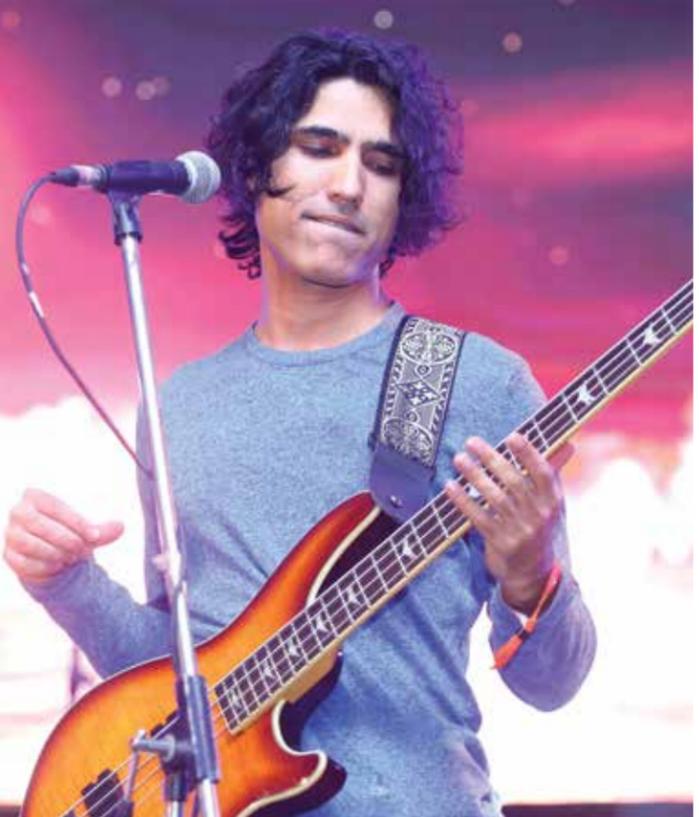


Photo by: Nicholas Bradford

Special Sufi Music Concert with Kailash Kher & Kailasa



# IYF 2020 Sends Message of Love & Union

Day 7: Special Concluding Ceremony Blesses and Bids Farewell to Over 1500 Participants from 76 Nations

Acharya Balkrishnaji Blesses Participants of IYF 2020 in partnership with Incredible India, Ministry of Tourism, Government of India



On Day 7, the final day of the International Yoga Festival at Parmarth Niketan in partnership with Incredible India dawned cloudy but brilliant as participants, presenters and guests that gathered to unite through the divine practice of Yoga hit the mats and the ghats for the last time before beginning their journeys home - journeys home that included new insights, new gifts, new appreciation and new recognition that, as our beautiful Indian tradition exemplifies, we really are all one family!

IYF 2020 celebrated its final day on and off the mat with a final round of classes, workshops and discourses that exemplified the divine grace of the Festival, and put a crowning touch of enlightenment on the beautiful spirits that journeyed to Rishikesh to be transformed by the wisdom of the Rishis and the practice of some of the world's great teachers.

Paula Tapia, Sensei Sandeep Desai, Dr. Indu Sharma, Rohini Manohar, Sianna Sherman, Anandra George, Jai Hari Singh, HS Arun, Kia Miller, Katie B. Happy and Anand Mehotra all returned to offer one final class, and were joined by longtime Festival participant Michelle Button, whose Toltec Medicine Wheel: Songs, Prayers and Dances delighted the dance devotees.

The day's Spiritual Lecture Series focused on "The Power of Collective Prayer and Intention" as Rev Michael Beckwith, Bharat Mitra, Dr. Bruce Lipton, Prince Ea and Sadhvi Bhagawati Saraswati discussed ways to explore the unlimited potential of group coherence and unified action and the impact that both have on communities and the world.

Riveting the audience with his electrifying sermon Rev. Michael Beckwith shared that: "As you scan the room for a moment, you get a sense that each and every individual here is the singular manifestation of a cosmic unfolding that reflects and reveals the Infinite in a way that's never happened before. Beyond your history is a mystery which you can't even see right now, but of which you are here participating in and making yourself so available to that it ultimately shocks and surprises you as to what you are here to deliver on the planet. We're talking about collective consciousness. Now, we're not all here to save the world, we're here to serve an emerging paradigm. We don't want to save a world that is full of fear, doubt and worry, consumerism and materialism; that's building walls instead of bridges. We're here to open ourselves to what is emerging. We can't make something happen but we can make it welcome. We can only localise a cosmic celebration."

Said Bharat Mitraji Founder/President of Organic India and Uplift Connect: "The essence for each and every one of us is God's presence. Let's have the courage to allow something to emerge which is beyond understanding, beyond imagination. Let's be present with the divine invitation to embrace the unreasonable joy of just being available for the unknown, the unknowable to flow through, to express, to celebrate. Let's be present with receiving this divine invitation delivered with truth and authenticity and courage. Let's have the courage to remain connected to it, no matter where we are in time. Let's stay true to that and for those that really feel the calling to be in service of that presence, let's be open to unity and upliftment and connected so that we can hold together this feeling."

And, Sadhvi Bhagawati Saraswati summed it all up by adding: "There is a provider, an intelligence in this universe, that knows what we need. We don't have to be the ones to figure it out, to make it happen. We just need to be open to that intelligence, to that wisdom. God is coming - on the way. Just sweep the way and get ready. We don't need to be caught-up in my way, my ego, my logo, my name, my this which blocks us from the light. It's about each of us emanating, birthing, reconnecting and realising our connection with the Divine."

The final day's final five offerings included Janet Attwood's The Yoga of Self-Love, Dr Eden Goldman's Soothe Your Insides, Beth Shaw's Yoga for a Great Mood and Dr Alejandro Junger's popular Detoxification workshop, and was highlighted by The Global Days of Unity - UPLIFTing the World - An interactive community session exploring the Global Days of Unity initiative with Bharat Mitra, Dr. Bruce Lipton, Sadhvi Bhagawati, Gil Ron Shama, Prince EA and Chris Deckker.

In saying farewell, Pujya Swamiji beautifully stated: "What you learned here is not only the teachings but the touch and the transformation that will forever change the way you perceive the world around you. You are the change you want to see in the world and now it's time for you to be the change and bring the change you want to see."

Pujya Acharya Balkrishnaji stated: "Yogam Sharanam Gachami, Sangham Shranam Gachami, Dhammam Shranam Gachami. Let us pray and practice to find refuge in the shelter of Yoga, in the power of good association and in the path of righteousness. Yoga and Ayurveda is the tree under which the entire of humanity can find the shade of true and sustainable wellness and health."



Following the beautiful Aarti ceremony, a final Family Kirtan Hour was offered, and both the presenters and participants gathered to enjoy their last moments together before saying goodbye until next year. And, as the official closing act of the Festival, an evening of Song, Dance and Theatre Performances by Parmarth Rishikumars and IYF Participants from around the world - brought together a cultural union of the world celebrating the vibrancy and talents of our brothers and sisters and symbolizing the beautiful Hindu tradition of Vasudhaiva Kutumbakam - was presented.

And, with that, the final curtain came down on one of the most successful events in the history of the International Yoga Festival. Despite worldwide challenges and uncertainty, the strength of Yoga and the vitality of the human spirit prevailed, and the healing and transformative magic of Mother Ganga and the majestic Himalayas empowered and emboldened a new generation of spiritual warriors to carry-forth the message of connection to ourselves, each other and all of Creation.



# Testimonials: Uplifting Connections

“Amazing! It has truly been a beautiful and heartwarming and transformative experience! One of the biggest highlights was the spiritual lectures along with meeting so many great people from all over the world and taking classes with some of the best teachers ever . The overall highlight from the festival was the unity and hope and love I felt all around the festival through the welcoming and generous atmosphere created for all us participants.”  
- *Emilie, Participant*

“Whenever I come to Rishikesh it feels like coming home. And it feels important to me as a yoga student and teacher to come here to the source of the teachings. To be in this unified field in an environment that’s conducive to the exploration of what it means to be a conscious human being on this planet. One of the most important things that we can do as human beings is elevate our energy, set our frequency and stabilize ourselves in a neutral state so we can really be a light to ourselves and be a light to those around us.”  
- *Kia Miller, Presenter*

“As soon as you enter the Ashram, the energy changes. It’s a feeling of deep trust...you feel that everything is right. It’s like being in the womb, in the arms of the Mother...you know nothing can go wrong. There’s no feeling of separation. We’re all connected! And Pujya Swamiji...when He comes to Aarti, we just get tears of bliss!”  
- *Elena, Participant*

“The first time I came to Rishikesh, Pujya Swamiji looked at me in the eyes and told me ‘Welcome Home, this is your festival.’ After 5 seconds I saw that he wasn’t kidding. He was opening up this opportunity. The International Yoga festival is a doorway of great possibilities, oneness, love and connection. People often think ‘can it be that great, can you really have that all in one’ and I tell them yes, all you have to do is walk through the archway. Don’t wait another second, just come and be here to have the experience for yourself.”  
- *Tommy Rosen, Presenter*

“To come to Parmarth and teach is like coming home to divinity. Every face, every class, every word, every idol in the ashram is a signpost to something higher and I am eternally grateful to be here and share my love for yoga.”  
- *Rohini Manohar, Presenter*

“It was one of the most amazing and special times of my life that I will treasure forever. In my dream last night, we were all gathered by the Ganga as a group under a golden bowl of spiritual energy. Parmarth Niketan is more than a place on a map. It’s a state of consciousness.”  
- *Mara, Participant*

“Being back at IYF and Parmarth always feels like home. It feels great. The people, the energy, the presenters, the participants...it’s an extraordinary experience.”  
- *Anandra George, Presenter*

“Being on the bank of Ganges practicing a highly evolved art such as tai chi is like a medicine for all our ills.”  
- *Sensei Sandeep Desai, Presenter*

“The moment I stepped onto the grounds of Parmarth Niketan I felt that I was home. The sweetness, the love, the kindness, you could feel it in the air everywhere. All of the hundreds of hours of preparations that had gone on for how many weeks, no one knows, to make sure that each and every one of us that attended this one of a kind life-changing festival felt like they were in one great big family.”  
- *Janet Attwood, Presenter*

“A lot of what I get out of the festival and continue to come back to is learning from a wide array of swamis, sages and people that are masters of their craft, something I would never get exposure to just in my own city, state or country. There are over 50 countries represented and hundreds of people here to meet and explore together. There is a teacher in everything, and every part that I experience opens up a sensory part of me that I didn’t know was possible. It’s like I’ve never had this moment before and because it’s so brand new and fresh I’m feeling all the feels and everything comes alive for me! Get ready to flow and have fun!”  
- *Katie B. Happy, Presenter*

“[Being at Parmarth and the IYF] is one of the highlights in my life to be completely honest with you. It’s a special place to be. I feel happy to be surrounded by people that want to uplift consciousness. It’s a beautiful thing. I’m super stoked to see what unfolds.”  
- *Prince Ea, Presenter*

“It is an hub of joy and bliss. It breaks all the barriers between the people from different countries and cultures and create the right spirit of union, fundamental for yoga practice.”  
- *Vita, Participant*

“There are many places that we travel on this planet teaching, and there is no place like Rishikesh at the foothills of the Himalayas, where the Ganga comes out of the mountains into the flats of India. It’s a place where yoga is alive. It is alive from so many centuries and millennia of people meditating and doing yoga here.”  
- *Gurushabd Singh Khalsa, Presenter*

“Epic - Sublime - Ecstatic! The International Yoga Festival is a true sanctuary of yoga with an indefatigable spirit of welcoming, inclusivity, and diversity. Every day is a celebration of life and together we co-create the resonant field of love. This grand gathering of yoga is one that recharges, renews, and re-calibrates the entire being. The atmosphere is charged with tremendous Blessing Energy and one can feel the living flame of love that permeates the entire festival. I Am Blessed. We Are Blessed.”  
- *Sianna Sherman, Presenter*

# Media Coverage



**The Hawk**  
Ambassador Of Israel To India And Sri Lanka Joins The 31st International Yoga Festival

**THE TIMES OF INDIA**  
International Yoga Festival 2020 to begin in Rishikesh from March 1

**अमर उजाला**  
गंगा किनारे 700 साधकों ने किया योग

**दैनिक जागरण**  
अमेरिकन वूप संग नेमीदा ने गाए गीत

**Condé Nast Traveller**  
Where to go in India this March

**Garhwal Post**  
Hafla Music Concert, Kailash Kher

**अमृतधारा**  
अपने भीतर प्रवेश करना और स्व के साथ संबंध स्थापित करना ही योग: स्वामी चिदानन्द सरस्वती

**दैनिक जागरण**  
योग महोत्सव

**सहारा**  
भारतीय रंग में रंगे देशी-विदेशी योग साधक

**हिन्दुस्तान**  
प्रधान टाइम्स

**स्वतंत्र चेतना**  
योग, ध्यान, सत्संग, साधना, सेवा का अद्भुत संगम

**Sanātānayoga**  
Rishikesh International Yoga Festival 2020

**Garhwal Post**  
Divine Meditation held at Beatles Ashram

**अमर उजाला**  
गंगा किनारे 700 साधकों ने किया योग

**Garhwal Post**  
Participation rises in International Yoga Festival at Parmarth Niketan

**दैनिक भास्कर**  
73 देशों के योग साधकों ने वि

**हिन्दुस्तान**  
विवान जीने की विधा है ध्यान योग: स्वामी चिदानन्द

**India.com**  
Top 9 Yoga Centres in India That Will Leave You Feeling Refreshed

**दैनिक जागरण**  
31वें अंतरराष्ट्रीय 'योग महोत्सव' का आज होगा आगाज

**हिन्दुस्तान**  
अध्यात्म से ही जीवन आनन्ददायक

**फ़ाईम स्टोरी**  
अंतरराष्ट्रीय योग महोत्सव में साधकों ने जमाएँ आसन्न

**सहारा**  
में विश्व शांति के लिए मौन जप

**अमर उजाला**  
वामणि के ड्रम की थाप पर साधकों ने खेली होली

**TOP 9 YOGA CENTERS IN INDIA**

**स्वतंत्र चेतना**  
31वें अंतरराष्ट्रीय 'योग महोत्सव' का आज होगा आगाज

**हिन्दुस्तान**  
अध्यात्म से ही जीवन आनन्ददायक

# Yoga off the Mat

“Yoga is not just what you DO but it’s who you ARE.  
Hence, your Yoga must continue 24 hrs, especially when  
you get off the mat and into the world.”

- HH Pujya Swami Chidanand Saraswatiji -



## GLOBAL INTERFAITH WASH ALLIANCE

is the world’s first initiative to bring together the faiths as allies in ensuring everyone, everywhere has access to safe, life-giving Water, Sanitation and Hygiene (WASH).

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



## DIVINE SHAKTI FOUNDATION

is dedicated to the holistic well being of women, their children, and orphaned/ abandoned children, and to all of Mother Nature.

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



## GANGA ACTION PARIVAR

is a global family dedicated to the preservation of the River Ganga and Her tributaries in their free-flowing and pristine state.

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

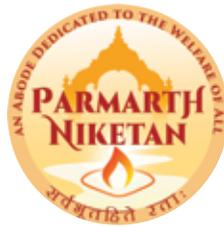
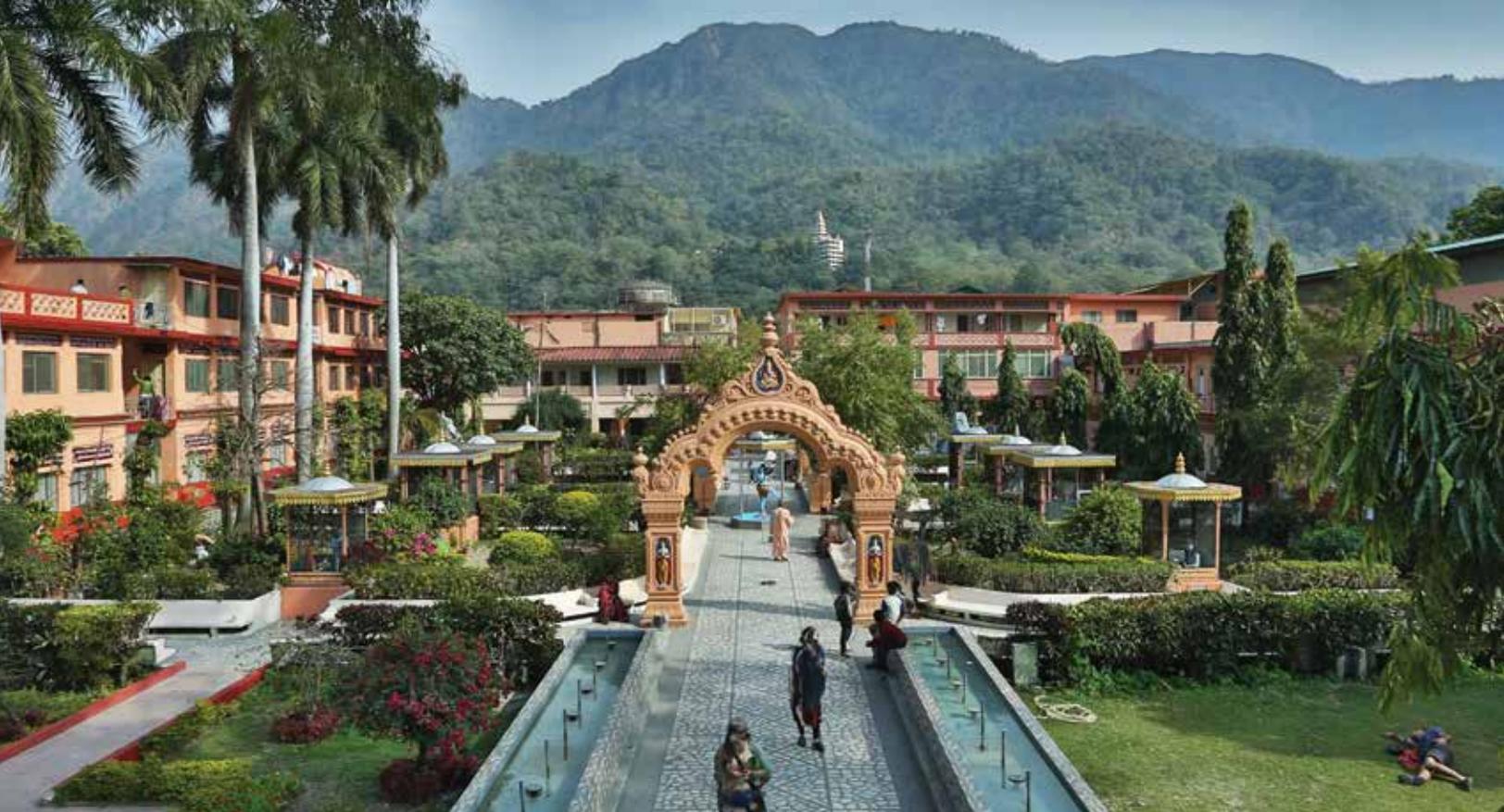


## INDIA HERITAGE RESEARCH FOUNDATION

Committed to education, healthcare, interfaith harmony, the upliftment of women as well as to the preservation to Indian heritage and culture.

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





अतुल्य! भारत  
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# International Yoga Festival

1-7<sup>TH</sup> MARCH

PARMARTH NIKETAN ASHRAM  
RISHIKESH (HIMALAYAS), INDIA

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

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

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