



INTERNATIONAL YOGA FESTIVAL

March 8-14, 2024

Parmarth Niketan Ashram, Rishikesh (Himalayas), India



Incredible India



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#IYFPARMARTH
#IYF2024

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 we need to move from a "Greed Culture" to a "Green Culture." 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, PhD is a spiritual leader, motivational speaker, author and social activist, based at Parmarth Niketan, Rishikesh. She is President of Divine Shakti Foundation, Secretary-General of Global Interfaith WASH Alliance, 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, Sadhvi 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.

To learn more please visit:

- sadhvi.org
- youtube.com/sadhvi
- @sadhvi
- @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.

As our world falls tragically more and more into the throes of divisiveness, polarization, and violence, so many of our brothers and sisters around the world are stuck in an "us vs them" mentality. Minds contract. Hearts contract. Lives contract. At this time our coming together is even more important and powerful.

We are all one people who depend upon the same air, water, soil to survive. Powerful bombs don't care whether there is a wall or a country border separating us. In the same way, climate change doesn't care, water shortages don't care, air pollution doesn't care. And we're one on the deepest, spiritual level. In the Vedantic tradition, the philosophical underpinning to yoga, this means we are of one soul, one spirit, one consciousness, one source. According to the Vedas, creation is pervaded fully by the creator. Not only are we one with God, but we are one with all.

This spiritual teaching is not so different from what much of science tells us as well. That which literally composes my body makes up your body, and bodies of water, the earth, and – according to our best astronomers – the very components of space, the sun, stars and even dark matter. So that exquisitely perfect creation which allows me to sit here and write also allows hearts to beat in every human on Earth and allows flowers to open their petals to the rising sun.

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 Israel and Palestine to Ukraine and Russia to Sudan to Myanmar to so many other places in the world. As we come together this week in joy, 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

President, Parmarth Niketan Ashram

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.



Sadhvi Bhagawati Saraswati

Director, International Yoga Festival

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.



Maa Dr. Hansa Yogendra

Dr. Hansa Yogendra is a globally acclaimed Spiritual Yoga Guru and the Director of The Yoga Institute. She is a mentor and role model to millions of lives and has conducted more than 50,000 powerful sessions on Yoga, wellness, and mental health. Dr. Hansa has enriched the world with her wisdom by authoring and co-authoring more than 100 books. She is on the board of multiple national and international committees in charge of devising Yoga syllabi and shaping Yoga policy worldwide. Dr. Hansa was honored with the Bharat Gaurav Award at the House of Commons, British Parliament (2019), Woman of the Year Award (2000) by the American Biographical Institute, USA. Shaped under her leadership and guidance, The Yoga Institute received the prestigious PM Award in 2018.



Gauranga Das Prabhu

Gauranga Das is a mindful meditation expert, sustainability and climate warrior, as well as a social welfare catalyst. A member of ISKCON's Governing Body Commission, he is actively involved in enhancing leadership effectiveness and governance of temples and communities globally. Gauranga Das is director of ISKCON's Govardhan Ecovillage (GEV), founded by Radhanath Swami Maharaj. The GEV has won several awards, including United Nations World Tourism Organization (UNWTO) Award in 2017. He is has also authored two National bestseller books, viz. 'Art of Resilience' and 'Art of Focus.' Owing to his expertise of presenting Vedic Knowledge in a contemporary and enticing way, he has spoken in TEDx events and corporates like Intel, Salesforce, Google etc.



Sadhvi Abha Saraswati

Sadhvi Abha Saraswati 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 deeply into various forms of yoga, becoming not only a practitioner but also a teacher. Mataji took Sanyas diksha in 2003 from H.H. Pujya Swami Chidanand Saraswatiji and resides at Parmarth, 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.



Dr. Chinmay Pandya

Dr. Chinmay Pandya serves as Pro Vice Chancellor of Dev Sanskriti Vishwavidyalaya University. Following medical studies in India, he trained in the United Kingdom and gained Membership of the Royal College of Psychiatrists. Dr. Pandya occupies multiple roles in the life of his University and beyond. He is Editor of the Dev Sanskriti, an Interdisciplinary International Journal that addresses a abroad range of Indian intellectual interests including Vedic philosophy, culture, psychology, communication, education, Ayurveda, Indian and Eastern studies and religious pedagogies. As Vice President of Indian Yoga Association, he leads efforts to analyse and advance the scientific and philosophical understanding of yoga, meditation and stress management in contemporary contexts.



Dr. H.R. Nagendra

Dr HR Nagendra is the Vice-Chancellor of the Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA). Dr. Nagendra qualified in mechanical engineering and held research posts in a number of esteemed international universities and research centres, including Harvard University, and was a post-doctoral research associate at NASA in the USA. In 1975 he joined the Vivekananda Kendra, a service mission, to pursue "human engineering" rather than mechanical engineering. From 1993 to 1999 Dr Nagendra held the post of all-India Vice President of Vivekananda Kendra, and in 2002, Dr Nagendra became the first Vice-Chancellor of S-VYASA. Dr. Nagendra has developed yoga

research projects both in India and abroad in a range of yogic applications, including yoga therapy, and has published numerous book and research papers in the field of yoga. He is also the editor of a journal and magazines on yoga, and has developed curricula for a number of yoga courses. Dr. Nagendra has served on many expert committees and boards advising governments and other bodies, and has received numerous awards and distinctions for his contributions to yoga therapy and yogic education.

Dr. Ishwar V. Basavaraddi

Dr. Ishwar Basavaraddi is an accomplished Yoga Scientist, Philosopher, and an eminent Yoga Master, with over 36 years of, teaching and research experience in the field of Yoga. He served as Director of the Morarji Desai National Institute of Yoga for more than 18 years and was the founder Head of the Institution of Yoga Certification Board (YCB) under the Ministry of Ayush, Government of India, and has made remarkable contributions to the field of Yoga and traditional medicine. He also served as an Adviser to government of India for Yoga and Naturopathy for one Year, and was Head of WHO collaborative center for traditional medicine (Yoga) for more than 10 Years. Dr. Ishwar is known for developing age specific, disease-specific Yoga protocols and Yoga protocols for various target groups. He is one of the leading architects of the Common Yoga Protocol (CYP), a widely practiced Yoga regimen adopted by millions of people across the globe.

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*.

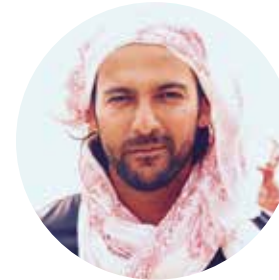
Seane Corn

Seane Corn is an internationally celebrated yoga teacher known for her impassioned activism, unique self-expression, and inspirational style of teaching. As a leading voice of Yoga and social change, Seane has been featured in countless media platforms across the globe. She has been seen on the cover of over 30 magazines and utilizes her national platform to bring awareness to global humanitarian issues. In 2005, she was named "National Yoga Ambassador" for YouthAIDS, and in 2013 was given the "Global Green International Environmental Leadership Award." Since 2007, she has been training leaders of activism through her co-founded organization Off the Mat, Into the World®.



Luke Coutinho

The Wellness Champion at the forefront of Prime Minister Narendra Modi's Fit India Movement, Luke Coutinho practices integrative and lifestyle medicine. His transformative You Care Wellness Program over the last 13 years has had remarkable success in treating lifestyle conditions ranging from cancer, diabetes, autoimmune disorders, to metabolic syndromes. His holistic approach goes beyond the ordinary to empower individuals to reshape their lifestyles while working with their medical teams. Luke has garnered accolades nationally and internationally and authored five national bestsellers, including the latest gem – Small Wins Every Day.



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.



Kia Miller

Kia Miller is an internationally celebrated yoga teacher. She is the founder of Radiant Body Yoga, a holistic approach that honors the healing and transformational potential within yoga. She is known for sharing her wonderful passion for life and well-being in her teaching. Kia views the science and spirituality of yoga as a pathway to experiencing peak performance and great awareness. Her mission is to inspire and awaken as many people as possible to their own power and creative potential. Kia leads workshops, retreats, and teacher trainings throughout the world.



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



Vaidya Dr. Ramkumar

Dr. Ramkumar is a lifelong student of Ayurveda and other traditional Indian knowledge systems. Over the last 2 decades, he has given talks and conducted workshops in the Americas, Africa, Europe, Australia and many parts of Asia, promoting health, happiness and contentment.



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.



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.



Vaidya Dr. Padma Nayani Raju

Vaidya Dr. Padma Nayani Raju has been trained in Ayurveda since childhood and holds a BAMS in Ayurveda from Rajiv Gandhi University of Health Sciences, Karnatika, MSc Psychology from Dr. B.R. Ambedkar University, and PhD and a Master's Degree in Public & Personnel Management from Osmania University, Hyderabad, India. She has served as Clinical Administrator at Dr. Raju's Institute of Ayurveda Pvt. Ltd since 2005, coordinating all aspects of clinic operations & Guest Services. Dr. Padma specializes in Panchakarma, infertility, and women's health programs, giving guidance for women (and their partners) in preconception/conception solutions, pregnancy support by the month, delivery & postpartum advice, infant & child care from Ayurveda to elevate the health of the new generations.



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.



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.



Subodh Tiwari

At a very young age, Subodh Tiwari was initiated into spiritual practices by Swami Digambarji, then Director and Spiritual head of Kaivalyadhama. Tiwari commenced his yoga journey at the age of six under the guidance of his father Shri.O.P.Tiwari, a disciple of Swami Kuvalyananda, the founder of Kaivalyadhama. Having completed his training, Tiwari started teaching Yoga in 1993. In 1997, he decided to devote his life in the service of Kaivalyadhama. Eversince, Tiwari has been an integral part of Kaivalyadhama at various organizational and administrative levels. As the CEO of Kaivalyadhama since 2016, Tiwari aims to encourage yoga as a way of life across spheres of health, research, and education. He believes that Yoga is not only 'doing' but also a state of 'being', and that effective practice of Yoga can facilitate physical, emotional, and spiritual wellbeing for a holistic meaningful life. Tiwari has travelled world over for conducting Yoga workshops and has been invited to speak at numerous national and international symposiums. At present he is the Secretary General of the Indian Yoga Association and Board Member of Yoga Certification Board, Ministry of AYUSH, amongst other positions.



Dr. N. Ganesh Rao

Dr. Rao is the founder of ACT Yoga and holds a Ph.D. in Philosophy as well as multiple diplomas in Naturopathy and Yoga Education, and is a Yoga Chikatsa Acharya (Yoga Therapy Consultant). To date, he has conducted more than 23500 sessions all over the world in theoretical and practical Yoga. Dr. Rao has authored and co-edited several books besides publishing innumerable articles, and has recorded CDs for Yoga Nidra and Panchakosha Dharana, Yogic Counseling, Patanjali's Yoga Sutras and Samkhya Philosophy. He has served as Director of the Standing Academic and Accreditation Committee, Indian Yoga Association; Professor in Yoga & Philosophy at KKKSU and Mumbai University; Chief Advisor for Kaivalyadham Yoga Institute; and Yoga Expert for Yoga Certification Board. He was awarded the Yogaratna Award in 2021.



K.C. Jain

In his career spanning 37 years, he has served in various positions in Gujarat, Maharashtra, Bihar, Jharkhand, Delhi, Rajasthan and NWR, and has been with Ministry of Labour both as Under Secretary looking after International Labour Organisation and as Provident Fund Commissioner, Delhi. He is presently honorary Director of Adhyatma Sadhna Kendra, an Institution dedicated to Preksha meditation and also working in the field of meditation and health. He has been Chairman of Mahvir International, Delhi an NGO working for eye and healthcare. He is associated with reputed public schools as also with Medi-dialysis Centre which is a unique proposition to arrest and reverse the Chronic Kidney Disorder with the help of yoga and meditation. He is part of many similar other social organizations and NGOs related to Value Education, Healthcare and spirituality.



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.



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.



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.



Yogiraj Swami Jayant Saraswati

Yogiraj Swami Jayant Saraswati is a famous pranayama and power yoga expert and also an ayurvedic expert from Haridwar. He is head of the Kanav Ashram in Kotdwar where he gives yoga and pranayama camps as well as ayurvedic treatments.



Claire Missingham

Originally a choreographer for rock music videos, Claire Missingham (Jahnvi Devi) has been teaching Yog for the past 24 years internationally. Originally trained in Mysore in Ashtanga Yog, she is certified in 3 varied teaching methods with Yog philosophy at the core – and continues academic research in placing historical context of Yog in modern lives. Claire's teaching focuses on an inspirational fusion of asana, the Panca Pran and esoteric anatomy and the use of music as a somatic healing resource. Each class weaves the physical with pranayam, meditation, mantra and poetry. Claire opened the UK's first teacher training school for the Vinyasa method back in 2009.



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.



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.



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, Snamt Kaur and Mirabai Ceiba's concerts in Mexico and Latin America.



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.



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*.



Bijay Anand

An accomplished actor, art consultant and Kundalini Yoga teacher, Bijay J. Anand lives a full and fascinating life. In the year 2012 his life transformed after he discovered Kundalini Yoga, and the profound impact that the teachings of Kundalini Yoga had upon his mind, body and soul made him vow to spread these teachings for the remainder of his life. Bijay is now one of the leading Kundalini Yoga teachers in the world and conducts Retreats, Corporate Workshops and Wellness Programs based on Kundalini Yoga in India and across cities in Europe, Latin America, Russia, China and the Middle East.



Paula Tapia

Paula Tapia is an international Yoga, mindfulness & 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.



Dasa Das (Alan Alcid)

Alan Alcid loves yoga – the way the physical practice makes one feel, a practice that helps to stay connected to our Truth. The clear ethical guidelines through which to engage with self and others, a lifestyle that includes respecting life on all levels. For Alan, yoga is not a practice; it's a lifestyle. Through the lifestyle of yoga Alan has transformed from the inside out, helping him feel a strong connection to who he is, why he is here and how he can share what he has learned with others. Passing the knowledge and practice to the next generation is the goal!



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 Sadhvi 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 15 years, has completed her 900 hour ATTC with the Yoga Institute, Mumbai and her 200 hour TTC at Parmarth.



Gayatri Yogacharya

Gayatri Yogacharya is dedicated to serving mankind in the areas of health and spirituality. Having completed her M.D. in Yogic Sciences and Practical Course of Naturopathy, she has deeply studied Vedanta Darshanam, a practical path to spirituality, and Yoga Darshanam. With an active life of about 20 years as a yoga guide, she has mastered applying Yoga, Pranayama and Meditation techniques to destroy the forts of physical and mental ailments, as well as in guiding others in great spiritual living and higher consciousness.



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.



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.



Acharya Ashish Gilhotra

Acharya Ashish Gilhotra is the Founder of Pressure Yoga. Ashish 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.



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.



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.



Kamala & Jahnvi

Kamala and Jahnvi are sisters and the co-creators of Samādhi Collective, an online space and community dedicated to self-growth through Sanskrit, Yogasūtra recitation, mantra, philosophy, music, and art, inspired by ancient philosophy and spiritual practices. The sisters grew up in the foothills of the Himalayas in Rishikesh, and have been immersed in practices such as meditation, mantra recitation, āyurvedic lifestyle, and yoga āsana throughout their lives. Kamala has studied Sanskrit traditionally in Karnataka and Varanasi and holds an MPhil in Sanskrit and Indian philosophy from Oxford University. Jahnvi is an artist, designer and portrait painter, who studied the tradition of Indian miniature painting in Rajasthan. She is also an experienced yoga instructor, trained in Karnataka, and has taught traditional Hatha yoga in both India and Europe. Both sisters hold diplomas in Hindustani Classical vocal music.



Darshana

Darshana has been living in Rishikesh for more than 10 years, deeply immersing herself in a yogic life of spiritual study, meditation and service under close guidance of several spiritual Masters. During this time she was handed down a thoughtfully designed meditation practise by an Indian master of the lineage of Sri Mahesh Yogi which deeply and profoundly touched and transformed her on a physical, mental and spiritual level. Today Darshana lives at Parmarth Niketan sharing this gift of meditation with everyone who seeks true, lasting peace, happiness and transformation.

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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!

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.



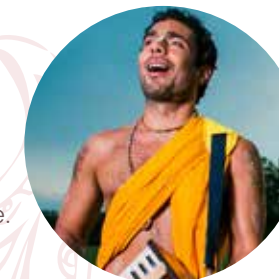
Runa Rizvi

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. 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.



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.



MC YOGI

MC YOGI is a recording artist, award winning author, and yoga teacher. He's taught yoga and performed across the globe including headlining at Wanderlust festivals in over 30 US cities as well as Canada, Mexico, Japan, China and Korea. His unique style of music and teaching is joy filled and spiritually up lifting. His first three records were all #1 on the iTunes world music charts and his fifth album, Ritual Mystical, reached #1 on apple electronic music. In 2017 HarperOne published his memoir, Spiritual Graffiti which tells the story of his early years as a juvenile delinquent, living at a group home for at risk boys, to discovering yoga and launching his career as MC YOGI which would eventually lead to sharing yoga and music on the world stage including the Forbidden City in China and at the White House. When he is not on tour, MC YOGI teaches at his home studio Point Reyes Yoga, which he founded with his wife Amanda in 2001.



Daphne Tse

Daphne is a spirited, soulful artist and teacher originally from Texas. Her passion for music started from a young age and took her west to Los Angeles after university. Since her initial yoga class in 1994, she has explored merging her spiritual practice with her contemporary folk singer songwriter style. She studied music at The University of Texas at Austin, kirtan music with Jai Uttal and sound healing with Jonathan Goldman. She has traveled extensively sharing her music around the globe. Her music has been featured on yoga music compilations and has released five albums.



Artists / Musicians & Sacred Sound Stage

Gil Ron Shama

In times of conflict, the Gil Ron Shama Ensemble emerges as a beacon of hope, reminding us that amidst the chaos of war, music remains the noblest bridge between souls, bodies, nations, and diverse paths of life, culture, and faith. Rooted in the rich heritage of both Arabic and Hebrew traditions, Gil Ron Shama, a tireless advocate for peace, embodies the spirit of a warrior committed to harmony. Drawing from the profound wellsprings of Sufi and Kabbalistic wisdom, he leads the ensemble in a sacred journey towards universal peace at the International Yoga Festival. With every note, they offer a prayer—a prayer for unity, understanding, and the realization of a world where harmony reigns supreme.



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.



Krishnapriya

Krishnapriya grew up in South Carolina and graduated from the College of Charleston with a BA degree in Theatre Performance. 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.



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."



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.



Sandra Barnes

Sandra is a joyful free spirited yogini from Argentina ~ Buenos Aires, where her yoga journey began. Teaching yoga in the UK since settling there for family life 25 years ago. Her earthy style & soothing voice & words from the heart cannot be forgotten. Creating & holding immersive experiences & spaces for others through workshops, classes, retreats & ceremonies, together with her daughter Sofia, they birthed "Love All Ways Yoga", weaving together embodied movement, guided meditations, ritual & sound journeys into all their sharings.



Astrid Slegten

Astrid is a sonic guide, vocalist, and sonic researcher. She studies the impact of the human voice on deep relaxation and our sense of embodiment, drawing from her background in voice work, singing circles, and restorative yoga. Astrid divides her time between Brussels and Auroville, India, where she is deepening her understanding of Indian Classical music and nāda yoga.



James Cassidy

Yoga found James Cassidy almost 20 years ago. It started as a purely physical practice then slowly, slowly, bit by bit the more subtle aspects of yoga revealed themselves to him. After years of mantra chanting James completed a transformational 200hr training with Nikki Slade in kirtan leadership and now leads regular community kirtan in London and at events and retreats across the country. He is thrilled to share the Bhakti with all of the beautiful soles at the International Yoga Festival.



Sanae Yamamoto

Sanae Yamamoto is a Nada Yoga teacher from Japan, as well as a musical artists based around the concept of Nada yoga. She completed the first Nada Yoga Teacher Training course in Japan. Sanae teaches classes in mantra chanting, kirtan with harmonium and guitar, and vocal work with tanpura, gathering participants from all over Japan to heal, recharge their energy, and create connection.



Sattyananda

Sattyananda is an accomplished musician and 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.



Sanj Hall

The gongs eternal sounds are brought by Sanj Hall, a traveling gong yogi who has taken the divine order to spread the goodness of gongs and its teachings around the world. He extensively travels to Europe, Middle East and Asia as well in ashrams and monasteries in India and Nepal. He also performs "free spiritual jazz concerts" both as a solo artist as well in collaboration with many musicians as well researches on sound healing/ practices around the world, fusing ancient wisdom with modern scientific work.



Simon Glöde

Simon Glöde is a multi-talented musician, ceremony facilitator, and music producer who weaves ancestral sounds and energetic practices from around the world, creating transformative music and healing experiences. Originally rooted in pop music, Simon's quest for depth and personal healing led him to explore tantra, yoga, and healing sounds, forming the basis for his unique approach to "Musical Ceremonies." Departing from conventional performances, the multi-instrumentalist and DJ seamlessly blend sing-along songs and Kirtan with contemporary storytelling and ecstatic dance, fostering communal experiences. Simon truly believes in the power of music to bring people together for positive change.



Folk & Tribal Artists from Across India

This year at the International Yoga Festival the Ministry of Culture, Government of India, will be presenting a special cultural event of folk/tribal artists from across India, celebrating the rich cultural heritage of this land.



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.



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.



Acharya Dilipji

Acharya Dileep Chhetry has served at the Parmarth Niketan Ashram for over thirty years and his melodious voice often reverberates alongside Pujya Swamiji's soulful voice bringing everyone into a divine state of ecstasy in the Parmarth Ganga Aarti.



Acharya Ramprasad Adhikari & Acharya Vinod Joshi

Ramprasad and Vinod joined the Parmarth Gurukul when they were very young around the age of ten and have grown up blossoming into very talented young artists under the love and care of the Parmarth Niketan Ashram. Ramprasad's voice touches hearts, inviting listeners to deepen their connection with the Divine and bringing them into a meditative state with the recitation of the sacred Vedic Mantras. Whereas, Vinod's tabla playing adds an uplifting and energetic vibration to these sacred verses and chants.



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.

Join us each morning at 7:30am in the sacred grove of ancient trees (Ganesh Courtyard) for our divine morning yagna ceremony.



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.

Santosh: 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.

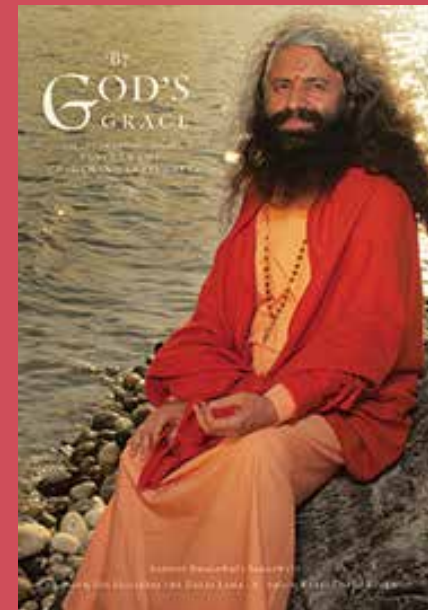
Further, swadhyaya also means self-study. Introspection is one of the greatest tools of a spiritual path. Our egos, our fears, our desires, our misconceptions and even just the hecticness of our lives keep us from truly examining our own lives. Each night we must ask ourselves, “Where do I stand?” Take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

Ishwara Pranidhana: Devotion/Surrender to God

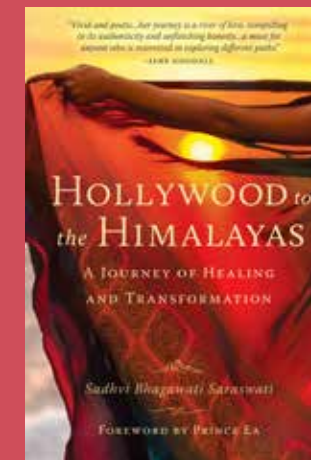
This is the final, ultimate commandment of leading a dharmic life. It doesn't matter what name or what form of the Divine you worship. What matters is that you are surrendered fully to God. Only through living for Him and dedicating all of our actions to Him, can we find peace, joy and meaning in life.

To read more about Pujya Swamiji and His teachings, please visit www.PujyaSwamiji.org.

Further Reading from Pujya Swamiji & Sadhvi Bhagawatiji



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



**Hollywood to the
Himalayas**
*A Journey of Healing
and Transformation*



**Come Home to
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*Teachings from
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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 Sadhviiji’s full article, visit www.sadhviiji.org/writings

Styles & Lineages

Satsang and Darshan with Revered Saints

Satsang and discourses with our spiritual leaders and yogic experts is one of the great highlights of International Yoga Festival and sets it apart from any other yoga event around the world. There will be a range of plenary session keynotes and conversations on total wellness, including the depth of ayurveda, devotion, sustainability, living yoga in our daily lives, Vedic philosophy and wisdom teachings and more.

Satsang literally 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 on Earth. It is a great blessing to be gathered together in the company of awakened masters as we dive deep the 'highest truth'. Satsang also frequently entails spiritual questions and answers, a time in which anyone can ask any question in their heart or mind.

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

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, Alan Alcid

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, Bijay Anand

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.

Seane Corn, MC YOGI, Katie B. Happy, Rohini Manohar, Claire Missingham

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, Mohan Bhandari, Dr. Eden Goldman, Tommy Rosen, Alan Alcid

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.

Sadhvi Bhagawati Saraswati, MC Yogi, Dr. Eden Goldman, Darshana

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

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.

Sadhvi Abha Saraswati, Krishnapriya, Joseph Schmidlin, Sudhanshu Sharma, Sandra Barnes, Gurnimit Singh, Astrid Slegten, James Cassidy, Sanae Yamamoto, Lalita Shivani, Sattyananda, Sanj Hall, Simon Glöde, Kamala & Jahnvi

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

Luke Coutinho, Vaidya Dr. Ramkumar, Dr. Smita Naram, Vaidya Dr. Padma Nayani Raju, María Alejandra Avcharian, Dr. Nishi Bhatt, Acharya Ashish Gilhotra, Mansi Gulati

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. 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

Ganga Yoga

Ganga Yoga is a spiritual practice centered around invoking the divine essence of Mother Ganga within ourselves, fostering a connection to our own life force (prana) and striving to become clear, pure instruments of grace on Earth. Rooted in devotion to Mother Ganga, this practice integrates Bhakti Yoga, Gyan Yoga, and Karma Yoga, emphasizing selfless service akin to the continuous flow of the sacred river.

Ganga Nandini

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.

Erica Kaufman



YOGA COURSE CALENDAR 2024

GANGA YOGA

"Explore diverse paths to wellness with our diverse range of yoga offerings."

- ❖ Ganga Yoga : March 15-23, 2024.
- ❖ Ganga Yoga I : May 11-15, 2024.
June 15-19, 2024.
September 13-17, 2024.
November 1-4, 2024.



YTTC

"Embark on a transformative journey with our 200-hour Yoga Teacher Training Course, designed to deepen your practice and empower you to share the wisdom of yoga with others."

- ❖ 200 HR YTTC : March 31 - April 27, 2024.
June 16 - July 12, 2024.
October 6 - November 1, 2024

COURSES

"Align with Mother Ganga's divine flow for spiritual growth through devotion, knowledge, selfless service and transformative rituals by her sacred banks."

- ❖ Reiki I & II : February 23-25, 2024.
- ❖ Mysore Ashtanga Vinyasa Yoga : March 24 - April 6, 2024.
Simplified with Yogacharya Mary Cecil
- ❖ Kriya Yoga : April 7-19, 2024.
- ❖ Foundation Yoga : April 28 - May 10, 2024.
- ❖ Learn Mantra Chanting Naada Yoga: : July 14-26, 2024.
- ❖ Kriya Yoga : August 4-16, 2024.
- ❖ Foundation Yoga : September 15-27, 2024.
- ❖ Dance of Shiva & Shakti with Tara Maa : Nov 2-10, 2024.
- ❖ Learn Mantra Chanting Naada Yoga: : November 10-22, 2024.
- ❖ Kriya Yoga : December 15-27, 2024.

VEDANT

"An exploration of Vedantic concepts as pathways to achieving Self-realization."

- ❖ Vedantic Path to Self-Realisation :
April 17-22, 2024.
April 17-22, 2024.
May 17-22, 2024.
June 23-28, 2024.
July 27 - August 1, 2024
August 30 - September 3, 2024.
November 23-28, 2024.

RETREAT/ CELEBRATIONS

"Make your holidays holy days by joining us for a blissful fusion of yogic offerings, sacred rituals and celebrations at these special retreats."

- ❖ Special Shivratri Celebrations : March 7-8, 2024.
- ❖ Special Yogic Holika Dahan Celebrations : March 24-25, 2024.
- ❖ Special Navratri Retreat : April 12-16, 2024.
- ❖ Navratri-Hanuman Jayanti Spiritual Retreat : April 20-23, 2024.
- ❖ Buddha Purnima Silent Spiritual Retreat : May 20-23, 2024.
- ❖ Special International Day of Yoga Celebrations : June 19-21, 2024.
- ❖ Spiritual Retreat : August 3-8, 2024.
- ❖ Special Navratri Retreat : October 6-10, 2024.
- ❖ Special Diwali Celebrations : October 31-November 2, 2024.
- ❖ Gita Jayanti Retreat : December 9-11, 2024.
- ❖ Special New Year Spiritual Retreat : Dec. 29, 2024 - January 1, 2025



www.Parmarth.org



www.parmarth.org/yoga



parmarth@parmarth.com

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

2024 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

Divine Shakti Foundation (DSF) is dedicated to uplifting and empowering women and children with education, skills-training and holistic wellness to enable them to flourish and thrive. 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 protection and preservation of Mother Earth including widespread tree plantation programs, animal protection and more. Our free education and empowerment programs and projects include: children’s schools spanning nursery through junior high, training in computer science and application, English, sewing, tailoring, handicrafts and beautician services. They also learn yoga, dance, music and martial arts. We also conduct free medical health camps in rural areas and villages for the poor and needy. These also include free eye camps where free cataract surgeries are performed as well as distribution of eyeglasses after examination and prescription.

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.

Naturalfab

For us, luxury means being surrounded by things that are pure, natural with original design and preferably handcrafted. Living with fine handcrafted objects uplifts the spirit and adds a quality of timelessness to a home



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

Handcrafted in Bali with purpose and devotion, these exquisite Rudraksha beads from Indonesia embody the timeless wisdom of ancient sages, now made accessible in contemporary malas. Inspired by Papaji and brought to life by Soma Temple and her team in the island of the Gods. Aum Rudraksha carries a legacy that spans over 25 years following Papaji’s vision, shared with Soma. He said that the world is in chaos and if everyone was wearing Rudraksha beads the world would be at peace. Our mission was not to create a brand, but to start a movement to awaken the pure consciousness in everyone who wears them. To create peace on earth, which we need more than ever. Om Shanti Shanti Shanti Om.



AKISO

We are AKISO, a brand rooted in the ancient philosophy of wellness and mindfulness. AKISO embodies a commitment to conscious living deeply connected to our Indian heritage, and we proudly present AKISO Sattvik, where wellness meets mindfulness in the form of yoga wear. Crafted from 100% natural cotton, AKISO Sattvik offers a skin-friendly and breathable experience for the modern-day yogi. Collaborating with seasoned yoga instructors and holistic lifestyle experts, each piece is meticulously designed to enhance your practice. Embracing the essence of “prana,” AKISO Sattvik is entirely plastic and metal-free, ensuring an uninterrupted flow of vital life energy during your yoga journey. More than just clothing, it’s a mindful companion fostering a harmonious connection between body, mind, and spirit.

SkiD – O2 Yoga Bags

We are delighted to introduce you to our exceptional line of Yoga Bags and accessories like Eye Pillow, Yoga Belt & Stole, Yoga Blocks, Yoga Mats, Yoga T-shirts and Badges designed & manufactured in Mumbai/ India. Our Mission: To empower yoga enthusiasts on their journey to self-discovery and well-being. We are committed to crafting premium, eco-conscious yoga bags and accessories that seamlessly integrate Comfort, Functionality, Durability & Style. Whether you’re walking the city, biking to the studio or hiking in nature, our bags ensure your yoga essentials are securely and comfortably carried, so you can flow without distractions.



Anaghaya

Anaghaya in Sanskrit means pure, flawless & also the name of the supreme one. We are a Health & Wellness brand, deeply rooted in India- from the heart of Ancient Ayurveda. We bring to you Ayurvedic formulations to boost your immunity with superfoods such as A2 Ghee, Gulkand, Herbal tea etc. We also have a range of 100% natural, chemical free self-care products, including anti-ageing, hair care, stress relief, managing menopause & a special range for children. Anaghaya is proudly associated India’s first all-women run Ayurvedic Pharmacy, & follows the principal of “Gau, Gauri and Gram”, which means empowering women, supporting local communities and help in saving the endangered indigenous Gau Mata (Mother Cow). We also support the 5000 year old Rabari community in Gujarat.



Khayal

Khayal, a new health start-up by Shree Dhanwantri Organics, focuses on producing high-quality result-oriented Ayurvedic products based on extensive research and development on rare and precious herbs. We believe in the right mix traditional of Ayurvedic knowledge from the original Vedic texts complied with Modern Health Science to develop the best possible health products for wellness and various lifestyle disorders.



Madhubani Crafts

For the last four years, Madhubhani Crafts has brought the art of madhubani painting from Bihar, created by women artists using all-natural colours in this very traditional art form.



Friends of Meditation

We love creating and selling products around meditation, yoga, and well-being. Swami Dhyam Unmesh is the founder of this Brand. He has been meditating for 20 years and also has formal education in yoga, pranayama, meditation, and astrology.



White Light Elements

‘White Light Elements’ intention is to spread a conscious lifestyle through products that are inspired by and with gratitude, awareness, forgiveness, relaxation and more. All our products & packaging are sustainable, recycled, zero-plastic, chemical free, and eco-friendly.



Mandakini's Magic

Mandakini's Magic was founded by Mandi Singh, who grew up at Ramana's Garden Children's Home in Rishikesh and holds a Masters degree in design and fashion. During lock down she started experimenting with natural colors, eco-printing, and bundle dying from flowers, plant, leaves and vegetables, and now works with handblock printed fabric, organic & upcycled fabrics. Her motive is to use only environment-friendly products and reduce dead stock that eventually windup in landfields.

Milleats



Welcome to Milleats, where health and flavor unite in perfect harmony! At Milleats, we take pride in presenting a culinary experience that not only tantalizes your taste buds but also nourishes your body. Our signature dishes are crafted with a diverse array of millets, ensuring a wholesome and nutritious dining adventure.

Sneha Art



Someone once told Sneha that you have to accept and love yourself unconditionally to see the beauty of this world. Sneha Art is the story of finding a form of art therapy that helped with anxiety, and hopes to help others to do the same. Sneha Art is a representation of all hidden emotions, difficult experiences, feelings, and thoughts, and through this art Sneha hopes to give people the feeling of acceptance, peace and love.

Tavoy



Elevate your yoga experience with Tavoy's exclusive line of yoga garments, designed to harmonize style and functionality. We are committed in providing a seamless blend of comfort and fashion for yoga enthusiasts. We understand the importance of sustainable and ethically sourced materials. Our T-shirts, jackets, and trousers are not just garments; they are a fusion of innovation and relaxation. Immerse yourself in the breathable fabric of our T-shirts, designed to move seamlessly with every stretch. Embrace warmth and flexibility with our jackets, tailored to provide the perfect balance during your yoga sessions. The trousers, a testament to our commitment to detail, offer a distinctive fit for unrestricted movement. Exalt your practice with the assurance that every stitch is a step towards a comfortable and stylish yoga experience. Join the Tavoy community and embark on a journey towards mindful living.

Namaste Rishikesh



We are a dedicated manufacturer, supplier and exporter of Kashmiri handicrafts, shawls, stoles, designer scarves, clothing and jewelry—bringing together high quality products and craftsmanship with satisfied customers all over the world. We are proud to say our products are manufactured and materials sourced from the heart of India. Our shawls, stoles and scarves come in your choice of pashmina/cashmere, silk, wool, cotton, blends and various other vegan, organic & non organic yarns. We have an abundance of styles to choose from, ranging from different kinds of fabrics, colors, stitching, prints, patterns and designs.

Tinetra



Puja is a practicing life coach & guide to those seeking clarity & choice of the right path, spirituality coaching & counselling through Tarot reading, Numerology, and Energy Healing. Puja has been catering to and advising on physical, emotional, career, relationship, finances & spiritual concerns for over 25 years. She also practices Crystal Healings, Dowsing Rods, Aura Reading etc. She also consults in Vāstu śāstra (science of architecture). Through her healing prowess, Puja has successfully healed chronic ailments, provided psychotherapy, managed clinical depression, addictions, suicidal tendencies, para normal experiences, etc.



House of Jugnu

'House of Jugnu' is a rural artisan's centric startup which is promoting handmade products from villages across India, which is losing its charm over machine made designs. Our products are symbol of Indian traditions with a blend of ancient techniques and contemporary designs. We are trying to preserve heritage art techniques and improve the livelihood of Indian artisans, especially women, to make them economically independent and to motivate them to continue the age old art forms. Also we stand with the sustainable fashion by creating products using natural dyes.

Vikara



Vikara is environmentally-conscious fashion brand that focuses on creating eco-friendly and handmade clothing using natural materials from fibres to natural dyes, free from harmful chemicals and toxins, not only safe for the environment, but healthy for the wearer also. Our commitment to sustainability extends beyond just the materials we use in our clothing. Vikara also works with local communities and artisans to support fair labour practices and help preserve traditional Indian craft.

Vriddhi Consulting



Ritu Malhotra is Vedic Astrologer practicing for 15 years, trained under Guru Sisya parampara in the Himalayas. She believes that astrology helps you to understand your karmas and help you to find solutions, by accepting your past and making changes in your present so that you can have a better future. She also suggests remedies related to sacred poojas and stones to help one find solutions to challenges thrown by life. She has helped hundreds of people across the world to find love, money and a healthy life.

Kosmoh by Akshita



Welcome to a sanctuary of organic serenity, where spirituality meets sustainable living. Join us in embracing an organic, mindful path to wellness. We design & develop Sustainable Yoga products, for a greener future, catering to the diverse needs of yoga enthusiasts and meditation practitioners. Our products are organic eco-conscious yoga and meditation essentials that are 100% Vegan, natural-dyed, handwoven by artisans, and handcrafted using organic materials and non-toxic dyes, infused with mindful intention providing you with an unforgettable holistic experience.

ProYog



Proyog yoga gear is a creation resulting from a blend of natural and sustainable fabrics. It offers a contemporary rendition of traditional dressing styles, with a focus on comfort and performance. Working closely with yoga teachers to develop its collection, Proyog promises you a distinctly enhanced yoga experience. Drop by our stall to check out our new range of natural rubber yoga mats and other accessories.



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.”

“ We are celebrating all, illumination from within to without, connection everywhere, between all people, no matter country, gender, race, creed, belief system, whatever it is, we are all one! And we come together in this way to celebrate life with joy and bliss, to live in a bliss realm and we need to live in a bliss realm more often! Satnam!”

“ 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.”

“ Such a fulfilling experience I had here, got to know about the unbelievable deep truths. This yogic city, Rishikesh and its environment, in front of the river Ganga is full of the energy, vibrations and frequencies that the world needs right now. It's not something new but it makes us remember about what we are and what we need to do.”

“ I have been coming to IYF since 2013 and I'm so thankful to Sadhvi and Swamiji to bring together people from all over the world – I have met thousands of people from around the globe who have touched my life and have made a difference in who I am and I would not be the same person that I am now, unless I came year after year to meet, to love, to expand and to understand.”

“ I love coming to Parmarth and Rishikesh but for the IYF, this is my first time. And I am glad that I came. This has been so transforming, I attended Kundalini and Vinyasa yoga classes and they were majestic. One place, all at once, unified, total... It's totally enlightening for my soul. Dhanyavad.”

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

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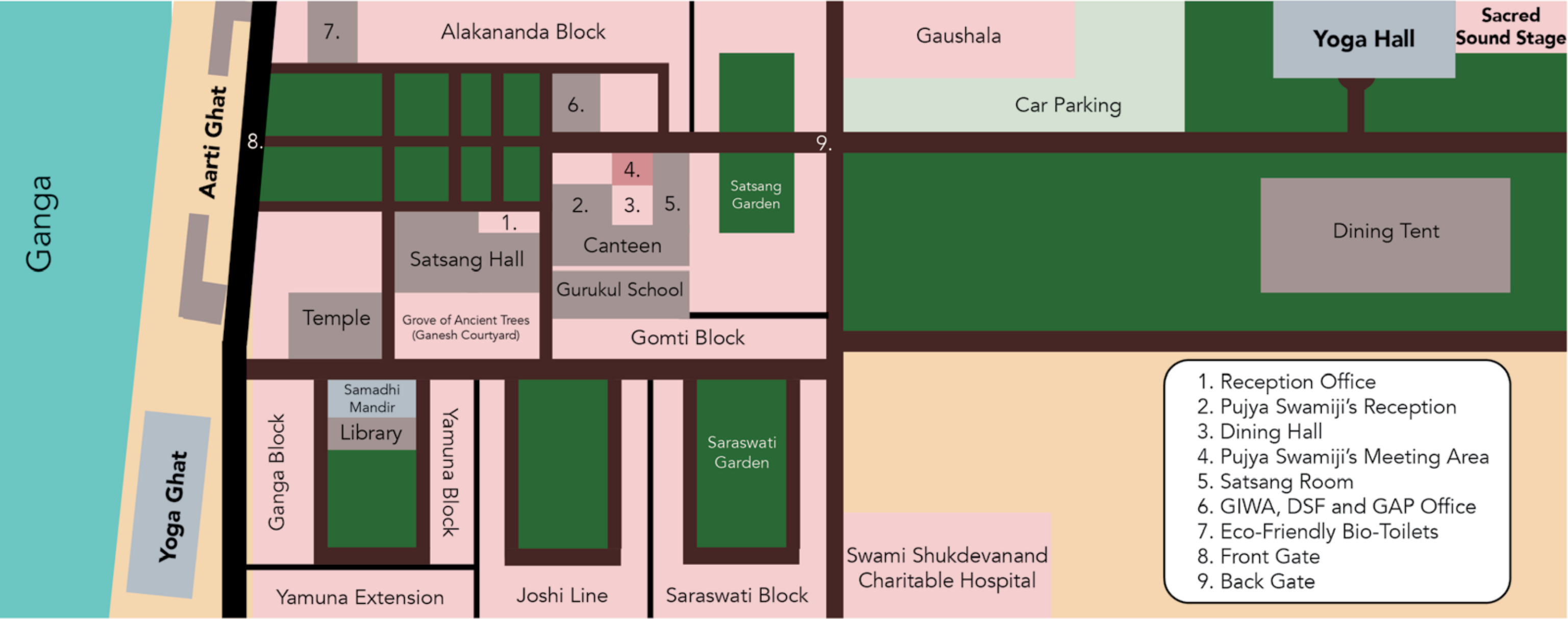
The Love Thief by Arielle Ford

Your Year
of Miracles

SF YOGA MAG

Spirituality
& Health

Map of Parmarth Niketan Ashram



YOGA OFF THE MAT & INTO THE WORLD

Here are some ways that we strive to live Yoga and practice it in action by working to create a healthier, happier and more sustainable world for all.

Some of the areas in which we serve are:



parmarth@parmarth.com

parmarth.org/how-you-can-help

Our Programs for a More Peaceful World



Global Interfaith WASH Alliance

Launched at the UNICEF Headquarters, GIWA brings the world's faith traditions together for improved water, sanitation and hygiene (WASH) for all.

www.washalliance.org



Divine Shakti Foundation

Divine Shakti Foundation (DSF) is dedicated to uplifting and empowering women and children with education, skills-training and holistic wellness to enable them to flourish and thrive.

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

