



INTERNATIONAL YOGA FESTIVAL

March 8-14, 2023

Parmarth Niketan Ashram Rishikesh (Himalayas), India



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#IYFPARMARTH #IYF2023

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
@pujyaswamiji
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.

The last few years have been a time of turmoil, turbulence and tragedy. I believe that Coronavirus came as an ambassador of Mother Earth to wake us and shake us into remembering that we are ONE, interlinked and interlocked together. I believe it came as a reminder that we need to move from a "Greed Culture" to a "Green Culture." Now, it is up to us to take the message from Corona to Karuna (compassion). Let us journey together from the Illness of Corona to the Wellness of Karuna. We can only do that if we shift our focus from I to We. When I becomes We then Illness becomes Wellness.

IYF 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 come together as one family, connecting to the Divine within themselves and 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.

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.

I always say, "Come to nature, be with nature, and discover your true 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

Welcome Message

SADHVI BHAGAWATI SARASWATIJI,
DIRECTOR OF INTERNATIONAL YOGA FESTIVAL



Sadhvi Bhagawati Saraswati is a spiritual leader, motivational speaker and social activist, based at Parmarth Niketan, Rishikesh, India. She is the Secretary-General of Global Interfaith WASH Alliance, President of Divine Shakti Foundation, Director of the International Yoga Festival, Co-President of Religions for Peace as well as author of #1 bestselling memoir, Hollywood to the Himalayas: A Journey of Healing and Transformation. Originally from Los Angeles, California and a graduate of Stanford University, Sadhviji has lived at Parmarth Niketan for more than 26 years.

To learn more please visit:

sadhviji.org
youtube.com/sadhviji
@sadhviji
@sadhvibhagawatisaraswati
@sadhvibhagawati

My dear sisters and brothers,

It is such a great joy and blessing to welcome you home to the holy banks of Mother Ganga, to the lap of the Himalayas, to the birthplace of yoga -- the place where for thousands of years saints and sages, rishis and yogis have come to meditate, to do yoga and to attain enlightenment or "moksha," ultimate liberation.

It is a special joy to be able to come back together, in-person, after the last years of pandemic. I've never felt so deeply grateful to be able to give a hug, to sit together closely unmasked, to meditate together and celebrate together! It is truly a time for gratitude.

But, we must also remember, deeply, and honor the lessons that Covid taught us. We do not live in a vacuum. Each one of our actions has a powerful ripple impact upon the planet. That which was being sold and eaten at a meat market in central China rippled out into every single corner, every home, every office, every school across the globe! It was the most powerful example of what our spiritual traditions have been telling us for thousands of years: We are connected! None of us can be truly safe unless we are all safe. None of us can be truly healthy unless we are all healthy. Unless we want to stay locked into the four walls of our own homes, we NEED our communities and our world to be healthy and safe. And working together to make the dream of a healthy, sustainable planet into a reality is yoga!

The International Yoga Festival is a sacred time of uniting together with our global family of yogis from every country, culture, color and creed. It is a union of different lineages and traditions.

During the week that you are here allow yourself to be taught by the teachings, but also allow yourself to be touched and transformed by the sacred, holy energy of this place. Let the waters of Mother Ganga wash over not only your bodies, but also into your minds, hearts and souls.

And as you allow yourself to truly bathe and bask in the divine energies, let us open our hearts together to our sisters and brothers across the world who are suffering. From Ukraine and Russia to Turkey and Syria to countless others.... As we come together this week in joy and celebration and gratitude, let us dive deep into ways that our own yoga can extend into compassion and service for all.

In His seva,

Sadhvi Bhagawati Saraswati

Revered Saints, Yogis & Expert Presenters

BLESSING THE YOGA FESTIVAL



H.H. Pujya Swami Chidanand Saraswatiji

Pujya Swamiji is the President of Parmarth Niketan Ashram, Rishikesh, one of the largest interfaith spiritual institutions in India. He is co-founder/co-chairman of the Global Interfaith WASH Alliance, the world's first initiative to bring together the leaders of all the world's faiths to enable a water-secure future where all may access safe and healthy water, sanitation and hygiene. Pujya Swamiji is also Founder of Ganga Action Parivar, which is leading the way towards saving the Ganges River. In addition, he is Founder of Divine Shakti Foundation and Interfaith Humanitarian Network, which are international, non-profit institutions dedicated to education, women's upliftment, health care, rural development, relief services and other humanitarian projects. Pujya Swamiji's religion is unity, and he is a leader in numerous international, interfaith summits and parliaments as well as guides and directs multifaceted and innovative solutions to address some of our world's greatest challenges and threats to the environment.



Dr. Tony Nader

Tony Nader, M.D., Ph.D., MARR, is a medical doctor trained at Harvard University and Massachusetts Institute of Technology (Ph.D. in neuroscience), and a globally recognised Vedic scholar. As Maharishi Mahesh Yogi's successor, Dr Nader is head of the international Transcendental Meditation® organisations in over 100 countries. From the Americas to Asia, from Europe to Africa, Dr Nader guides the Transcendental Meditation program and its advanced practices, and the practical applications of this technology in all areas of national life. His vision is to bring happiness, health, and peace to the minds and hearts of the whole world.



Rev. Michael Beckwith

Michael Bernard Beckwith is the founder and spiritual director of the Agape International Spiritual Center. Based in Los Angeles, Agape is a trans-denominational, multicultural community of thousands of local, national and international members and live streamers. Dr. Beckwith embraces a practical approach to spirituality that acknowledges the accelerated pace of our contemporary times. Agape's community outreach programs feed the homeless, serve incarcerated individuals, partner with organizations active in children's schools and homes for youth at risk, support the arts, and advocate for the preservation of our planet's environmental resources.



Dr. Vandana Shiva

Dr. Vandana Shiva is a world-renowned environmentalist and activist. In 1991 she founded Navdanya, a national movement to protect the diversity and integrity of living resources – especially native seed – and to promote organic farming and fair trade. For the last two decades, she has worked with local communities and organisations. Dr. Shiva authored numerous books on sustainable agriculture, biopiracy, water issues, gender issues, and the social, economic and ecological effects of corporate-led globalization. Time Magazine identified her as an environmental 'hero' in 2003, and Asia Week called her one of the five most powerful communicators in Asia.



Sadhvi Bhagawati Saraswati

Sadhvi Bhagawati Saraswati, PhD is a spiritual leader, motivational speaker, author and social activist, based at Parmarth Niketan. She is President of Divine Shakti Foundation, bringing education and empowerment to women and children. She is Secretary-General of Global Interfaith WASH Alliance, the first alliance of religious leaders for Water, Sanitation and Hygiene, and Director of the world-famous International Yoga Festival. She has received numerous awards for her humanitarian work including the Lifetime Achievement Award by U.S. President Joe Biden. She is also the author of #1 bestselling memoir, *Hollywood to the Himalayas: A Journey of Healing and Transformation*. Originally from Los Angeles, and a graduate of Stanford University, Sadhviji has lived at Parmarth Niketan for more than 26 years, where she gives spiritual discourses, satsang and meditation, leads myriad humanitarian programs and serves as a unique female voice of spiritual leadership throughout India and the world.



Sadhvi Abha Saraswati

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



Gurmukh Kaur Khalsa

Gurmukh is an internationally loved teacher of Kundalini Yoga as taught by Yogi Bhajan, and pioneer in the field of prenatal yoga, called The Khalsa Way. In 1970, she met her spiritual teacher Yogi Bhajan who brought Kundalini Yoga from India to the West. In the early 1980s, Gurmukh and her husband Gurushabd pioneered Yogi Bhajan's first yoga center in the US. She has trained students worldwide to become Kundalini Yoga teachers as well as Khalsa Way teachers through the prenatal yoga training program. She has authored two books, *Bountiful, Beautiful, Blissful: Experience the Natural Power of Pregnancy and Birth with Kundalini Yoga and Meditation* and *The Eight Human Talents: Restore the Balance and Serenity within You with Kundalini Yoga*.



Dr. Raghavan Ramankutty

Dr. Raghavan is a modern doctor devoted to Ayurveda & Yoga. He is an Ayurvedic physician with Vaidyaratnam title. He is also a modern medicine doctor from India, with two years training in emergency medicine. He has been practicing as an Ayurvedic physician for more than six decades in India, Europe, the USA and UK. His work focuses on chronic and critical disorders without established cure in any system of medicine. He is the Founder & Director of DATHATHREYA – Integrated Holistic Health Care.



Abuelo Antonio Oxté

Abuelo Antonio Oxté was born in Tzucacab, a Maya town in Yucatán, Mexico. When he was a young boy, his maternal grandmother initiated him in massage and healing. In his youth he obtained an undergraduate degree in social anthropology. At the same time, he entered the Mysteries of Freemasonry and obtained a philosophical degree. Abuelo has a small clinic where he helps souls in physical, emotional and soul healing processes. Rancho Yaaxdzonot is the sanctuary where he works and lives. His projects include reforestation and protecting wildlife. He shares in his work with his beloved companion Cynthia and all their friends—human and animal.



Swami Svatmanandaji

After a successful career in international development, Swami Svatmananda felt a life-long draw to the wisdom of ancient civilizations such as the Greeks, Mayans, Incas, Hopis, and finally settled with the ancient wisdom of India known as the Vedas. He traveled great distances to learn from the foremost experts of Vedic knowledge, including the eminent scholar Swami Dayananda Saraswati. He learned from his Guru, how to unfold the vision of Vedanta, and the Bhagavad Gita, with such ease and clarity that makes it accessible to anyone interested in such sacred teachings. Today, he lectures on Vedic knowledge and conducts courses and workshops around the world.



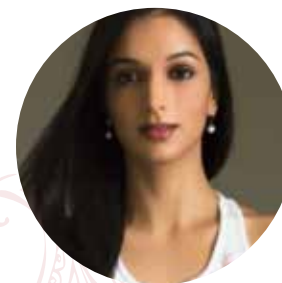
Kia Miller

Kia Miller is a devoted scholar, practitioner and teacher of Yoga who imparts her radiant spirit and joy for life in her classes, workshops and retreats throughout the world. Kia teaches at YogaWorks in Los Angeles and leads several of their 200- hour and 300-hour teacher training programs each year. Trained in both Hatha and Kundalini Yoga, Kia brings together a potent mix of asana, breath, meditation, chanting and relaxation that leaves students uplifted and empowered. One of the most well known Kundalini teachers in the West, Kia has an ability to translate the subtle teachings of Kundalini Yoga in a highly accessible way.



Tommy Rosen

Tommy Rosen is a yoga teacher and addiction recovery expert who has spent the last 25 years immersed in yoga, recovery and wellness. He holds advanced certifications in both Hatha and Kundalini yoga and has helped thousands of people to holistically transcend addictions of all kinds. He is the founder of Recovery 2.0, a global community that embraces yoga and meditation as central pillars for healing from all addictions and thriving in life. Tommy teaches regularly at yoga institutes and festivals, including Kripalu, Esalen, Blue Spirit, Wanderlust and Hanuman. His book, *Recovery 2.0: Move Beyond Addiction and Upgrade Your Life*, was published by Hay House to international acclaim.



Ira Trivedi

Ira Trivedi is a best-selling author and yoga expert. She is the founder of Namami Yoga, a non-profit that brings yoga to underprivileged children in India. She led the first international day celebrations in 2015 in New Delhi, where a Guinness Book of world records was created for the largest yoga class held in the world. Ira is the author of My Book of Yoga, and has a yoga show, "Yogaira" on India Today news channel. She has written seven books including the critically acclaimed India in Love: Marriage and Sexuality in the 21st Century. Ira holds the title of "Yoga Acharya" given to her by the International Sivananda Yoga Vedanta Academy.



Anand Mehrotra

Born and raised in Rishikesh, Anand Mehrotra developed Sattva Yoga as a method through which people of all backgrounds, cultures and experiences can discover and embrace their own true nature. Since then he has taught hundreds of students across the world, guiding them toward their own self-realization. He has established the Sattva Yoga Academy, a leading yoga teacher training school in Rishikesh, Sattva Connect with online teachings and classes, and Sattva Retreat which is a global destination. In addition to being a master teacher, Anand has also created the charitable initiatives of Khushi Foundation and Sattva Foundation.



Ken Honda

Money and happiness expert Ken Honda is a best-selling self-development author in Japan, with book sales surpassing eight million copies since 2001. His latest book is called *Happy Money: The Japanese Art of Making Peace With Your Money*. Ken studied law at Waseda University in Tokyo and entered the Japanese workforce as a business consultant and investor. Ken's financial expertise comes from owning and managing several businesses. His writings bridge the topics of finance and self-help, focusing on creating and generating personal wealth and happiness through deeper self-honesty. Ken provides ongoing support through mentoring programs, business seminars, therapeutic workshops, and correspondence courses.



Dr. Smita Naram

Dr. Smita Naram is the Co-Founder of Ayushakti, one of the most trusted ayurvedic health centres around the world. Today she is one of the most insightful practitioners, lecturers and teachers of Ancient Health Solutions coming from the 2500 years old Siddha Veda lineage of Ayurveda. She has helped clients suffering from numerous chronic health disorders like arthritis, osteoporosis, anxiety, diabetes, high blood pressure and many more chronic health concerns. She has been honored worldwide with many prestigious awards for her contributions in the domain of health, has authored the book *Your Health in Your Hand*, and has published dozens of research papers in peer-reviewed international journals.



Gurushabd Singh Khalsa

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



H.S. Arun

Sri H.S. Arun is an internationally recognized Yoga teacher from Bangalore, India, who has been teaching yoga for the past 40 years. Currently, he teaches at his yoga institute Prashant Yogashraya, located in Jayanagar, which began in 1984 with the blessings of Arun's guruji, Dr. B.K.S. Iyengar. He has developed his own way of sharing what he has learned from his guru and through many years of his own intensive practice. Sri Arun has written and published more than 15 books in Kannada. In 2014, Sri Arun released his most popular book *Experiment and Experience on the Chair: The Yoga Way*, which sold close to 2000 copies within six months of release.



Stewart Gilchrist

Following a colourful and diverse life travelling, teaching and studying in topics ranging from Nutrition to Law, Stewart is now firmly established in the devotional Yoga of Abhyasa. His sadhana commenced after a severe back injury in the 1980s which left him in constant pain and mild disability. He experienced an amazing recovery through intensive Ashtanga Mysore yoga practice. His style combines yogasana, dhyana, japa mantra and pranayama alongside veganism, political and environmental activism, human and animal rights, indology and much more. Since 2003 he has taught extensively and run annual workshops worldwide.



Mohan Bhandari

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



Yogrishi Vishvketu

Himalayan Yoga Master, author and founder of Akhanda Yoga, Yogrishi Vishvketu (Vishva-ji) is known for his infectious laughter and stories. His holistic approach brings forward ancient wisdom for a modern age incorporating asana, pranayama, mantra, meditation and yogic wisdom in every class. His deepest aim is to inspire people to connect to their true nature, which is fearless, expansive, joyful and playful. A yogi at heart, he has studied and practiced Yoga for over 40 years and holds a PhD in Yoga Philosophy. For the last 25 years, he has been sharing this unique blend of practical experience and knowledge of wisdom texts at workshops and conferences internationally.



Saul David Raye

Saul David Raye is a teacher, healer, musician & activist. He has been practicing and teaching for over 25 years and is known for his unique style of heart centered healing Yoga, breathwork, music and timeless wisdom. He has taught and chanted at many yoga centers and festivals around the world and continues to share his work through teacher trainings, workshops, classes, sacred journeys + retreats and sacred music. His mantra music album "10,000 Suns Music for Healing, Peace + Awakening" reached #3 on the iTunes world music charts.



Jai Hari Singh

Jai Hari Singh has been teaching Kundalini Yoga for almost 40 years. He directed Guru Ram Das Ashram in Mexico City from 2007-2010, and is Chairman and CEO of the Yogasomostodos Foundation. Jai Hari Singh is a healer, teacher and producer of Deva Premal, Snatam Kaur and Mirabai Ceiba's concerts in Mexico and Latin America.



Katie B. Happy

The fire in Katie's spirit took a giant pause when she woke up in 2015 with the right side of her face paralyzed. Katie B. used her paralysis to give up definitions of societal normal beauty and aims to create not just work outs, but work ins. Her memoir, *Cheers to Chaos – 8 Tools for the Puffy Eyed and Powerful* hit Amazon Best Seller lists in the first week and continues to inspire thousands internationally. Katie hosts yoga teacher trainings, and works directly with Fortune 500 & hospital corporations to help prevent burnout. The tragic loss of her mom from breast cancer helped fuel Katie to create her 501(c)3, b_inspired, which helps people discover who they are after loss.



Dr. Andréa Paige

"BioHacking Epigeneticist" a master of lifestyle medicine, with a Bachelor's in Globalization and Political Economy, a Master's in Ethnobotany and a Doctorate in Naturopathic Medicine, Andréa travels the world empowering people to take their health back into their own hands. For 4 years, she directed Wellness at the renowned Yoga Barn in Ubud, Bali. For the past decade Andréa worked guiding people through transformative fasting retreats. She launched the Holistic Health Coach Training Program to teach people the wealth of interdisciplinary knowledge and revolutionary thought she gained over 15 years of study and self-awareness.



Kal Prakashini

A Bhakti Yogi at heart, Prakashini ji has close to 40 years of exposure to the mantras, rituals, philosophies and techniques of traditional vedic and yogic practices. She has formal training and mentoring from industry experts across numerous fields including psychology and neuroscience, trauma healing, yoga, sustainable development, social entrepreneurship and investment management. She is deeply dedicated to researching the original sources of ancient wisdom and sharing tools to access "that space within:" to self-heal and release chronic trauma. She shares especially on the use of ancient yogic tools of pranayama, kundalini and nada yoga, mantra chanting and bhajans.



Mansi Gulati

Mansi Gulati is an International Yoga exponent, who has worked and actively campaigned for the novel concept of 'Face Yoga'. She has taught this unique art to thousands of people across the globe, teaching how it helps relax and rejuvenate the face and the entire body. Having practiced Face Yoga since childhood, she takes pride in helping people become more beautiful naturally, without using cosmetics or investing in expensive surgeries. Mansi has conducted many yoga sessions and workshops over the past decade, including at major Indian events and landmarks, and has been showcased on television.



Sensei Sandeep Desai

Sandeep Desai is a master of T'ai Chi, Ashtanga Yoga and Martial Arts, having several international accolades to his name. He has successfully completed the 'Full Time Training' under the strict supervision of Grandmaster Chen Zhonghua and is the first Indian to be authorized by Chinese Grandmaster Zhu Tian Cai to teach the original Chen Style T'ai Chi in India. Sensei Desai has studied Karate (5th degree Black Belt), T'ai Chi, and Ashtanga Yoga from Shri KPJAYI Yoga Shala, all from the original source. He is the author of *The Small Book of T'ai Chi*, and contributes regularly for the popular 'Speaking Tree' column in *The Times of India*.



Dr. Eden Goldman

Dr. Eden Goldman is an international Yoga, mindfulness, and wellness lifestyle expert. He is currently a Yoga and Mind-Body Health Professor at The University Of Southern California after serving for over a decade as the Director of the renowned Yoga And The Healing Sciences Program at Loyola Marymount University in Los Angeles, CA. Dr. Goldman is the owner of Meditating Mascots, and the Director of LotusEd, Inc. a higher education company specializing in advanced Yoga studies and continuing education credits for doctors and therapists. He has treated thousands of patients, has trained hundreds of Yoga teachers and Yoga studio owners around the US.



Paula Tapia

Paula Tapia is an international Yoga, mindfulness and wellness expert in integrative health, self-care education and healthy lifestyle science. She is the Yoga Therapist, Mindfulness Advisor and Research Associate at Attune Health, an Autoimmune and Inflammation Care and Research Center in California. She has been teaching creative and intelligent forms of movement for 30 years, including dance, fitness, aqua therapy, functional movement training, preventive education and therapeutic Yoga in the lineage of Sri T. Krishnamacharya. She bridges ancient and modern science and facilitates healing through the sacred practices of mindful movement and meditation, heartfelt breath-work, visualization, relaxation techniques, affirmation, sound and energy medicine among other healing arts.



Dr. Indu Sharma

Dr. Indu Sharma has been in seva at Parmarth Niketan for over 22 years. She completed her higher studies in Yoga and human consciousness from DSVV University. Her deep interest in the field of yoga inspired her to do Ph.D in Surya Namaskar and the benefits and effects thereof as one practices and delves deeper into it. She is a devout practitioner and a dedicated teacher to her students in yoga courses conducted by Parmarth Yoga and Meditation Center.



Ganga Nandini

Ganga Nandini was born and raised in Los Angeles, California, and graduated from University of California Berkeley with a Bachelors Degree in Molecular Cell Biology and Psychology. On a journey to connect to her Indian roots, she was called to the banks of Mother Ganga and reached Parmarth Niketan Ashram in 2010. She was deeply inspired by Pujya Swamiji and Sadhviji and has been living there since then, engaged in spiritual study, practice, and yoga. Today she lives a life dedicated to health and wellness, overseeing multi-faceted service initiatives undertaken by Parmarth Niketan and its affiliated organizations. She has been teaching and practicing Yoga for over 10 years, has completed her 900 hour ATTC with the Yoga Institute, Mumbai and her 200 hour TTC at Parmarth Niketan.



Rohini Manohar

In a quest for joy, Rohini's journey took her to the foothills of the Himalayas, where she began her tryst with yoga. What began out of curiosity, ended up becoming an eternal love affair. Through her unique classes, she combines a vinyasa-based yoga class with Vedanta from Indian Philosophy. She weaves movement and living the moment effortlessly to create the perfect space for students to discover themselves. She is the founder of Chennai Yoga Studio, Tamil Nadu's leading yoga studio and the online Mitra Yoga Festival, that raised over 5 Lakhs for COVID-19 relief work. She has also authored 5 children's books and is currently helping write school curriculum based on Yoga and Ayurveda for the New Education Policy.



María Alejandra Avcharian

María Alejandra Avcharian is an Ayurvedic Medicine Therapist and Plastic Artist. María studied medicine, biological sciences, functional nutrition and received a Bachelor of Fine Arts from the National School of Fine Arts. From the moment she was introduced to Ayurveda, María started the path that unites her passions: the body, the mind and the soul. María has studied in Uruguay, trained in India at PDI Prakash Institute and PVA Ayurvedic Hospital in Kerala, and did several postgraduate courses both in India and Argentina. She also trained as a female transformational therapist and biodecoder. She believes that all roads speak of the same thing but each being needs different approaches.



Erica Kaufman

Erica Kaufman, MFA, E-RYT500+, is the founder of Lila Yoga Studios in Pennsylvania, USA. Influenced by Jiddu Krishnamurti's philosophy and Krishnamacharya's teachings, Lila Yoga® is a traditional Hatha Yoga practice, with Raja (philosophical), and Bhakti (devotional) Yoga integrated together. Her classes and expertise are awarded by Yoga Journal's signature Karma Credit and featured in numerous publications along with European and American TV for her work with Lila Yoga, Reconciliation, Creativity, Mindfulness and Contact Improvisation. Erica is dedicated to wellness and appreciation of life, teaching in the name of living with daring joy, love, ease and respectful strength.



Andrea Carrani

Andrea's life is to serve humanity in its simplest way, sharing his experience in public programmes and workshops, as well as giving soul guidance, helping people to realise their Divine nature to find inner peace. He is guiding people from all faiths and walks of life in expanding their own understanding further, helping them to touch deeply the peace that lies within all of us, beyond the chattering mind, which can only be perceived through the heart. It is only through the stillness of his meditations that we have been able to reconnect to that deep silence, true love and peace within.



Dr. Nishi Bhatt

Dr. Nishi Bhatt specialises in children's psychoneurological and pain management disorders and is a Stanford University certified nutritionist, as well as qualified doctor of acupuncture and Ayurveda with certifications from around the world in fourteen different holistic therapies. Based in the UK, Dr. Nishi provides her expertise in India, UK, Europe, USA, and Canada. Her specialisation in Autism, Cerebral Palsy, Epilepsy/seizures, traumatic injuries, dementia, and Alzheimer's has changed the lives of many kids and adults around the world.



Acharya Ashish Gilhotra

Acharya Ashish Gilhotra is the Founder of Pressure Yoga. Ahish is a strongly sensitive and seasoned Naturopathic Acharya with a strong background in natural therapies, and he has established himself in the field of nature-cure and works relentlessly to spread awareness about the benefits of Pressure Yoga on scientific grounds. His therapy has brought changes in patients suffering from coma, dementia, stress, Alzheimer's, weight issues, and many sleeping disorders, and he is a magician with Orthopedic injuries.



Dr. Devaki Madhav

Dr. Devaki Madhav is a psychologist, Scientific Pranayama practitioner, researcher, therapist, professor, sports enthusiast, and social worker. Dr Devaki Madhav is a person of simple, humble living and has created the innovative Scientific Pranayama from the treasure house of Indian ancient knowledge and wisdom passed on by our ancient sages. She has worked for over sixteen years in various research efforts to create a connected and supported community, promoting health and wellness through Scientific Pranayama, a branch of holistic yoga discipline.



Dr. Radhika Nagrath

Dr. Radhika Nagrath is Government certified RPL-level 5 Yoga Teacher. She is associated with Patanjali Yogpeeth for past 25 years. She is a freelance journalist contributing to National English newspapers *Times of India*, *The Pioneer* and has authored several books on Indian ethos. Amongst several philanthropic works, she runs the 'I share my Roti' project for patients of RKM Hospital, Kankhal Haridwar. She has been invited by World renowned universities like Oxford, UCLA, McGill, Art Institute of Chicago and CGI Dubai for lectures on yoga and peace. She is recipient of many awards for her research papers on Indianness and writings on alternative medicine, environment conservation and women empowerment.



Dr. Urmila Pande

Dr. Urmila Pandey has a passion for spreading her love of yoga to everyone. Originally from Haridwar, Uttarakhand, Dr. Urmila grew up with the great interest of keeping fitness in life. Dr. Urmila Pandey has been practicing yoga for over fifteen years and has a desire to share the benefits she experienced from yoga. She currently teaches yoga at various institutions around the State. Her classes are welcoming and encouraging to all.

Sacred Sound Stage

Yoga of Sound Workshop

Learn mystical mantras for meditation, nada yoga singing techniques, self-massage for freeing your voice, medicine songs of indigenous cultures, and other fascinating topics related to sound!

Sound Bath Experience

Relax deeply into a sweet sonic space, serenaded by instrumental and calming vocal music. Synthesize, digest, and internalize your expansive experiences with simple meditations using the yoga of sound. Two sessions each afternoon!

Family Kīrtan Hour

Come sing your heart out with our beloved family of international musicians immediately after aarti. Are you a kīrtan leader? Sign up for open mic!



Artists / Musicians & Sacred Sound Stage

Sivamani

A sought after performer both on live shows and recordings, Siva is widely recognized as one of India's best drummers. One of the best pair of hands in the world of percussion, Ustad Zakir Hussain in a live show presented him as a phenomenon that walks the planet but once or twice in a century. South Indian geniuses Illayaraja and A R Rehman and other Bollywood music directors all regularly engage his variety of percussion. He features along with legendary masters such as Billy Cobham, Vikku Vinayakram, Freddy Santiago, Terry Bozzio, Wil Calhoun, and Myanta, commanding the respect of a true Master Percussionist.



Runa Rizvi

A serene and powerful voice in the world of music, she is a Sufi, Ghazal & Fusion Artiste. Equally skilled in the contemporary Bollywood industry, Runa has worked with noted artists like AR Rahman, Sanjay Leela Bhansali & Sandesh Shandilya for mainstream projects. Runa belongs to the Kalavant Gharana & is trained extensively in Indian classical music and Ghazals, Thumris, Sufiyana Kalams, Folk & Fusion music. Her Love for Jazz can also be seen in her contemporary improvisations. She has shared the stage with legends and exponents like Ustad Mehndi Hassan, Jagjit Singh, Pt. Hari Prasad Chaurasia, Ustad Sultan Khan, Pankaj Udhas, and Ravi Chary.



Kailash Kher

Kailash Kher's spectacular journey from a humble upbringing to revered pop star, Bollywood playback singer and television celebrity is a testament to the strength and appeal of what is undeniably one of the most unique voices in Indian music today. Combining Kher's strong traditional folk sensibilities and lyrics invoking Sufi mysticism, with modern rock, electronic and funk influences, Kailash Kher & Kailasa released their first album, *Kailasa*, in 2006, which resulted in the smash hits "Teri Deewani" and "Tauba Tauba." This was followed in 2007 by their second album *Jhoomo Re*, which was also a critical and commercial success, followed by the release of their first international album *Yatra (Nomadic Souls)*.



Anandra George

Anandra George is an internationally respected mantra teacher, sacred musician, and pioneer in the global yoga community, re-introducing the ancient science of sound as a fundamental wellbeing practice. She created the world's first Yoga Alliance-registered 200 Hour Yoga Teacher Training based entirely on the transformational power of sound. Anandra studies Hindustani classical music in New Delhi at the feet of master teacher Pandit Baldev Raj Verma of the Indore Gharana. She is involved in projects focused on mental health and the positive effects of mantra, and supports several philanthropic initiatives on systemic women's empowerment and perpetuating the universal healing treasures within Indian culture.



Visvambhar Sheth

An internationally recognized kirtan-singer and inspirational speaker, Vish has a lifelong connection to India and its culture. Vish has a rare capacity to invoke and transmit the essence of kirtan. He has shared his love for kirtan at well-known venues like BhaktiFest, Omega Institute, Wanderlust, and Beloved. He is the lead singer of The Mayapuris, a headlining Kirtan group that has rocked stages worldwide. He is also a performer and recording artist with a World-beat ensemble, The Hanumen. Vish is a multi-instrumentalist, playing guitar, harmonium, bansuri flute, sitar, cajon, and all types of percussion.



Kirtaniyas

California-based Kirtaniyas are a global collective of energetic, multi-talented artists. They grew up in a Vedic culture of song, dance, philosophy and devotion between ashrams and temples both in India and the western world. Founded in 2009, they have travelled the world infusing new life to these ancient chants with youthful spirit and energy. Besides the largely traditional approach to their acoustic sets, the Kirtaniyas now push the boundaries of genre to combine all of their passions into one new and unique sound. Melodious electronic dance music and subsonic bass meets the call and response singing of ancient Sanskrit mantras, accompanied by live acoustic instruments.



Gil Ron Shama

Gil Ron Shama is an artist of Middle Eastern descent, who carries an important message of a new generation that finds music as the best gateway to peace between neighbours and nations.. His project Cafe Jallal presents the joining of the desert and the urban world in a melodious dish that includes Palestinian, Bedouin Jewish and Arab-Israeli sacred chants ranging from traditional to renewed. Cafe Jallal is a real yet imagined space presented in the modern Israeli-Palestinian society, celebrating traditions and voicing universally a deep intention of peace.



Folk & Tribal Artists from Across India

This year at the International Yoga Festival the Ministry of Culture, Government of India, NCZCC, Prayagraj is organising two special nights of cultural events of folk/tribal artists from across the country. The first night entitled Uttarakhand Rangostav celebrates the culture and traditions of the Himalayas through song, dance and storytelling. The second night is entitled Bharat Darshan bringing folk and tribal artists from across India to share the rich heritage and culture that exemplifies the diversity of India, the birthplace of Yoga.



Parmarth Gurukul Rishikumars

The Parmarth Gurukul provides nearly 200 young impoverished, disadvantaged boys with a basic academic education as well as intensive sanskrit and ancient Vedic texts. Their days are filled with yoga, meditation, Vedic chanting, reading of scriptures, mathematics, seva and special programs designed to infuse their lives with essential values and ethics. They are not only getting a full academic education, but they are also being trained to be cultural ambassadors, carrying with them—wherever they go—the deep values and culture of honesty, integrity, purity, piety, dedication and selflessness.



Sattyananda

Sattyananda is an accomplished musician and a Nada Yoga practitioner from India. He is the founder of the philanthropic organisation, The Nada Yoga Foundation, and the conscious sound and music enterprise, Audio Ashram. His personal experiments with sound, meditation and consciousness over the years have given him deep insight and understanding of the incredible peace-inducing abilities of subtle sound vibrations and frequencies of Nada Yoga. He believes that sound has the power to heal, to help relax the mind and body, and to aid people in their journey to self-awareness.



Lalita Shivani

Lalita Shivani is an artist, dancer and creative artist from Moscow, Russia. Dancing since childhood, she has studied ballet, ballroom, belly dancing, modern, jazz, hip-hop, African and Indian dances along with Balinese and Sufi dances. She has been studying mantra, kirtan and bhajan since 2010, and has also studied the Vedas, Ayurveda, yoga, nada yoga, meditation, pujas and ceremony, and Sanskrit. Lalita is the creator of the “Shiva Shakti” dance meditation and “The Divine Dance of Shakti,” practices of self-healing that include collective singing of ancient sounds along with an alignment of the body with the soul and mind.



Krishnapriya

Krishnapriya grew up in South Carolina (USA) and graduated from the College of Charleston with a BA degree in Theatre Performance. Notably, in 1992 she toured the U.S. in the 25th Anniversary production of the Broadway show, HAIR. She has performed internationally as a singer and has recorded 5 blues and jazz CDs. Krishnapriya has been featured in several docu-series and radio programs such as The Kevin Moore Show, They Call us Channeler's, and the Gaia TV show. She is a certified sacred sound, mantra and nada yoga teacher. As a devoted student of Anandra George, she is continuing her exploration of the Heart of Sound and immersing herself deeper into Bhakti and service.



Gumi

Gumi is a bansuri (Indian classical bamboo flute) player & kirtan singer. He is the founder of NADA YOGA JAPAN and has organized Nada Yoga Teacher Training Courses since 2018.



Nrityavali

Nrityavali is derived from the Indian words “Nritya” (dance) and “Avali” (a legend). Founded by performing artists Bharat Bariya and Akshay Patel, Nrityavali is an independent dance company born out of emotive creation. A performing artist since he was 12, Bharat Bariya has dedicated his life to dance and its various forms. His amazing skills, perfected over 30 years, have won him many accolades not only in India but also in many parts of the world. Akshay Patel's flair for dance led him to learn dancing at the age of 14. Performing and teaching dance across the world has been a passion for him for almost two decades now.



Joseph Schmidlin

Joseph Schmidlin (D.O.mtp, LMT) is a classical osteopath physician, and sound practitioner with over 25 years of teaching and practice in the field of energy medicine, including Traditional Chinese medicine and Ayurveda. He utilizes sonic vibrational medicine and Nada yoga in his teaching and clinical practice. He frequently leads sound immersions and meditations and is involved in several creative artistic projects including “Total Sound Immersion”, “Sonic Alchemical environment”, and “Time Slip.”



Hiroko Nakaguchi

Hiroko lives in Rishikesh and has been singing Kirtan since 2015, and has also been a Hatha Yoga instructor since 2016. She aims to bring the harmony of a person and all natural space together by music.



Arindam Chakravarty

Arindam is an “A” Grade Artist of All India Radio and National Television from Ministry of Information & Broadcasting, an empanelled established artist of ICCR from Ministry of External Affairs, a senior National Scholar from Ministry of Culture, and a performer worldwide with legendary & iconic Musicians.



Dr. Katy Jane

Named “One of 75 Yogis Who are Shifting the Planet” by Origin Magazine, Dr. Katy is a counseling Vedic astrologer, Sanskrit & world religions scholar, and yoga teacher. She received her doctorate in Religious Studies from the University of California in 2001, taught at the University of Colorado and Naropa University, and created Sanskrit for Yogis, an innovative and traditional method for learning the sacred language of yoga. She's the author of Awakening with Sanskrit and teaches immersions in Vedic astrology online.



Astrid Slegten

Astrid had a big Aha-moment when she realized that singing could be a yoga practice. Since that moment she has been following the pull of sound yoga. She has successfully completed the Heart of Sound Mantra and Nāda Yoga Teacher Training. Her love for mantra and the yoga of sound led her to India, Bali, Hawai'i, Nepal and Germany to deepen her understanding of the transformative power of sound. Astrid shares her time between India and Brussels, where she shares restorative yoga, meditation, mantra, kirtan and the yoga of sound to help busy people listen to what is alive inside.



Gurnimit Singh

Gurnimit Singh is a 3rd generation lineage holder Kirtan singer from Vancouver Canada. He is a Vocal Coach and Kundalini Yoga Teacher who also supports the LGBTQI+ community by holding sacred space to heal wounds of the heart through Naad Yoga/Kirtan.



Dipika Delmenico

Dipika Delmenico is an Ayurvedic Expert, Author and Heart Centred Leadership Mentor. She's all about resonance and creating loving vital presence with healing gestures of sacred sound. For more than 30 years she's worked globally with Ayurveda, mantra and human centred medicine. Dipika is a Nāda Yoga teacher and student of Hindustani classical music with Sudhanshu Sharma. She's the founder of Conscious Woman Rising and Leading in Love, holistic heart centred leadership programs. She is the author of The Ayurvedic Woman and advocates for, and is in service to, living in grace and leading in love.



Sudhanshu Sharma

Sudhanshu is an Approved Artiste of the All India Radio and DoorDarshan in Hindustani Classical Vocal Music and is an international instructor of Vocal Music and Voice Culture in New Delhi. Trained in the Guru-Shishya tradition under the tutelage of Pandit Baldev Raj Verma, he is the fourth generation of performing artists in the Indore Gharana lineage. Sudhanshu's music is a serene, reposeful and meditative experience. With Degrees of an M. Phil and Masters in Music from the University of Delhi, Sudhanshu has been involved in performing, composing, research and teaching of Vocal Music for the past 20 years.



Shanti Manpreet

Shanti Manpreet's healing journey led her from an office job as a cartographer to a Sacred Sound and Healing Artist. As a certified Heart of Sound yoga and meditation teacher she facilitates transformative chanting experiences for 5 years. She's initiated in Meditative Healing, Sound Healing and Light Healing by her teachers Za Rah Kumara and Hansu Jot. As she had no prior musical experience in her life it's her superpower to encourage people to really trust their own voice and inner guidance by connecting to the Divine through sound.



Za Rah Kumara

Za Rah Kumara is a Source Light and Zero-point Healer, Kundalini Teacher, Sacred Music Artist, Atlantean Water Priestess, Isis Priestess, and a clinical Psychotherapist with more than 22 years of experience working with clients worldwide. In her international classes and retreats she works her healing magic by supporting the participants to soulfully get in touch with their own magic and self-healing capacities. She published several sacred sound tracks and a book about healing arts "From Heaven To Earth" for her worldwide community.



Serena Gabriel

Serena Gabriel is a multi-instrumentalist, recording artist, dancer, acupuncturist and sound therapist who is dedicated to the exploration of the vast healing potential of vibration, music and movement. For over 25 years, she has integrated intentional sound into her work in alternative medicine, music production, dance and yoga. Her discoveries combined with insights from her personal healing journey has developed an expansive, heartfelt approach to her sound journeys, sessions and performances. The experience of her sonic offerings can be described as deep, inspirational and renewing.



Divine Celebration

ON THE BANKS OF GANGA

Ganga Aarti

Ganga Aarti is our evening Thanksgiving Ceremony when we give thanks to the Divine -- by any name and all names. It is when we connect with the Divine Creator and also the Divine Creation. Aarti is the beautiful ceremony in which diya (the oil lamps) are offered to God. Aarti can be done to a deity in the temple, it can be done on the banks of the Ganges to Mother Ganga, or it can be done to a saint. It is performed to God, in any manifestation, any form, by any name.

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

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



Yagna / Havan

The havan is one of the most common rituals in Indian culture. Havan is, in essence, a purifying ritual. Just as fire purifies everything it touches, so we perform yagna that our lives may be made pure. So, as we place the offerings into the flames, we symbolically offer all our "impurities" – our anger, our greed, our jealousy, our grudges, our pains – and we pray to God to make our lives as pure as the ghee we pour into the flames.

Also, the yagna reminds us to give, and give, and give. At the end of the mantras and shlokas chanted by the priests, it says, "Idam namama, Idam namama." This means, "Not for me, but for You." It reminds us that everything we do in life must be for others, for God, for the world. This is the root of yagna and the root of happiness in life.



Living Yoga on a Daily Basis

BY PUJYA SWAMI CHIDANAND SARASWATI

The secrets of the ancient science of yoga were passed down from the divine rishis, saints and sages who came to the Himalayas for divine inspiration. Through their meditation, austerities and prayers, a treasure-chest of wisdom was bestowed upon them for the benefit of humanity.

The sage Patanjali is the one most renowned for compiling this treasure chest of yogic wisdom for the benefit of the world. Yoga is not about physical postures, it is much more. Yoga is not a religion. It does not require you to believe in a certain God or to chant certain mantras.

Yoga is an ancient science which leads to health in the body, peace in the mind, joy in the heart and liberation of the soul. Yoga is a way of life, and its teachings should penetrate every aspect of your being.

The 8 Limbs

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

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

Moksha or Liberation can happen while we're here on Earth, not just after death. Liberation every moment of every day. It is liberation from anger, greed, worry, desires, despair, depression, and the list goes on...



Yamas

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

Ahimsa: Non-Violence

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

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

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

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

Tatraikaagram manah kritwaa yatachittendriyakriyah;
Upavishyaasane yunjyaadyogamaatmavishuddhaye

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

Satya: Truthfulness

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

Asteya: Not Stealing

Asteya is refraining from stealing of any kind, not just material things. It is also about respecting people's time, energy, and space, so as not to steal from others without realizing it, through negative aspects like gossip or complaints. We steal people's credit by claiming to have done something that actually was accomplished by someone else. We steal from Mother Earth by using more than we need – in terms of the global concern for environmental pollution.

Another concern is the exploitation of people all over the world, be it child labour, and other issues, robbing people of their dignity.

Brahmacharya: Non-Excess

Brahmacharya is translated as celibacy or abstinence, but actually its meaning is more comprehensive than refraining from sexual activity. Rather, it actually means one who is brahma-

acharya, this means one whose actions are all dedicated to God, one whose actions are all pure and holy. It means one whose attention, energy and life are focused on God.

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

Aparigraha: Non-Accumulation

Aparigraha literally means "non-hoarding." It means, live simply, and use only that which you require. Purchase only that which is essential. It is about striving for simplicity, even if one has excess material means. Travel light in every way, as it affects the mind. Non-accumulation amounts to less clutter and hence affecting a clearer state of mind.

Aparigraha also means that there should be no sense of "mine" in life. We should realize that everything is God's and we have simply been lent a certain amount for a temporary period of time. In yagna ceremonies, after each mantra, the priest chants "idam namamah." It means "Not for me, God. It is for you, God." This is aparigraha. Nothing is mine. Everything is His. Everything is for Him.

Niyamas

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

Saucha: Cleanliness & Purity

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

Santosha: Contentment

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

Tapas: Austerities/Sadhana

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

Swadhyaya: Sacred Study

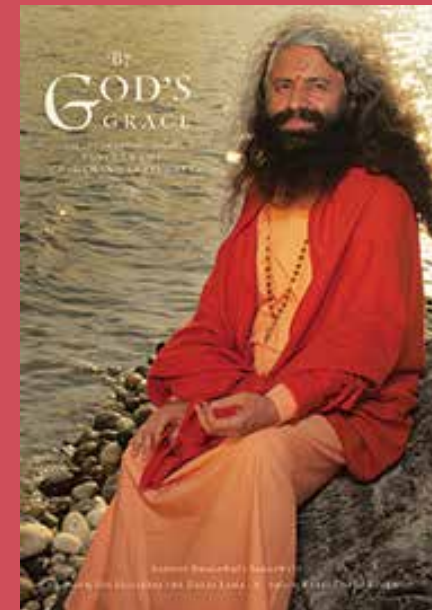
It is very important to read something spiritual, something inspiring every day. This helps to keep us on track and to keep our mind pure. Otherwise we tend to get lost in our own mind's sea of confusion. Importantly, one must also put these readings into practice.

Further, swadhyaya also means self-study. Introspection is one of the greatest tools of a spiritual path. Our egos, our fears, our desires, our misconceptions and even just the hecticness of our lives keep us from truly examining our own lives. Each night we must ask ourselves, “Where do I stand?” Take stock every night where you are going.

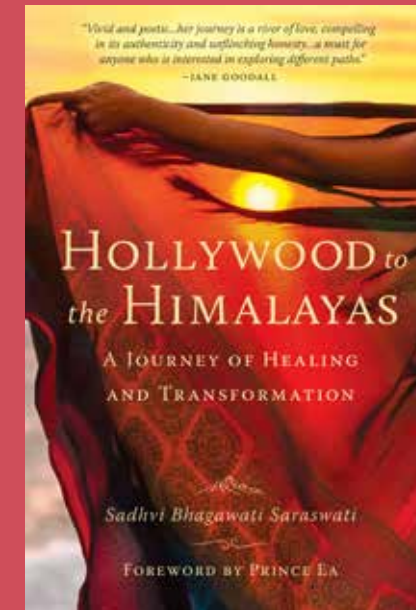
Ishwara Pranidhana: Devotion/Surrender to God

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

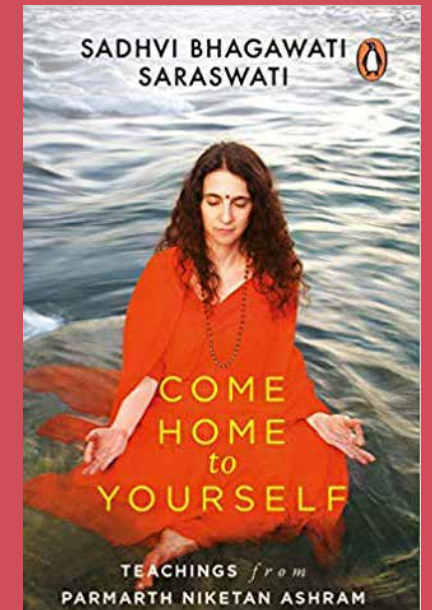
Further Reading from Pujya Swamiji & Sadhvi Bhagawatiji



By God's Grace
*The life and teachings
of Pujya Swami
Chidanand Saraswati*



**Hollywood to the
Himalayas**
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and Transformation*



**Come Home to
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Yoga: For Ourselves, For Our Planet

BY SADHVI BHAGAWATI SARASWATI

The Global Spread of Yoga

Today, yoga has become globally ubiquitous. The practice of yoga has burgeoned and blossomed throughout the world, leaving almost no corner untouched. When we started organizing yoga classes and courses in English and then hosting the International Yoga Festival at Parmarth Niketan Ashram in Rishikesh in 1998, the foreigners came primarily from America, Canada, Europe and the United Kingdom. Today, there are participants from more than 100 countries around the world, including not only the “West” as we envision the Americas and the European Union, but also large groups from countries that didn’t even exist when I was learning geography, countries from the former Soviet Union, countries including Uzbekistan, Ukraine, Croatia, countries throughout Africa, and of course throughout Asia ranging from Mongolia to Taiwan.

Yoga has now joined rank with other crucial and inextricable aspects of society like toilets, hand-washing, forests, water, mothers and fathers – and has been allocated its own official day by the United Nations.

Yet when we think and speak of yoga today, what do we mean? Sadly, most of us still view yoga as the art of perfecting physical exercises – a more sophisticated and subtle form of the aerobics class.

The Fullness of Yoga – True Divine Union

Yoga, the word itself, literally means “union.” It is not merely a union of our forehead to our knee or our fingers to our toes. It is a union of the self to the Divine, a union of the small self to the Universal Self, a merging of the drop back into the Ocean.

Patanjali spoke about eight limbs of yoga or ashtanga yoga, of which asana (the postures) is limb number 3 and Pranayama (breath exercises) is limb number 4. Limbs 1 and 2, the very foundation of yoga, are the yamas and niyamas, or the do’s and don’ts of a yogic life. In fact, the yamas and niyamas have nothing to do with what most of us consider a yoga practice. There is no bending or twisting or stretching. There is no contraction or elongation. There is simply non-violence, truthfulness, non-stealing, control of the senses, non-hoarding, purity, contentment,



dedicated practice, self-study and surrender to the Divine. These, what we might call the 10 commandments of a dharmic or righteous life, are the foundation upon which Patanjali’s yogic philosophy is based.

When we realize that a righteous life, a life of honesty, integrity, non-violence and purity, is the foundation of a true yoga practice, the looseness or tightness of our hamstrings becomes only one of the many aspects of our life into which we shine the light of mindfulness and awareness. We can then embark on a practice of being present and mindful with all of our actions, not only those performed on the yoga mat.

Are we truly non-violent in word, thought and deed? Are our choices, including what we eat, what we wear and what we buy, choices for non-violence and purity? Are we truthful, not only in letter but in spirit, in all of our interactions?

As every builder, contractor and architect knows, one cannot build a structure beginning with the third floor! Regardless of the beauty and elegance of the building, if there is not a strong foundation, that building will collapse in the slightest storm. Similarly, we cannot base our yoga practice exclusively on limb three. We may become fabulously strong, limber and flexible but the moment the winds of change begin to blow in our lives, the best asana cannot keep us grounded if we have no foundation. The

yamas and niyamas are inextricable, crucial aspects of any true yoga practice. Without them, our asanas become acrobatics or aerobics -- still fabulous of course for the body, but not “yoga” in its fullest meaning.

Lastly, our 8-limbed tree of yoga also does not stop at limb 3 or even 4. It grows and expands gloriously up through the practice and experience of pratyahara (withdrawal of the senses), dharana (single pointedness) through dhyana (meditation) and ultimately into Samadhi (complete ecstatic, blissful Union). Resting your forehead on your shin in janushirasana for the first time is an experience of great relief and release. The muscles of the back, the neck, the head and even the chest let go as we rest in the elongation of our spine, as prana is breathed into the space between our vertebrae and into every muscle in our body; despite the “ahhh” experience of relief and release in the physical postures, the tree of yoga has juicier fruits to offer us if we just keep climbing.

Thus, as we do not start with limb 3, so we do not end with it. The asanas are windows into the possibility of what yoga holds. It is said “sthira sukham asanam” -- that which is stable, that which brings true joy, that is asana. Yes. And that is a window into not just stability and joy IN the asana but in every moment and every breath of our life.

Yoga to Save Ourselves and Our Planet

It is this stable joy, this health and wellness of the entire being, this balance between the body, the breath, the mind and the heart, this opportunity to melt and merge into something deeper than ourselves, the infinite ocean of expansion, it is this which draws more than 1,000 people from more than 60 countries across the world to the banks of the Ganga River, to Parmarth Niketan Ashram, in Rishikesh for the International Yoga Festival each year.

It is this which our world is turning to as we celebrate International Day of Yoga on June 21st. We are not celebrating aerobics. We are not celebrating calisthenics. We are not celebrating stretching exercises. We are celebrating Yoga, ultimate union, a union that -- beginning with uniting the body and the breath and leading to a union of body, mind and spirit -- takes us into a union between ourselves and the Divine. It is a union of our small,

Yoga, the word itself, literally means “union.” It is a union of the self to the Divine, a union of the small self to the Universal Self, a merging of the drop back into the ocean.

isolated, individual, limited, physical existence, with all of Creation.

In separation, the opposite of yoga, the world is made up of objects. We are each the “subject” of our own subjective reality. Everyone and everything else is an object -- the animals whose flesh becomes our meal, whose skin becomes our car seat or belt, the impoverished sweatshop workers who produce our “rock bottom” priced clothes, the precious trees of the Amazon felled by the acre to make room for the grazing of hamburgers-to-be, the indigenous people whose lands are being cleared across the rain forests, the coffee and cotton pickers whose children have birth defects due to the toxicity of their pesticide-ridden working environment.

In a yogic life though, in a life committed to the awareness and experience of unity we realise that these are all us. Hence, we don’t need to put sticky notes on our computers to remind us to practice non-violence, to remind us not to steal or hoard, to remind us to live a pure life. The practice of “yoga” leads automatically to a life in which our choices are ones made in an awareness of unity and oneness.

This is what our world needs. As individuals, to overcome our depression, loneliness and numbness, we need to feel connected. As a society, in order to function well, we need to be connected and in harmony. As an international, global world family, we need to realize that we are inextricably connected, as Chief Seattle said so beautifully, to “the web of life.” Yoga, a true realisation of union, could save not only our health, but also our planet.

To read Sadhviji’s full article, visit www.sadhviji.org/writings

Styles & Lineages

Satsang and Darshan with Revered Saints

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

This involves listening to or reading scriptures, reflecting on, discussing and assimilating their meaning, meditating on the source of these words, and bringing their meaning into one's daily life. There will be a range of discourses in term of yoga, vedanta, ayurveda and Hindu philosophy this week, as well as living yoga off the mat.

Classical Hatha Yoga

Classical Hatha Yoga is the foundation form of all the yoga forms we know today. Many advanced styles, variations and schools are borne from this knowledge base. It is a simple deep practice for cleansing the mind, body and soul, as well as living a Holistic Sattvic Way of Life. The practice is devotional in itself, with a focus on simplicity, chanting, and not over-working the body. This takes us back to the times of the Gurukul and Ashram traditions in India. Practiced the simple way, there is a focus on balancing the Gunas with the aim of optimal mind and body balance. In this style, we have yoga nidra, Vedic chanting, traditional methods of alignment, as well as pranayama workshops.

Sadhvi Abha Saraswatiji, Dr. Indu Sharma, Ira Trivedi, Mohan Bhandari, Kia Miller, Anand Mehrotra, Yogrishi Vishvketu, Erica Kaufman, Ganga Nandini, Dr. Radhika Nagrath, Dr. Urmila Pande

Ashtanga Yoga

An ancient system of Yoga, taught by Vamana Rishi in the Yoga Korunta, and passed from Krishnamacharya to Pattabhi Jois. The practice is about synchronized breath and body movement for Chikitsa – body cleansing and purification. Breathing and moving together while performing asanas increases circulation and removes toxins from the body, resulting in pushing out impurities and disease from the organs. Long and even breathing (through the Ujjayi Breath) tones the nervous system. The focus on bandhas (body locks) results in better breathing, and getting into deeper asanas. When mula bandha is perfect, mind control is automatic. There is also a focus on clearing the six poisons, which surround the spiritual heart. In the yoga shastra it is said that God dwells in our heart in the form of light, but this light is tainted by six poisons: kama, krodha, moha, lobha, matsarya, and mada. These are desire, anger, delusion, greed, envy and sloth. When yoga practice is sustained with great diligence and dedication over a long period of time, the heat generated from it burns away these poisons, and the light of our inner nature shines through.

Stewart Gilchrist, Sandeep Desai

Iyengar Yoga

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

are guided towards increased awareness of their physical, emotional, and spiritual lives. Students experience meditation in action, a state of being focused and absorbed in the moment.

H.S. Arun

Kundalini Yoga

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

Gurmukh Kaur Khalsa, Gurushabd Singh Khalsa, Kia Miller, Tommy Rosen, Jai Hari Singh

Vinyasa Yoga

Vinyasa Yoga is focused on the dynamic sequencing of postures, with a focus on meditation through movement. This style has its prime influence from Ashtanga Yoga in Mysore. Vinyasa teachers have integrated their teachings with either ayurveda, dance, martial arts, or bhakti. Vinyasa journeys are experienced in progressive series and different scientifically synchronized sets of asanas. Understand how Vinyasa can work for different body types, practice with music and specific chants, and incorporate inspirations and readings to move from physical to the philosophical and other aspects of yoga. The mind, body, soul become stronger through this process of Yoga Chikitsa (body purification). There are several creative variations of this form being offered at the International Yoga Festival.

Katie B. Happy, Rohini Manohar

Pranayama & Breathwork

Prana means breath, the life force energy. Yama is control or mastery. In this course, you will learn how to control this energy to live longer, healthier, more productive and more satisfying lives. Through the practice of pranayama, you'll create and strengthen a meditation practice that will deepen your connection to your true self and to the Divine.

Sadhvi Abha Saraswati, Dr. Indu Sharma, The Yoga Couple, Mohan Bhandari, Saul David Raye, Dr. Eden Goldman, Tommy Rosen, Dr. Devaki Madhav

T'ai Chi

T'ai Chi is an internal, ancient martial art – focusing on slow, soft movements that promote dynamic energy and cultivate inward focus. Besides raising energy levels, regular practice of T'ai Chi speeds up recovery from illness and injury, lessens the need for sleep and reduces the tendency to become sick. The main purpose in studying T'ai Chi is to come into harmony with the universe, first, for our own inner growth and secondarily, to help others to grow.

Sensei Sandeep Desai

Meditation

Experience oneself flowing freely like the waters of Mother Ganga and let go of the chains and pains of the past to be free in the now. Dive inward to experience an expanded consciousness in meditation, a loss of the boundaries of self and merging into the One.

Andrea Carrani, Saul David Raye, Dr. Eden Goldman

Yoga Nidra is one of the most ancient meditative practices in the holistic systems we can use to attain this clarity and oneness with self and the Divine. 'Nidra' means sleep. Yoga Nidra is sleep with a difference which allows the mind to be alert for clarity as the body rests in shavasana.

Sadhvi Abha Saraswati, Dr. Indu Sharma, Kal Prakashini

Styles & Lineage

Naada Yoga & Sound Therapy

Sound is the yoga that affects ALL of the bodies (including and beyond the physical), the Sacred Sound Stage offers many aspects of a sound-based practice, including: nāda yoga experiences, Sanskrit mantra workshops, sound healing, yoga of sound workshops, medicine and sound workshops, kīrtan and devotional chanting.

Anandra George, Arindam Chakravarty, Joseph Schmidlin, Gumi, Astrid Slegten, Kal Prakashini, Saul David Raye, Sattyananda, Lalita Shivani, Hiroko Nakaguchi, Sudhanshu Sharma, Shanti Manpreet, Dipika Delmenico, Za Rah Kumara, Dr. Katy Jane

Therapeutic Yoga

Therapeutic yoga is a holistic approach to health, simultaneously working on the body, mind, and spirit. Various yoga practices work and strengthen different systems in the body, and can help improve overall health as well as be targeted to address different issues arising in the body.

Dr. Eden Goldman, Paula Tapia, Mohan Bhandari, Mansi Gulati

Yin Yoga

Yin yoga is a slow-paced style of yoga with postures that are held for longer periods of time. Yin yoga poses apply moderate stress to the connective tissues of the body with the aim of increasing circulation in the joints and improving flexibility. A more meditative approach to yoga, yin aims at cultivating awareness of inner silence, and bringing to light a universal, interconnecting quality.

Ira Trivedi, Rohini Manohar

Wellness, Healing & Lifestyle

Health, Ayurveda, & Nutrition

Dr. Smita Naram, Dr. Raghavan Ramankutty, Rujuta Diwekar, Dr. Andréa Paige, María Alejandra Avcharian, The Yoga Couple, Dr. Nishi Bhatt, Dr. Ashish Gilhotra, Mansi Gulati, Swami Svatmananda, Ken Honda

Sattva Yoga

With its roots in the timeless Vedantic and Tantric Traditions, Sattva Yoga was developed in the Himalayas after years of study and research. Sattva Yoga incorporates all essential practices and teachings of yoga in a radically holistic and powerful way. It offers a unique and potent practice that includes physical postures Hatha Yoga, powerful breath work techniques, Kundalini kriyas, Naad Practices, Meditation, tantric transformative practices, chanting, freedom movement, and radical wisdom.

Anand Mehrotra

Akhanda Yoga

The Akhanda Yoga approach emphasizes a balanced class including a full repertoire of yoga techniques to align the physical, energetic, mental/emotional and intuitive self through the five elements of practice and the five energetic principles.

Yogrishi Vishvketu

Lila Yoga

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

Erica Kaufman



WELCOME TO INTERNATIONAL YOGA FESTIVAL

at Parmarth Niketan, Rishikesh



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ONE EARTH • ONE FAMILY • ONE FUTURE

Frequently Asked Questions

Room Issues

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

Laundry

Laundry can be dropped off between 7:30-9:30am at the Ganga Block Hospitality Office, and picked up there from 6-8pm. Please note that underwear is not accepted for laundry service.

Hot Water

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

Safe Drinking Water

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

Dietary Options

All food is vegetarian, with vegan options. Please remember that we may host hundreds of guests, and it may not be possible to have everyone like everything that's offered at the meal times. Please note: In respect for the traditions of the ashram, within the ashram the following food/drink are strictly prohibited: drinking intoxicants, eating egg or other non-vegetarian foods. We also recommend that you refrain from eating onions and garlic.

WiFi

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

Medical Attention

We have our own clinic with a dispensary onsite called Parmarth Niketan/Swami Shukdevanand Charitable Hospital. Hours are Monday to Friday, 9am to 12pm and 2pm to 5pm. If you require attention outside these hours, please go to the Help Desk and someone will contact the resident doctor. It is always advisable to carry any regular/prescription medicines that you take in the amounts you will need, instead of trying to find them here.

Safety Precautions

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

Darshan (Blessings) with Pujya Swamiji and Havan Ceremony

At our IYF registration & help-desk, there will be sign-up sheets for both these events.

Ashram Donations

You can make an additional donation to the Ashram when booking your IYF pass. If you wish to make donations when at the Ashram, please only do so at the Main Reception desk. Also, make sure to receive your receipt (even if you don't require it). Please do not tip anyone, as this is against the Ashram Policy.

Indian Etiquette

- Be sensitive and respectful, dress as modestly as possible, especially during the Aarti. In respect to the traditions of our ashram, shoulders and knees should always be covered at all times, including in classes. See-through clothing is not allowed, and tight/revealing clothing is discouraged.
- When in doubt, observe what others are doing, or simply just ask.
- To preserve the purity of sacred places, remove your shoes.
- To avoid potential misunderstandings and for hygienic reasons, when greeting someone, fold your hands in Namaste.
- Indians reserve their left hand for unclean activities so it is customary to give and receive with the right hand.

Travel Requirements?

If you need any assistance with booking of transport or travel, please contact Manish Taxi Services directly:

Office number: (+91) 9568318992

Mobile: (+91) 9719110191, (+91) 7895577522

Email: manish_chakravarty2006@yahoo.com
(please cc rameshji@parmarth.com)

We hope that your time here at Parmarth Niketan is comfortable and enjoyable!

If you have any problems or need assistance in any way, please stop by the IYF office or the Reception Office.

Your Feedback is Important

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

IYF Over the Years







Exhibitors

2023 International Yoga Festival is proud to host exhibitions by organizations and companies working towards a more sustainable, green planet, while providing products and services for enhancing our lifestyle.



Divine Shakti Foundation

The Divine Shakti Foundation works for the holistic well-being of underprivileged women, their children, abandoned children, and all of Mother Earth. We design and implement programs which support women and children to be socially and financially self-sustaining, as well as raise awareness of the problems facing them through education and mass communication. DSF also works for the betterment of nature, especially protecting the Holy Ganga River and providing a safe and natural environment for India’s revered cows. DSF’s programs help women to empower themselves and also help them support their families, thus living a dignified life. Our programs include providing vocational training through which they learn sewing, embroidery, design kurtas, yoga dress, bag making, candle making, agarbatti and dhoop making, handicraft items, henna designs, and various beauty services. They also learn computer science, yoga and martial arts in this center which improves their physical health and also provides them a career. We also conduct various health camps in rural areas and villages for the poor and needy. Eye camps are conducted often where free spectacles and free cataract surgery are performed for those who are in need. DSF also takes good care of cows by providing them food and shelter.



Pashmina World

“THE SHADES OF SPRING”- ‘Embrace colours, Embrace fashion’: Calling all shopping lovers, to “an exhibition cum sale” of an array of articles under one single roof! Pashmina shawls & Cashmere scarfs, Kashmiri Silk embroidered shawls, Handmade Silk Carpets, papier mache artifacts, natural essential attar oils & natural gemstone beads, malas and bracelets.



Om Prakash & Sons

We are the leading manufacturer & wholesaler of Malas, Rudraksha, Gemstones & Sacred Jewellery. Founded by Late Sri Om Prakash Ahuja in 1960, near the banks of river Ganga in Haridwar, we deliver designs which are widely renowned for their features – elegance, perfect finish, durability and authenticity. All our mala designs are handmade & we are very selective about materials offered in making your special mala. We have been in the trade for last 50 years. We strive to the bring to you the highest quality gemstones. Our vendors comply with a strict Code of Conduct policy and our beads are sustainably harvested, fairly traded, and ethically produced.



Chitshakti

Chitshakti is a not-for-profit entity, which is a well-established, respected and trusted name for Aroma, Yoga and spiritual products. Our high quality Aroma products – Ayurvedic Dhoop, Herbal Incenses, Pure Aroma Oils, and Natural Aroma sprays – purify the atmosphere and create an ambience of peace and equipoise. Every product we offer complements your efforts that you make to recognize and experience the divinity within and without. Our Yoga products – Meditation Asana, Shawls, beautiful Japa Accessories crafted in exquisite Rudraksha beads & Semi-precious stones, carry the transformative energy that fills your life with lasting bliss and well-being.



Aum Rudraksha Designs

Bringing to the world of today the wisdom and power of the ancient sages in the form of contemporary Malas. Inspired by Hindu spirituality, guided by Papaji (H.W.L. Poonjaji) and created by Soma Temple, “Aum Rudraksha Designs” was born in 2003 on the beautiful and magical island of Bali, Indonesia. We begin as a hobby of working with Rudraksha beads and now have distributors worldwide and supply more than 60 stores on five different continents. We have a fantastic team of forward-thinking people who wake up every morning doing what they love. Our vision is that we will elevate our partners, customers, suppliers, and neighbors to create positive change around us. Our Rudraksha seeds are organic and locally grown in our plantations in Indonesia.



Sai Karuna Mission

After his PHD in Aura Photography (Energy field reading), Dr. Uday Shah realized that allopathy has a limitation which only suppresses an illness or a disease, does not cure them. This lead to Sai Karuna Mission being founded where we focused on the root cause rather than superficial temporary treatment or solution. Medical investigation only takes place after the disease has occurred but a spiritual investigation through various methods alerts you before it has already harmed you. Since then, different aspects of life and common suffering have been researched. SKM has developed modalities and methods to use ancient knowledge with modern modifications to bring healing and spiritual practices like Karuna Reiki, Munay Ki etc to the common man. In this stall at International Yoga Festival, we bring to you Live Aura scanning to study the hidden signs of your energy field and give a direction to focus on, along with powerful charged crystals for energy protection and healing in a convenient manner.



SkiD - O2 Yoga Bags

SkiD O2 has passionately & uniquely designed eco-friendly yoga mat bags made with cotton/canvas fabric that let your mats breathe. We love the idea of ‘Balance’ and all our bags have double straps to distribute the weight evenly on the shoulders, while keeping your hands free. The idea is to ‘Go hands free’ with O2 Yoga bags. Our tagline says it all, “Walk, Bike or Hike to Yoga!” Design, Utility & Durability is what we stand for. Check our yoga bags & other yoga accessories, and hear out the story of how they started.



Veda5 Ayurveda & Yoga Retreat

Nestled in Himalayas, Veda5 is best luxury wellness retreat in India which integrates traditional Ayurveda, Panchkarma, Yoga and healthy Organic & Satvik food to restore balance, harmonize energy and improve overall well-being. Veda5 is surrounded by forest and green lands, accommodates 24 rooms, 2 yoga halls, Yagyashala, world class Ayurveda Centre and organic polyhouse.



Gypsy Atman

Namaste! Here at Gypsy Atman. We believe in connection. We work to connect one person with another person, one community with another community. We think of ourselves as a bridge. We span the globe in the hopes of physically, emotionally, and spiritually joining various peoples, families, and communities together. Our products and services promote holistic healing, well-being, and inner growth by striving to help people discover their deeper, truer selves. The plants we use for our self-care products grow in the mineral-rich soil of the Himalayas. They are all natural, non-GMO, and free of chemicals and pesticides. The leaves, flowers, and roots are carefully harvested by women in the Himalayan region without harming the environment. By making this purchase, you are supporting the environment and women farmers!



Yog Wellness Resort & Spa by Amritara

Yog Wellness Resort & Spa by Amritara is amongst the best hotels and resorts in Mussoorie. Proudly Vegetarian Resort, our renowned restaurant Sattvik serves the kind of food that nourishes the body and the soul alike while our on-site Ayurveda Specialist with customized wellness packages at the Prana Spa will replenish your essence and rejuvenate you from city life. Yog Wellness Resort & Spa by Amritara is the ultimate getaway in the hills with its recently added pre-heated infinity edge swimming pool so you can enjoy the beautiful valley views while sitting in the comfort of a heated pool. Our rooms are spacious and luxurious with an eye for detail and a slant toward wellness and good health. All rooms come with a deck to enjoy picturesque views of the valley and sunsets and take in the fresh, energizing mountain air.



Siddhayu

Born out of the 100-year-old Baidyanath group, Siddhayu is reimagining the way you perceive, consume, and experience Ayurveda, the 5000-year-old natural science of life, every day. We relearn, question and reinterpret the ideas of the millennia-old science to make it understandable, accessible and most importantly effective for young, scientifically tuned consumers looking for natural solutions to health challenges brought about by modern lifestyles.



Viveda

Viveda is an Integrated Wellness Village located in Trimbakeshwar in Nashik city of Maharashtra. This wellness centre is infused with Indian values of hospitality and helps you practise healthy living with ancient knowledge of wellness and health. Get into the habit of a healthy mindset and self-care to nourish the body, mind and soul.



Friends of Meditation

We are passionate about meditation, yoga, and relaxation. Our work involves innovation-led manufacturing of an eccentric range of products that facilitate ease in practicing yoga and meditation techniques for beginners as well as experts. Our founder Swami Dhyan Unmesh is a certified Osho Meditation Facilitator, Restorative Yoga teacher, and Astrologer. He is on the spiritual journey for nearly 20 years with experience of having participated in various yoga and meditation programs having learned diverse and effective techniques to assist relaxation.



Vedic Wellness University

Vedic Wellness University, is a pioneer Institution providing Holistic Education, registered under the Department of Education, Florida, USA. VWU promotes higher education and conducts all level courses from Certificate course; Diploma, Masters & Research program under each school: School of Yoga & Wellness, School of Vedic Studies, and School of Arts and Culture. Our Academic committee comprises of 50+ Academicians and eminent Research guides.



Fabindia

Fabindia is India's largest private platform for products that are made from traditional techniques, skills and hand-based processes. Fabindia links over 55,000 craft based rural producers to modern urban markets, thereby creating a base for skilled, sustainable rural employment, and preserving India's traditional handicrafts in the process. Fabindia's products are natural, craft based, contemporary, and affordable. At Fabindia we celebrate India, and endeavor to bring all that we love about India to customers around the world.



Modi Yoga Retreat

Modi Yoga Retreat is an oasis of wellness, which sits like a gem by the Ganges overlooking the lush green Himalaya mountains of the spiritual land Rishikesh. Our retreat serves as an Ayurvedic healing center for those who are looking to find freedom from emotional and physical pain, and reconnect with their deepest spiritual self for greater joy and fulfillment in daily living. Along with experiencing traditional Ayurvedic therapies, guests will learn a variety of sustainable wellness practices such as asana (Yogic postures), pranayama, and meditation. These practices are tools that the guests can leave with to nurture themselves, restore balance, and create more harmony in their lives. Our goal is to ensure that each patient feels pain-free, vibrant, and happy upon their stay.



Jaico Publishing House

Jaico Publishing House is a prominent publisher in India. Jaico was founded in 1946 by Jaman Shah as a book distribution business for U.S. paperback publishers. The company's name commemorates India's independence ("Jai" means victory in Hindi language). Jaico was India's first and only publisher of paperback books in the English language.



Organic India

At the heart of ORGANIC INDIA is a commitment to be a living embodiment of love and consciousness in action. Organic India works with thousands of family farmers in India to cultivate tens of thousands of acres of sustainable organic farmland. All ORGANIC INDIA products support health and True Wellness and are made with loving care. Each product is one link in a chain of connectedness between Mother Nature, farmers and you.

Testimonials

“ Sangha is a requirement to progress along any spiritual path. The sacred community that gathers at the International Yoga Festival at Parmarth Niketan is sincere, supportive and loving. Everyone is welcome and invited... The International Yoga Festival presents an opportunity to learn from some of the most dedicated and experienced teachers in the world. There is a reason people come here from across the world. Most people in their lifetime will never even ask the questions which are being answered at the International Yoga Festival, Parmarth Niketan, Rishikesh. ”

“ It was indeed a life-changing experience with all the beautiful souls. I made some extraordinary friends for life and also met some guiding angels. I will see you all again next year for sure! Tat twam asi!! Aham brahmasmi!! ”

“ Here at the banks of holy Mother Ganga, the birthplace of Yoga, it is the perfect time to ask ourselves whether we are using our precious life to bring light into our lives and lives of others or whether we're squandering our time and resources. [IYF] is the perfect time to recommit to developing a compassionate heart, to working for peace within and without so that the light may prevail. ”

“ I am very happy and grateful for the time I shared with you. I am very happy in each festival. Thanks to all the organization for making these days a beautiful shared present. Great companions, great organizers and great teachers. Many thanks. My heart is again full of happiness. ”

“ Thank you, to Pujya Swami Chidanand Saraswatiji Maharaj, Sadhvi Bhagawati Saraswati, the talented students, volunteers, spiritual leaders, dignitaries, yoga masters, sacred music masters, and all the participants from all over the world. The International Yoga Festival creates a beautiful spiritual space to be, discover, and feel the power of universe. ”

“ On average, 60,000 thoughts flood through your head in a day. Researchers say, 59,000 are repeated from the day before. The running playlist of same/same anxiety and worries plagues the mind of the average person daily.

IYF gives us the opportunity to create a new thought pattern. We come from over 100 countries all over the world to change the habitual thoughts and dive into something new. I've been bringing groups for 6 years, over 80 people have been astronomically changed by the powerful inspiration from India and IYF. ”

“ Such a beautiful experience being surrounded by such loving souls. ”

Thank You to Our Partners



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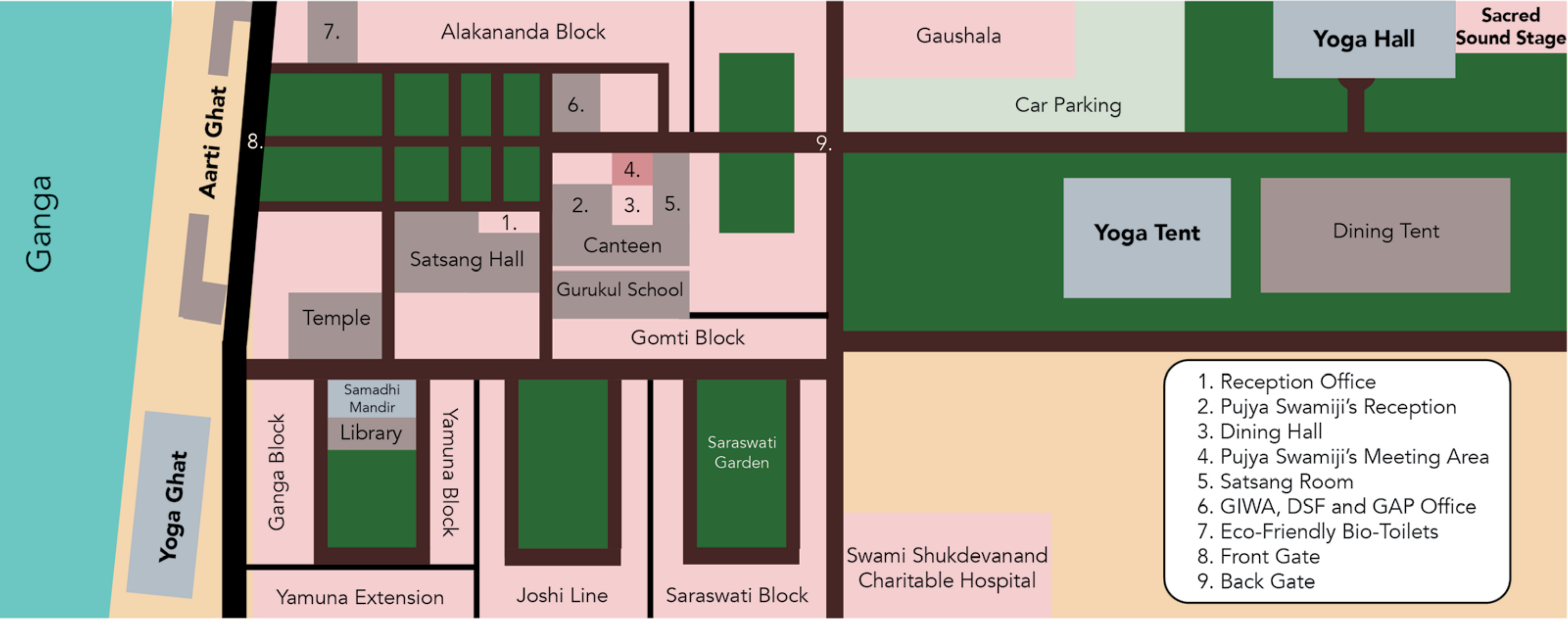
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Learn more at www.internationalyogafestival.org/partners

Festival Map



Namaste, world.

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Incredible India

www.incredibleindia.org

Jaipur, Rajasthan

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Our Programs for a More Peaceful World



Global Interfaith WASH Alliance

Launched at UNICEF Headquarters, GIWA brings the world's faiths together for improved water, sanitation and hygiene (WASH) for all. GIWA is committed to harnessing the power of faith to expand our definition of peace and to work together across diverse faith traditions for a just and peaceful world with health, hygiene, human rights & harmony for all.

www.washalliance.org



Divine Shakti Foundation

DSF is dedicated to providing for the holistic wellbeing of women, their children, and orphaned/abandoned children, and to all of Mother Nature and Mother Earth. DSF identifies needs and designs & implements educational, training, and empowerment programs as well as health care programs to support and empower women and children.

www.divineshaktifoundation.org



Ganga Action Parivar

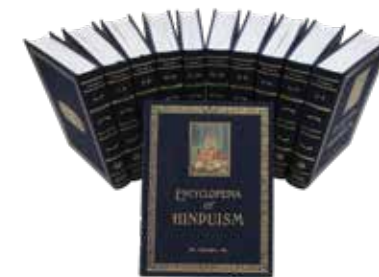
GAP brings together networks and partnerships of the world's preeminent researchers, environmentalists, engineers, religious and business leaders, and the general public. We work towards creating thoughtful solutions to the numerous problems plaguing the Ganga and Her tributaries.

www.gangaaction.org



Interfaith Humanitarian Network/ Project Hope

Dedicated to reducing the impact of natural disaster, building bridges to prevent conflicts, and responding in times of crisis, IHN works both in prevention-based development, advocacy, and community building as well as immediate- and long-term relief intervention in times of crises.



Encyclopedia of Hinduism

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

Lokāḥ Samastāḥ Sukhino Bhavantu

