



INTERNATIONAL YOGA FESTIVAL

2023 SCHEDULE OF EVENTS

PARMARTH NIKETAN ASHRAM
RISHIKESH (HIMALAYAS), INDIA



संस्कृति विभाग
MINISTRY OF
AYUSH

Incredible India



पर्यटन विभाग
MINISTRY OF
TOURISM



संस्कृति विभाग
MINISTRY OF
CULTURE



MARCH 8TH

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

– HH Pujya Swami Chidanand Saraswatiji



TIME	CLASS	PRESENTER	LOCATION
4:30 – 6:30	Kundalini Sadhana	Gurushabd Singh Khalsa	Yoga Hall Top Floor
6:00 – 7:30	Yoga Vrksa – The Yoga Tree	Stewart Gilchrist	Yoga Hall Ground Floor
	Therapeutic Flow	Paula Tapia	Yoga Hall Middle Floor
	Traditional Hatha Yoga	Dr. Indu Sharma	Tent
6:45 – 7:30	Sunrise Nāda Yoga on the Ghat	Anandra, Sudhanshu, Gumi & Arindam	Aarti Ghat
7:15 – 8:15	<i>Light Breakfast</i>		Garden
8:15 – 10:15	Power Vinyasa – Sweat Meets Depth – Move Your Asanas to Influence Inspiration in Your World	Katie B. Happy	Yoga Hall Ground Floor
	Radiant Inner Light – Healing Breath Sequence	Kia Miller	Yoga Hall Middle Floor
	Lila Sun Salutations with Live Music	Erica Kaufman	Yoga Hall Top Floor
	Open Our Hearts To The Light Within	Gurmukh Kaur Khalsa	Tent
8:45 – 10:15	The Art, Science, and Bliss of Vedic Chanting	Dr. Katy Jane	Sacred Sound Stage
10:45 – 12:15	Special, Divine Holi Celebration		Tent
12:15 – 13:30	<i>Lunch</i>		Garden

TIME	CLASS	PRESENTER	LOCATION
13:30–14:45	Introduction to Veda & Vedanta	Swami Svatmananda	Yoga Hall Ground Floor
	What is Ayurveda?	María Alejandra Avcharian	Yoga Hall Middle Floor
	"Morli Vala Re" – Traditional Folk Dance Style of Gujarat	Nrityavali	Yoga Hall Top Floor
14:00 – 15:00	Mantra Sound Bath	Hari Kirtan and Vrindavan	Sacred Sound Stage
15:00 – 17:00	The Secret Art of Yoga Assists and Touch: A Universal Human Language	Dr. Eden Goldman	Yoga Hall Ground Floor
	Embodying the Cosmic Self / Access Prana	Anand Mehrotra	Yoga Hall Middle Floor
	Tuning Into The Frequency of the Divine	Tommy Rosen	Tent
15:30–17:00	Vocal Culture Playshop: Toning & Beginner's Sargam	Sudhanshu Sharma	Sacred Sound Stage
17:00 – 17:30	<i>Tea & Snacks</i>		Garden
17:30 – 19:00	Sacred Ganga Aarti and Opening of International Yoga Festival 2023		Aarti Ghat
19:00 – 20:00	<i>Dinner</i>		Garden
	Kirtan Family Hour with Gumi & Hiroko: Chant your heart open with our beloved family of international musicians (and open mic) in our cozy, intimate space. Immediately after Aarti.		Sacred Sound Stage
20:00 – 21:00	Incredible Ecstatic Drumming and Mystic Music with Sivamani and Runa Rizvi		Yoga Ghat

MARCH 9TH

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

– HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
4:30 – 6:30	Kundalini Sadhana	Gurushabd Singh Khalsa	Yoga Hall Top Floor
6:00 – 7:30	Dark Goddess Flow	Rohini Manohar	Yoga Hall Ground Floor
	Chikitsa Vinyasa Therapeutic Flow Yoga	Dr. Eden Goldman	Yoga Hall Middle Floor
	Mastery of Pranayama	Mohan Bhandari	Tent
	Sooth Your Mind and Body with the Mindful Art of Tai Chi	Sandeep Desai	Yoga Ghat
6:45 – 7:30	Sunrise Nāda Yoga on the Ghat	Anandra, Sudhanshu, Gumi & Arindam	Aarti Ghat
7:15 – 8:15	<i>Light Breakfast</i>		Garden
8:15 – 10:15	Heart Lotus	Kia Miller	Yoga Hall Ground Floor
	Power Vinyasa – I Find Power In My Roots: Chakra 1 & 7 Balancing	Katie B. Happy	Yoga Hall Middle Floor
	Lila Yoga Vinyasa: Uniting with Calm Clarity	Erica Kaufman	Yoga Hall Top Floor
	Enlivening Shakti for Full Value Living	Anand Mehrotra	Tent
	The Beaming Power of Thunder Love!	Gurmukh Kaur Khalsa	Yoga Ghat
8:45 – 10:15	Rāga: An Interactive Sound Journey through Nature's Cycles	Sudhanshu Sharma	Sacred Sound Stage
10:45–12:15	Spiritual Plenary Sessions: Special Satsang with HH Pujya Swamiji and Sadhviji. (Sacred Mantra Chanting, Meditation, Spiritual Question-Answers)		Yoga Ghat
12:15 – 13:30	<i>Lunch</i>		Garden

TIME	CLASS	PRESENTER	LOCATION
13:30 – 14:45	Escape from Modern Illnesses: Solutions from Ayurveda & Yoga	Dr. Raghavan Ramankutty & Mrs. Sarada Raghavan	Yoga Hall Ground Floor
	Fat Loss and Back Pain	Acharya Ashish Gilhotra	Yoga Hall Middle Floor
	"Marwadi Nritya" – Traditional Folk Dance Style of Rajasthan	Nrityavali	Yoga Hall Top Floor
	Intro to NAADIYOGA	Dr. Nishi Bhatt	Tent
14:00 – 15:00	Crystal Sounding Heart	Za Rah Kumara & Shanti Manpreet	Sacred Sound Stage
15:00 – 17:00	3 Secrets to Vibrant Health and Blissful Happiness	Dr. Smita Naram	Yoga Hall Ground Floor
	Untwist the Twist	H.S. Arun	Yoga Hall Middle Floor
	Vedanta: The Ultimate Pursuit of Man	Swami Svatmananda	Yoga Hall Top Floor
	Wake Up Your Consciousness I	Jai Hari Singh	Tent
	Heart Chakra Balancing	Yogrishi Vishvketu	Yoga Ghat
15:30 – 17:00	Voicing the Sounds of Your Chakras	Gumi & Hiroko	Sacred Sound Stage
17:00 – 17:30	<i>Tea & Snacks</i>		Garden
17:30 – 18:00	Ganga Yagna/Havan		Aarti Ghat
18:00 – 19:30	Sacred Ganga Aarti with Special Performance of Uttarakhand Rangostav, organised in partnership with Ministry of Culture, GoI		Aarti Ghat
19:30 – 20:30	<i>Dinner</i>		Garden
	Kirtan Family Hour with Za Rah Kumara & Shanti Manpreet: Chant your heart open with our beloved family of international musicians (and open mic) in our cozy, intimate space. Immediately after Aarti.		Sacred Sound Stage
20:45 – 22:00	Special Sufi Music Performance by Padmashri Kailash Kher		Yoga Ghat



MARCH 10TH

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

– HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
4:30 – 6:30	Kundalini Sadhana	Gurushabd Singh Khalsa	Yoga Hall Top Floor
6:00–7:30	Dance of Prana	Rohini Manohar	Yoga Hall Ground Floor
	Pranayama & Mudra Yoga	Dr. Indu Sharma	Yoga Hall Middle Floor
	Yoga Vrkṣa – The Roots of Yama	Stewart Gilchrist	Tent
	Yoga Raaga	Ira Trivedi	Yoga Ghat
6:45 – 7:30	Sunrise Nāda Yoga on the Ghaṭ	Anandra, Gumi & Arindam	Aarti Ghat
7:30 – 8:15	<i>Light Breakfast</i>		Garden
8:15 – 10:15	Unfold the Fold	H.S. Arun	Yoga Hall Ground Floor
	Ancient Tools of Yoga	Kal Prakashini & Yogrishi Vishvketu	Yoga Hall Middle Floor
	Access the Flow State	Anand Mehrotra	Yoga Hall Top Floor
	Full Body Tune Up	Tommy Rosen	Tent
	TRUTH Shall Set You Free	Gurmukh Kaur Khalsa	Yoga Ghat
8:45 – 10:15	Metabolic Bliss: The Sound of Ayurveda	Dipika Delmenico	Sacred Sound Stage
10:45 – 12:15	Spiritual Plenary Sessions: Yoga and Mother Earth: Our Precious Home Keynote by Dr. Vandana Shiva, joined by Rev. Michael Beckwith, Sadhvi Bhagawati Saraswati, and Saul David Raye		Yoga Ghat
12:15 – 13:30	<i>Lunch</i>		Garden
13:30 – 14:45	"Timli Dance – Tribal Dance form Panchmahal, Gujarat	Nrityavali	Yoga Hall Ground Floor
	Vedic Astrology – Significance of Vedic Cosmic Clock in Our Lives	Swami Svatmanandaji	Yoga Hall Middle Floor
	How to Manage Anxiety through Ayurveda	María Alejandra Avcharian	Yoga Hall Top Floor



TIME	CLASS	PRESENTER	LOCATION
13:30 – 14:45 (continued)	Embodied Nonduality: The Nervous System as the Gateway to Self-Mastery	Dr. Andréa Paige	Tent
	Awareness	Abuelo Antonio Oxté	Yoga Ghat
14:00 – 15:00	Kṛṣṇa's Flute: Indian Rāga Sound Healing Meditation	Gumi & Hiroko	Sacred Sound Stage
15:00–17:00	Ancient Marma Secrets to Heal Childhood Trauma and Chronic Pain Instantly	Dr. Smita Naram	Yoga Hall Ground Floor
	Learn How to Love Yourself Unconditionally	Andrea Carrani	Yoga Hall Middle Floor
	Wake Up Your Consciousness II	Jai Hari Singh	Tent
	Human Heart Cosmic Heart	Saul David Raye	Yoga Ghat
15:30 – 17:00	Mahā Mrtyuñjaya Mantra Workshop	Krishnapriya	Sacred Sound Stage
17:00 – 17:30	<i>Tea & Snacks</i>		Garden
17:30 – 18:00	Ganga Yagna/Havan		Aarti Ghat
18:00 – 19:00	Sacred Ganga Aarti		Aarti Ghat
19:00 – 20:00	<i>Dinner</i>		Garden
19:00 – 20:00	Kīrtan Family Hour: Chant your heart open with our beloved family of international musicians (and open mic) in our cozy, intimate space. Immediately after Aarti.		Sacred Sound Stage
20:00–21:00	Special Celebration of Indian Dance with Nrityavali & the Parmarth Gurukul Rishikumars		Yoga Ghat

MARCH 11TH

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

TIME	CLASS	PRESENTER	LOCATION
4:30 – 6:30	Kundalini Sadhana	Gurushabd Singh Khalsa	Yoga Hall Top Floor
6:00–7:30	Sowing Your Ashtanga Yoga Seeds Mindfully	Sandeep Desai	Yoga Hall Ground Floor
	Foundation	H.S. Arun	Yoga Hall Middle Floor
	Parmarth Yoga: Easing into Body Awareness	Ganga Nandini	Tent
	Full Mind/Body/Energy Activation	Kia Miller	Yoga Ghat
6:45 – 7:30	Sunrise Nāda Yoga on the Ghat	Anandra, Gumi & Arindam	Aarti Ghat
7:15 – 8:15	<i>Light Breakfast</i>		Garden
8:15 – 10:15	Flow Sangha	Rohini Manohar	Yoga Hall Ground Floor
	Lila Yoga Vinyasa: Awakening Love to Share & Feel	Erica Kaufman	Yoga Hall Middle Floor
	Yoga Vrkṣa – The Trunk of Niyama	Stewart Gilchrist	Yoga Hall Top Floor
	Kriya, Prana, Meditation: The Keys to the Kingdom	Tommy Rosen	Tent
	Caliber of Life	Gurmukh Kaur Khalsa	Yoga Ghat
8:45 – 10:15	The Art of Kirtan: Leadership Techniques	Visvambhar Sheth	Sacred Sound Stage
10:45 – 12:15	Spiritual Plenary Sessions: Spiritual Healing – Transformation Beyond the Physical with Sadhvi Bhagawati Saraswati, Rev. Michael Beckwith, Gurmukh Kaur Khalsa, Dr. Raghavan Ramankutty, and Abuelo Antonio Oxté		Yoga Ghat
12:15 – 13:30	<i>Lunch</i>		Garden

TIME	CLASS	PRESENTER	LOCATION
13:30 – 14:45	Right & Wrong Food Combination	Dr. Raghavan Ramankutty & Mrs. Sarada Raghavan	Yoga Hall Ground Floor
	Yoga Therapy for Scoliosis	Mohan Bhandari	Yoga Hall Middle Floor
	Ayurveda and the Mind	María Alejandra Avcharian	Yoga Hall Top Floor
	Ayurveda: Harmonic balance between Humans & Environment	Swami Svatmananda	Tent
	Self-Empowerment through Self-Awareness	Andrea Carrani	Yoga Ghat
14:00 – 15:00	Therapeutic Sound Bath	Joseph Schmidlin	Sacred Sound Stage
15:00 – 17:00	Detox & Renew – Secrets to Anti-Ageing	Dr. Smita Naram	Yoga Hall Ground Floor
	Deep Spirituality	Abuelo Antonio Oxté	Yoga Hall Middle Floor
	Inversion Workshop: Learning to Fly & Balance in a New Decade	Katie B. Happy	Yoga Hall Top Floor
	Prana Shakti – Soul Sadhana!	Saul David Raye	Tent
	Asana Lab: Hack Flexibility and Master Physical Posture, Regardless of Current Flexibility	Dr. Andréa Paige	Yoga Ghat
15:30 – 17:00	Gurbani Kirtan Ceremony: Celebrating Diversity & Inclusion	Gurnimit Singh	Sacred Sound Stage
17:00 – 17:30	<i>Tea & Snacks</i>		Garden
17:30 – 18:00	Ganga Yagna/Havan		Aarti Ghat
18:00 – 19:00	Sacred Ganga Aarti		Aarti Ghat
19:00 – 20:00	<i>Dinner</i>		Garden
19:00 – 20:00	Kirtan Family Hour with Gurnimit Singh: Chant your heart open with our beloved family of international musicians (and open mic) in our cozy, intimate space. Immediately after Aarti.		Sacred Sound Stage
20:00 – 21:00	International Music of Peace with Gil Ron Shama & Group		Aarti Ghat



MARCH 12TH

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

– HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
6:00 – 7:30	Vedic Chanting	Sadhvi Abha Saraswatiji	Yoga Hall Ground Floor
	Therapeutic Ashtanga Yoga	Sandeep Desai	Yoga Hall Middle Floor
	Sundial Flow	Rohini Manohar	Yoga Hall Top Floor
	Outer peace by Inner Peace – A World Peace Meditation	Technique designed by Mata Amritanandamayi Devi (Ammaji)	Tent
	Ganga Yoga: Let Go and Let Ganga	Ganga Nandini	Yoga Ghat
6:45 – 7:30	Sunrise Nāda Yoga on the Ghat	Anandra, Gumi & Arindam	Aarti Ghat
7:15 – 8:15	<i>Light Breakfast</i>		Garden
8:15 – 10:15	The Best Chair Yoga Class You've Ever Taken!	Paula Tapia	Yoga Hall Ground Floor
	Hatha Yoga inspired by Sivananda Yoga	Ira Trivedi	Yoga Hall Middle Floor
	Power Vinyasa – Align Up with Your Highest Self Workshop: Clarity in Your Calling	Katie B. Happy	Yoga Hall Top Floor
	Hatha Vinyasa Flow & Healing Meditation	Ambika Juliana and Nitai Krishna	Tent
	Kundalini and The Infinite Pharmacy Within	Tommy Rosen	Yoga Ghat
8:45 – 10:00	The Harmonic Spine: Music as Medicine	Joseph Schmidlin	Sacred Sound Stage
10:00 – 10:45	Advanced Meditation Technique	Justice J.R. Midda, Honorable Judge of Delhi High Court	Sacred Sound Stage
10:45 – 12:15	Spiritual Plenary Sessions: <u>United We Stand: Rediscovering the Union (Yoga) in our Communities and Nations.</u> Keynote by Rev. Michael Beckwith, joined by Sadhvi Bhagawati Saraswati and Abuelo Antonio Oxté		Yoga Ghat
12:15 – 13:30	<i>Lunch</i>		Garden

TIME	CLASS	PRESENTER	LOCATION
13:30 – 14:45	Practical Implications of NAADIYOGA	Dr. Nishi Bhatt	Yoga Hall Ground Floor
	Face Yoga for Glowing Skin	Mansi Gulati	Yoga Hall Middle Floor
	Practicals of Fat Loss and Back Pain	Acharya Ashish Gilhotra	Yoga Hall Top Floor
	Soothe Your Insides: Mindfulness and Metta	Dr. Eden Goldman	Tent
	Applied Epigenetics: How Do Your Daily Choices Control Gene Expression?	Dr. Andréa Paige	Yoga Ghat
14:00 – 15:00	Healing Mantra Sound Bath	Anandra George	Sacred Sound Stage
15:00 – 17:00	Lighting the Path	Abuelo Antonio Oxté	Yoga Hall Ground Floor
	Soul Mantra + Meditation	Saul David Raye	Yoga Hall Middle Floor
	Restorative Raja Yoga & Meditation	Yogrishi Vishvketu	Yoga Hall Top Floor
	A New Beginning Awaits You!!	Andrea Carrani	Tent
	Root. Connect. Activate.	Kia Miller	Yoga Ghat
15:30 – 17:00	Tablā Beats for Beginners: A Journey into Indian Rhythm	Arindam Chakravarty	Sacred Sound Stage
17:00 – 17:30	<i>Tea & Snacks</i>		Garden
17:30 – 18:00	Ganga Yagna/Havan		Aarti Ghat
18:00 – 19:00	Sacred Ganga Aarti		Aarti Ghat
19:00 – 20:00	<i>Dinner</i>		Garden
19:00 – 20:00	Kīrtan Family Hour with Krishnapriya: Chant your heart open with our beloved family of international musicians (and open mic) in our cozy, intimate space. Immediately after Aarti.		Sacred Sound Stage
20:00 – 21:00	Ecstatic Devotional Chanting and Kirtan with Vishvambhar & Friends		Yoga Ghat



MARCH 13TH

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

– HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
6:00 – 7:30	Hatha Yoga – Chakra Alignment	Dr. Indu Sharma	Yoga Hall Ground Floor
	Lila Yoga Sun Salutations with 5 Morning Mantras	Erica Kaufman	Yoga Hall Top Floor
	Dynamic Heart Centered Meditation	Saul David Raye	Tent
	To Be Human: White Tantra & Nada Yoga	Dr. Andréa Paige	Yoga Ghat
6:45 – 7:30	Sunrise Nāda Yoga on the Ghat	Anandra, Gumi & Arindam	Aarti Ghat
7:15 – 8:15	<i>Light Breakfast</i>		Garden
8:15 – 10:15	Yoga for Immunity Enhancement	Mohan Bhandari	Yoga Hall Ground Floor
	I am Infinitely Possible: A Journal Workshop on Finding Your Purpose	Katie B. Happy	Yoga Hall Middle Floor
	Aligning to Shiva – Unified field of Silence	Anand Mehrotra	Yoga Hall Top Floor
	Bhakti, Yoga and Tantra 101	Kirtanias	Tent
	Harmonize Your Chakras	Kia Miller	Yoga Ghat
8:45 – 10:15	Divine Dance of Shakti Meditation	Sattyananda	Sacred Sound Stage
10:45 – 12:15	Special Meditation and Music Program at the Maharishi Ashram (Beatles Ashram)		<i>Meet at the Tent at 10:30</i>
12:15 – 13:30	<i>Lunch</i>		Garden
13:30 – 14:45	Healing Long-COVID Symptoms: Ayurvedic Clinical Potentialities	Dr. Raghavan Ramankutty & Mrs. Sarada Raghavan	Yoga Hall Ground Floor
	Yoga Nidra	Sadhvi Abha Saraswatiji	Yoga Hall Middle Floor
	Face Yoga for Anti-Ageing	Mansi Gulati	Yoga Hall Top Floor



TIME	CLASS	PRESENTER	LOCATION
13:30 – 14:45 (continued)	Yoga Nidra for Ancestral Healing and Self Forgiveness	Kal Prakashini	Tent
	Doshas: Vata , Pitta and Kapha	María Alejandra Avcharian	Yoga Ghat
14:00 – 15:00	Therapeutic Sound Bath	Joseph Schmidlin	Sacred Sound Stage
15:00 – 17:00	Taking Yoga beyond Asanas!	Swami Svatmananda	Yoga Hall Ground Floor
	Dream Awake: Yin Yoga + sound healing with Vision Quest	Ira Trivedi	Yoga Hall Middle Floor
	Yoga Vrkṣa – The Branches of Asana	Stewart Gilchrist	Yoga Hall Top Floor
	Karma Yoga: From Swarth to Parmarth	Ganga Nandini	Tent
	The Sacred Space of Santosha – A Life Beyond Craving (Vinyasa and Kundalini Yoga)	Tommy Rosen	Yoga Ghat
15:30 – 17:00	Regulate your Nervous System w/ Sound & Mantra	Dipika Delmenico	Sacred Sound Stage
17:00 – 17:30	<i>Tea & Snacks</i>		Garden
17:30 – 18:00	Ganga Yagna/Havan		Aarti Ghat
18:00 – 19:00	Sacred Ganga Aarti		Aarti Ghat
19:00 – 20:00	<i>Dinner</i>		Garden
19:00 – 20:00	Kirtan Family Hour with Dipika: Chant your heart open with our beloved family of international musicians (and open mic) in our cozy, intimate space. Immediately after Aarti.		Sacred Sound Stage
20:00 – 21:00	Bharat Darshan, organised in partnership with Ministry of Culture, GoI		Yoga Ghat

MARCH 14TH

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

– HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
6:00 – 7:30	Vedic Chanting	Sadhvi Abha Saraswatiji	Yoga Hall Ground Floor
	Silence! Lila Yoga Sun Salutations in Precious Nada	Erica Kaufman	Yoga Hall Middle Floor
	Hatha Yoga – Chakra Alignment	Dr. Indu Sharma	Yoga Hall Top Floor
	T'ai Chi Dance	Sandeep Desai	Tent
	Yoga Vrksa – The Pranic Leaves, the Bark and Sap	Stewart Gilchrist	Yoga Ghat
6:45 – 7:30	Sunrise Nāda Yoga on the Ghat	Anandra, Gumi & Arindam	Aarti Ghat
7:15 – 8:15	Light Breakfast		Garden
8:15 – 10:15	Kirtan Workshop and Mantra Alchemy	Kirtaniyas	Yoga Hall Ground Floor
	Mind-Body Balance through Yoga	Dr. Radhika Nagrath	Yoga Hall Middle Floor
	A History and Practice of Classical Sun Salutations	Yogrishi Vishvketu	Yoga Hall Top Floor
	Tuning into a Grateful Heart	Anand Mehrotra	Yoga Ghat
8:45 – 10:15	Mantra as Medicine: How Chanting Sanskrit Heals the Mind	Dr. Katy Jane	Sacred Sound Stage
10:45 – 12:15	Spiritual Plenary Sessions: The Yoga of Abundance: The Dharma of Prosperity. Keynote by Ken Honda, joined by Swami Svatmananda and Gurushabd Singh Khalsa		Yoga Ghat
12:15 – 13:30	Lunch		Garden
13:30 – 14:45	Agni and Digestion	María Alejandra Avcharian	Yoga Hall Ground Floor
	Scientific Pranayama for Total Wellness	Dr. Devaki Madhav	Yoga Hall Middle Floor

TIME	CLASS	PRESENTER	LOCATION
13:30 – 14:45 (continued)	Cosmic Healing and Pranik Nidra	Dr. Urmila Pande	Yoga Hall Top Floor
	Yoga Nidra	Dr. Indu Sharma	Tent
	YinYasa	Rohini Manohar	Yoga Ghat
14:00 – 15:00	In Sound We Rest: Restorative Yoga & Healing Sound	Astrid Slegten	Sacred Sound Stage
15:00 – 17:00	Gratitude and the Spiritual Perspective on Abundance	Ken Honda	Yoga Hall Ground Floor
	Beyond Rest (Restorative Yoga)	Paula Tapia	Yoga Hall Middle Floor
	An Introduction to Classical Tools of Sound Medicine for Self Healing	Kal Prakashini	Yoga Hall Top Floor
	Soul + Soma ~ Awakening the Inner Body through Somatic Work, Intuition & Rejuvenation in Yoga	Saul David Raye	Tent
	Healing is Possible for Pediatric Illness: Ayurvedic Clinical Potentialities	Dr. Raghavan Ramankutty & Mrs. Sarada Raghavan	Yoga Ghat
15:30 – 17:30	Homeopathy of Sound: Neural Network Wellness	Joseph Schmidlin	Sacred Sound Stage
17:00 – 17:30	Tea & Snacks		Garden
17:30 – 19:00	Sacred Ganga Aarti and Conclusion of International Yoga Festival 2023		Aarti Ghat
19:00 – 20:00	Dinner		Garden
19:00 – 20:00	Kirtan Family Hour: Chant your heart open with our beloved family of international musicians (and open mic) in our cozy, intimate space. Immediately after Aarti.		Sacred Sound Stage
20:00 – 21:00	Ecstatic Devotional Chanting and Kirtan with Kirtaniyas		Yoga Ghat



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

– HH Puja Swami Chidanand Saraswati



PARMARTH NIKETAN
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