



International Yoga Festival

2020 SCHEDULE OF EVENTS

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
6:00 - 7:30	Vinyasa - Align Up with Your Highest Self Workshop: Clarity in Your Calling	Katie B. Happy	Yoga Hall Ground Floor
	Therapeutic Flow Yoga	Paula Tapia	Yoga Hall Middle Floor
	Yoga For All - Suksma Yoga	Ganga Nandini	Yoga Hall Top Floor
	Awakening the Higher Qualities of the Heart	Kia Miller	Tent
	Blossoming Heart - Classical Kundalini Yoga	Yogrishi Vishvketu	Saraswati Garden
6:45 - 7:30	Sunrise Nāda Yoga on the Ghat	Anandra George	Aarti Ghat
7:30 - 8:15	Light Breakfast		Garden
8:30 - 10:30	Undoing Your Limiting Beliefs	Janet Attwood	Yoga Hall Ground Floor
	Breakthrough to You	Tommy Rosen	Yoga Hall Middle Floor
	Traditional Hatha Yogasana	Dr. Indu Sharma	Yoga Hall Top Floor
	The Obstacles to Yoga in Your Lifetime	Stewart Gilchrist	Tent
	Soul Sweat	Dana Flynn	Yoga Ghat
9:00 - 10:30	Sufi Zikr	Gil Ron Shama	Sacred Sound Stage
11:00 - 13:00	Spiritual Lecture Series: The Unified Field Exploring the universal truth that “We Are One” With Dr. Bruce Lipton, Bharat Mitra, Prince Ea, Sadhvi Bhagawati Saraswati, and others		Tent
13:00-14:15	Lunch		Garden



TIME	CLASS	PRESENTER	LOCATION
14:30-16:00	The Importance of Detoxification in the Modern Toxic World	Dr. Alejandro Junger	Yoga Hall Ground Floor
	Cosmic Intelligence Plus (CI+) Meditation	Maa Gyaan Suveera	Yoga Hall Middle Floor
	Yoga Nidra	Sadhvi Abha Saraswati	Yoga Hall Top Floor
	Food Rules for a Satvik Life	Rujuta Diwekar	Tent
	Cosmic Prana, Cosmic Self	Anand Mehrotra	Saraswati Garden
	Therapeutic Sound Bath	Joseph Schmidlin	Sacred Sound Stage
16:00 - 16:30	Tea & Snacks		Garden
16:30 - 18:00	Official Inauguration of International Yoga Festival 2020		Aarti Ghat
18:00 - 19:00	Divine Ganga Aarti		Aarti Ghat
19:00 - 20:00	Dinner		Garden
20:00 - 21:30	Sing Your Prayers! Ecstatic Chant Jam Session with Anandra & the Sacred Sound Stage musicians, followed by Concert with Kirtanias		Tent

MARCH 2ND

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

- HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
4:00-6:15	Kundalini Sadhana	Gurushabd Singh Khalsa	Yoga Hall Top Floor
6:00 - 7:30	Chikitsa Vinyasa Therapeutic Flow	Dr. Eden Goldman	Yoga Hall Ground Floor
	YogiYoga Hips and Shoulders	Mohan Bhandari	Yoga Hall Middle Floor
	Soul Sweat	Dana Flynn	Tent
	Original Chen Style T'ai Chi	Sensei Sandeep Desai	Yoga Ghat
6:45 - 7:30	Sunrise Nāda Yoga on the Ghat	Anandra George	Aarti Ghat
7:30 - 8:15	Light Breakfast		Garden
8:30 - 10:30	The Kundalini Express	Tommy Rosen	Yoga Hall Ground Floor
	Yoga of the Mind / The Passion Test / Class 1	Janet Attwood	Yoga Hall Middle Floor
	How to Face Your Fears 1	Jai Hari Singh	Yoga Hall Top Floor
	Pranic Boost – Pranayama 5 Pranas Intensive	Yogrishi Vishvketu	Tent
	Cleansing the Window of Perception: 5 Spiritual Laws To Set You Free	Gurmukh Kaur Khalsa	Yoga Ghat
9:00 - 10:30	Singing the Blues: A Beginner's Vocal Playshop	Karen Neumann	Sacred Sound Stage
11:00-12:30	Spiritual Lecture Series: Yoga in the Marketplace How we take the teachings of yoga "off the Mat" and into our everyday lives Gaur Gopal Dasji, Dr. Vandana Shiva, Andrew Hewitt, Bharat Mitra, Gurmukh Kaur Khalsa, Sadhvi Bhagawati Saraswati, and others		Tent
13:00-14:15	Lunch		Garden

TIME	CLASS	PRESENTER	LOCATION
14:30 - 15:30	Reiki Level 1 (Healing Class 1)	Maa Gyaan Suveera	Yoga Hall Ground Floor
	The Importance of Detoxification in the Modern Toxic World	Dr. Alejandro Junger	Yoga Hall Middle Floor
	Laughing Yoga: Face Reflexology	Dr. G.S. Gupta	Yoga Hall Top Floor
	Where Art Meets Science	Dr. Bruce Lipton & Prince Ea	Tent
	Yoga Nidra	Sadhvi Abha Saraswati	Saraswati Garden
	Restorative Yoga and Sound	Astrid Slegten	Sacred Sound Stage
15:45-17:00	Vinyasa - Give it Up: How to Give Up What Holds You Heavy	Katie B. Happy	Yoga Hall Ground Floor
	Satsang & Ganga Flow Meditation: Let Go, Expand, and Connect in the Presence of Truth	Sadhvi Bhagawati Saraswati	Yoga Hall Middle Floor
	Restorative Yoga	Paula Tapia	Yoga Hall Top Floor
	KLESHA! Avidya in Modern Context	Stewart Gilchrist	Tent
	Living As A Visionary	Anand Mehrotra	Saraswati Garden
16:00 - 17:00	Voicing the Sounds of Your Chakras	Gumi	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		Tent



MARCH 3RD

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

- HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
4:00 - 6:15	Kundalini Sadhana	Gurushabd Singh Khalsa	Yoga Hall Top Floor
6:00-7:30	Morning Sun Salutations & Pranayama	Sadhvi Abha Saraswati	Yoga Hall Ground Floor
	Sufi Love Meditation	Mert Güler	Yoga Hall Middle Floor
	Vinyasa - Living Your Authentic Self: How to Show Up in Self Love	Katie B. Happy	Tent
	Yoga For All - Suksma Yoga	Ganga Nandini	Yoga Ghat
6:45 - 7:30	Sunrise Nāda Yoga on the Ghat	Anandra George	Aarti Ghat
7:30 - 8:15	Light Breakfast		Garden
8:30 - 10:30	Yoga of the Mind / Markers for The Passion Test / Class 2	Janet Attwood	Yoga Hall Ground Floor
	Soul Sweat	Dana Flynn	Yoga Hall Middle Floor
	Touch: A Universal Human Language	Dr. Eden Goldman	Yoga Hall Top Floor
	Rasa Yoga: Chakra of Compassion – Backbends, Pranayama, & Chanting	Sianna Sherman	Tent
	Magnetism & Radiance	Kia Miller	Yoga Ghat
9:00 - 10:30	The Homeopathics of Sound	Joseph Schmidlin	Sacred Sound Stage
11:00-13:00	Spiritual Lecture Series: Satsang with H.H. Pujya Mooji		Tent
13:00-14:15	Lunch		Garden
14:30-15:30	Purification of the Chakras	Kia Miller	Yoga Hall Ground Floor
	Indian Classical Dance Workshop	Nrityavali	Yoga Hall Middle Floor
	Spiritual Dream Boarding -- Charting Your Course for a Divine Tomorrow	Swamini Adityananda Saraswati	Yoga Hall Top Floor
	The Importance of Detoxification in the Modern Toxic World	Dr. Alejandro Junger	Tent



TIME	CLASS	PRESENTER	LOCATION
14:30-15:30 (continued)	Kirtan and Bhakti Workshop	Kirtanias	Saraswati Garden
	The Breath of Love: Indian Flute Rāga Sound Healing	Gumi	Sacred Sound Stage
15:45 - 17:00	Yoga for the Spine	Mohan Bhandari	Yoga Hall Ground Floor
	Where Myth Meets Asana	Rohini Manohar	Yoga Hall Middle Floor
	Releasing Tension, Finding Bliss	Tommy Rosen	Yoga Hall Top Floor
	OBSTACLE! Asmita in Modern Context	Stewart Gilchrist	Tent
	BEE Harmony – Hatha-Raja Yoga	Yogrishi Vishvketu	Saraswati Garden
16:00 - 17:00	Rāga & Tāla: Introduction to North Indian Music	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	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	Indian Classical Dance Performance with Nrityavali Dance of Gujarat		Tent

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	Yoga Hall Top Floor
6:00-7:30	Sadhana for Daily Self-Realization	Tommy Rosen	Yoga Hall Ground Floor
	Traditional Hatha Yogasana	Dr. Indu Sharma	Yoga Hall Middle Floor
	Soul Sweat	Dana Flynn	Saraswati Garden
	Qigong and T'ai Chi: Meditation in Motion	Sensei Sandeep Desai	Yoga Ghat
6:45 - 7:30	Sunrise Nāda Yoga on the Ghat	Anandra George	Aarti Ghat
7:30 - 8:15	Light Breakfast		Garden
8:30 - 10:30	Screening of the film <i>Mantra - Sounds into Silence</i>		Yoga Hall Ground Floor
	AFFLICTION! Raga in Modern Context	Stewart Gilchrist	Yoga Hall Middle Floor
	How to Face Your Fears 2	Jai Hari Singh	Yoga Hall Top Floor
	Embodying Shiva	Anand Mehrotra	Saraswati Garden
	Appreciation -- The Highest Meditation in the Aquarian Age	Gurmukh Kaur Khalsa	Yoga Ghat
9:00 - 10:30	The Śiva Principle: Mystical Mantras for Meditation	Swāmi Uttamānanda	Sacred Sound Stage
11:00 - 13:00	Special meditation at the Maharishi Mahesh Yogiji Ashram ("Beatles Ashram")		Meet at Aarti Ghat at 10:45 to walk over together
13:00-14:15	Lunch		Garden
14:30-15:30	Reiki Level 1 (Healing Class 2)	Maa Gyaan Suveera	Yoga Hall Ground Floor
	The Honeymoon Effect - A Fireside Chat	Dr. Bruce Lipton	Yoga Hall Middle Floor
	Restorative Yoga	Paula Tapia	Yoga Hall Top Floor
	Indian Classical Dance Workshop	Nrityavali	Tent
	How to Detox Your Body and Relaxation Therapy	Dr. G.S. Gupta	Saraswati Garden
	Mantra Lullaby	The Love Keys	Sacred Sound Stage

TIME	CLASS	PRESENTER	LOCATION
15:45 - 17:00	Inversion Workshop: Learning to Fly & Balance in a New Decade	Katie B. Happy	Yoga Hall Ground Floor
	Rasa Yoga: Transform Poison into Nectar - Deep Hips & Emotional Intimacy	Sianna Sherman	Yoga Hall Middle Floor
	"Back" to the Basics in Yoga: Feeling Good	Dr. Eden Goldman	Yoga Hall Top Floor
	Sufi Love Meditation	Mert Güler	Tent
	Inner Reprogramming	Yogishi Vishvketu	Saraswati Garden
16:00 - 17:00	Living Sounds of Sanskrit: Restorative Healing Session	Anandra George	Sacred Sound Stage
17:00 - 17:30	Tea & Snacks		Garden
17:30-18:00	Special Performance from The Bluegrass Journeymen		Aarti Ghat
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	Special Concert of Ecstatic Rhythm & Soul with world famous percussionist A. Sivamani		Tent



MARCH 5TH

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

TIME	CLASS	PRESENTER	LOCATION
6:00 - 7:30	Yoga For All - Suksma Yoga	Ganga Nandini	Yoga Hall Ground Floor
	Mandala Flow	Rohini Manohar	Yoga Hall Middle Floor
	Sufi Love Meditation	Mert Güler	Yoga Hall Top Floor
	Accessing the Command Center	Kia Miller	Tent
	20-20 Patanjali Yoga for Health	Dr. Radhika Nagrath	Yoga Ghat
6:45 - 7:30	Sunrise Nāda Yoga on the Ghat	Anandra George	Aarti Ghat
7:30 - 8:15	Light Breakfast		Garden
8:30 - 10:30	Vinyasa - Sweat Meets Depth: Move Your Asanas to Influence Inspiration in Your World	Katie B. Happyy	Yoga Hall Ground Floor
	Align with Your True Self – Journey through the Five Koshas	Yogriishi Vishvketu	Yoga Hall Middle Floor
	Forgiving Yourself to Forgive Others	Jai Hari Singh	Yoga Hall Top Floor
	Mythic Yoga Flow: Myth, Mantra, Mudra, & Magic	Sianna Sherman	Tent
	Calibrate to the Infinite	Tommy Rosen	Yoga Ghat
9:00 - 10:30	Yin Yoga & Self Massage to Free Your Voice	Joanna Faso	Sacred Sound Stage
11:00 - 13:00	Spiritual Lecture Series: Moving from “Breakdown to Breakthrough” The journey of inner personal healing, to collectively healing our planet Dr. Bruce Lipton, Rev. Michael Beckwith, Sadhvi Bhagawati Saraswati, Prince EA, Tommy Rosen and others		Tent
13:00-14:15	Lunch		Garden

TIME	CLASS	PRESENTER	LOCATION
14:30-15:30	Creating Enlightened Alliances	Janet Attwood	Yoga Hall Ground Floor
	Naadiyoga	Dr. Nishi Bhatt & Dr. Ashish Gilhotra	Yoga Hall Middle Floor
	Look Healthy & Be Pain-Free with Super Foods	Dr. G.S. Gupta	Yoga Hall Top Floor
	The Importance of Detoxification in the Modern Toxic World	Dr. Alejandro Junger	Tent
	Mind & Soul Through Pulse Reading	Dr. Smita Naram	Saraswati Garden
	Digeridoo Sound Healing	Yusuke Hoshido	Sacred Sound Stage
15:45 - 17:00	Premier screening of the documentary film <i>Agniyogana</i> , followed by Q&A	Gulcin Ozsoy	Yoga Hall Ground Floor
	Healing with Words and Thoughts (Healing Class 3)	Maa Gyaan Suveera	Yoga Hall Middle Floor
	Indian Classical Dance Workshop	Nrityavali	Yoga Hall Top Floor
	Awaken to Your Destiny	Rev. Michael Beckwith	Tent
	Pranayama (Breath and Energy)	Mohan Bhandari	Saraswati Garden
16:00 - 17:00	Tablā: A Journey into Indian Rhythm	Arindam Chakravarty	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	Kīrtan 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	UPLIFT Celebration and Hafla Music Night with Gil Ron Shama, Soul's Diet & Special Guests		Tent



MARCH 6TH

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

TIME	CLASS	PRESENTER	LOCATION
6:00 - 7:30	Vinyasa - Align Up with Your Highest Self Workshop: Clarity in Your Calling	Katie B. Happyy	Yoga Hall Ground Floor
	Yoga for All - Sukma Yoga	Ganga Nandini	Yoga Hall Middle Floor
	Traditional Hatha Yogasana	Dr. Indu Sharma	Yoga Hall Top Floor
	Mysore-Style Ashtanga Yoga: Standing Postures	Sensei Sandeep Desai	Tent
	Flow of Yogi - Improving & Expanding	Mohan Bhandari	Yoga Ghat
6:45 - 7:30	Sunrise Nāda Yoga on the Ghat	Anandra George	Aarti Ghat
7:30 - 8:15	Light Breakfast		Garden
8:30 - 10:30	Healing Trauma with Yoga	Beth Shaw	Yoga Hall Ground Floor
	All Asanas Lead to Tadasana	HS Arun	Yoga Hall Middle Floor
	Awaken Kundalini	Kia Miller	Yoga Hall Top Floor
	Accessing the Flow of Kundalini	Anand Mehrotra	Tent
	POISONS! Dvesa and Abhinivesha in Modern Context	Stewart Gilchrist	Yoga Ghat
9:00 - 10:30	The Harmonic Spine	Joseph Schmidlin	Sacred Sound Stage
11:00 - 13:00	Spiritual Lecture Series: The Frontiers of Wellness Techniques for building resilience in a time of unprecedented systems collapse Dr. Alejandro Junger, James Maskell, Dr. Smita Naram, Bharat Mitra and others		Tent
13:00 - 14:15	Lunch		Garden
14:30 - 15:30	Indian Classical Dance Workshop	Nrityavali	Yoga Hall Ground Floor
	How to Live 100 Years Full of Energy, Vitality & Health	Dr. Smita Naram	Yoga Hall Middle Floor
	Blending Intelligence and Faith, Science & Tradition (Healing Class 4)	Maa Gyaan Suveera	Yoga Hall Top Floor



TIME	CLASS	PRESENTER	LOCATION
14:30 - 15:30 (continued)	The Importance of Detoxification in the Modern Toxic World	Dr. Alejandro Junger	Tent
	YogaLean	Beth Shaw	Saraswati Garden
	The Joy of Sargam: A Beginner's Vocal Playshop	Joanna Faso	Sacred Sound Stage
15:45 - 17:00	Chikitsa Vinyasa Therapeutic Flow	Dr. Eden Goldman	Yoga Hall Ground Floor
	YINcredible	Rohini Manohar	Yoga Hall Middle Floor
	The Yoga of Business	Andrew Hewitt	Yoga Hall Top Floor
	Rasa Yoga: Magic of Mudra	Sianna Sherman	Tent
	Recognize the Other Person is You	Tommy Rosen	Saraswati Garden
16:00 - 17:00	Music Meditation for Peace	Michelle Button	Sacred Sound Stage
17:00 - 17:30	Group Pictures & Water Blessing Ceremony		Please meet on time at the Aarti Ghat for IYF group photos!
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	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 Sufi Music Concert by World Renowned Sufi Singer Kailash Kher		Tent

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
6:00 - 7:30	Therapeutic Flow Yoga	Paula Tapia	Yoga Hall Ground Floor
	Mysore-Style Ashtanga Yoga: Core Strengthening	Sensei Sandeep Desai	Yoga Hall Middle Floor
	Traditional Hatha Yogasana	Dr. Indu Sharma	Yoga Hall Top Floor
	hOMe Flow	Rohini Manohar	Tent
	Rasa Yoga: Alchemy of Yoga & Artistry of Life	Sianna Sherman	Yoga Ghat
6:45 - 7:30	Sunrise Nāda Yoga on the Ghat	Anandra George	Aarti Ghat
7:30 - 8:15	Light Breakfast		Garden
8:30 - 10:30	Prosperity & Success	Jai Hari Singh	Yoga Hall Ground Floor
	Untwist the Twists	HS Arun	Yoga Hall Middle Floor
	Beacon of Light	Kia Miller	Yoga Hall Top Floor
	Vinyasa - Give it Up: How to Give Up What Holds You Heavy	Katie B. Happy	Tent
	The Power of A Grateful Heart	Anand Mehrotra	Yoga Ghat
9:00 - 10:30	Toltec Medicine Wheel: Songs, Prayers and Dances	Michelle Button	Sacred Sound Stage
11:00 - 13:00	Spiritual Lecture Series: "The Power of Collective Prayer and Intention" Exploring the unlimited potential of group coherence and unified action Rev. Michael Beckwith, Bharat Mitra, Dr. Bruce Lipton, Prince Ea, Sadhvi Bhagawati Saraswati, and more		Tent
13:00 - 14:15	Lunch		Garden

TIME	CLASS	PRESENTER	LOCATION
14:30 - 16:00	The Yoga of Self Love - tools, techniques and processes to love yourself fully	Janet Attwood	Yoga Hall Ground Floor
	Soothe Your Insides: Mindfulness and Metta	Dr. Eden Goldman	Yoga Hall Middle Floor
	The Importance of Detoxification in the Modern Toxic World	Dr. Alejandro Junger	Yoga Hall Top Floor
	The Global Days of Unity - UPLIFTing the World - An interactive community session exploring the Global Day's of Unity initiative	Bharat Mitra, Dr. Bruce Lipton, Sadhvi Bhagawati, Gil Ron Shama, Prince EA, Chris Deckker	Tent
	Yoga for a Great Mood!	Beth Shaw	Saraswati Garden
	Sufi Zikr	Gil Ron Shama	Sacred Sound Stage
16:00 - 16:30	Tea & Snacks		Garden
17:00 - 18:00	Concluding Ceremony of IYF 2020		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	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		Tent



"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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