



INTERNATIONAL YOGA FESTIVAL

2024 SCHEDULE OF EVENTS

PARMARTH NIKETAN ASHRAM
RISHIKESH (HIMALAYAS), INDIA

Incredible India



पर्यटन मंत्रालय
MINISTRY OF
TOURISM



संस्कृति मंत्रालय
MINISTRY OF
CULTURE



संस्कृति मंत्रालय
MINISTRY OF
AYUSH



MARCH 8TH

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

– HH Pujya Swami Chidanand Saraswatiji



TIME	CLASS	PRESENTER	LOCATION
4:30 – 6:30	Kundalini Sadhana	Gurushabd Singh Khalsa	Yoga Hall Top Floor
6:00 – 7:30	Pranayama with Mudras, Bandhas & Gentle Yogasana	Dr. Indu Sharma	Yoga Hall Ground Floor
	The teachings of Yogasana: Vinyasa Yogacharya Krishnamacharya's Global Legacy	Stewart Gilchrist	Yoga Hall Middle Floor
	Lila Yoga Sun Salutations	Erica Kaufman	Yoga Ghat
6:30-7:15	Sunrise Chanting	Sudhanshu Sharma	Aarti Ghat
7:00-8:00	<i>Tea/Coffee/Light Snacks</i>		Garden
7:30-8:00	Parmarth Niketan Sacred Morning Fire Ceremony (Yagna/Havan) with Pujya Swamiji and Pujya Sadhvi		Grove of Ancient Trees (Ganesh Courtyard)
8:00-9:30	Vedic Chanting	Sadhvi Abha Saraswati	Yoga Hall Ground Floor
8:00-9:30	Mythosana: The Artful Journey of Yoga Asana	Rohini Manohar	Yoga Hall Middle Floor
	Freedom In My Foundation – 1st + 2nd Chakra Balancing Vinyasa – Hips + Hamstrings	Katie B. Happy	Yoga Hall Top Floor
	Enlivening Shakti	Anand Mehrotra	Yoga Ghat
	Meditation	Darshana	Satsang Hall
	The Harmonic Spine: Music as Medicine	Joseph Schmidlin	Sacred Sound Stage
9:00-10:45	<i>Brunch</i>		Garden
11:00-12:30	<i>Wisdom Talks: Spiritual Plenary Series Sacred Energy of Shiva with Pujya Swamiji and Sadhvi Bhagawatiji</i>		Yoga Ghat
12:45-14:15	Harmonizing Mind and Body with Ayurveda	María Alejandra Avcharian	Yoga Hall Ground Floor
	Rise Above with Kriya and Pranayam	Tommy Rosen	Yoga Hall Middle Floor
	Introduction to the Recitation of Yoga Sutra	Kamala & Jahnavi	Yoga Hall Top Floor

TIME	CLASS	PRESENTER	LOCATION
12:45-14:15 (continued)	Introduction to Kundalini Yoga	Jai Hari Singh	Saraswati Garden
	Ganga Yoga	Ganga Nandini	Yoga Ghat
12:45-13:45	Shiv Shakti Dance Meditaiton	Lalita Shivani	Sacred Sound Stage
14:00-14:45	Kirtan Concert: An interactive concert blending original music and kirtan with partner work and ecstatic celebration	Simon Glöde	Sacred Sound Stage
14:00-15:30	<i>Lunch</i>		Garden
15:45-17:00	Harmony in Practice: Unveiling the Essential Union of Yoga Asana and Philosophy	Dr. N. Ganesh Rao	Yoga Hall Ground Floor
	Tranquil Waves: Pranayama & Yoga Nidra Immersion	Rohini Manohar	Yoga Hall Middle Floor
	Pranayama and its benefits in wellbeing	Radhika Nagrath	Yoga Hall Top Floor
	How Ayurveda and Yoga can Heal Addiction	Vaidya Dr. Ramkumar & Tommy Rosen	Saraswati Garden
	Relevance of Vedanta in the Modern World	Gayatri Yogacharya	Yoga Ghat
	Cosmic Sound Scape. Drop into a dreamy & restorative sound journey (sound bath)	Sanj Hall and Sandra Barnes	Sacred Sound Stage
17:00 – 17:30	<i>Tea & Snacks</i>		Garden
17:30 – 18:00	Ganga Yagna/Havan		Aarti Ghat
18:00-19:00	Sacred Ganga Aarti		Aarti Ghat
19:00-20:00	Sacred Maha Shivratri Celebration with Meditation & Chanting		Shankar Bhagwan Ghat
20:00-21:00	<i>Dinner</i>		Garden
21:00-Midnight	Continuing Maha Shivratri Celebrations with Performances from Sattyananda, Lalita Shivani, Gurnimit Singh, Acharya Dilip & Parmarth Musicians		Satsang Hall

MARCH 9TH

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

– HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
4:30 – 6:30	Kundalini Sadhana	Gurushabd Singh Khalsa	Yoga Hall Top Floor
6:00 – 7:30	Kundalini Activation: Follow Your Bliss!	Tommy Rosen	Yoga Hall Ground Floor
	Knee Rehab – Get your whole body moving	Sensei Sandeep Desai	Yoga Hall Middle Floor
	Flow of Yogi "Improving and Expanding"	Mohan Bhandari	Saraswati Garden
	Chanting for Mental Peace	Radhikha Nagrath	Yoga Ghat
6:30–7:15	Sunrise Chanting	Sudhanshu Sharma	Aarti Ghat
7:00–8:00	<i>Tea/Coffee/Light Snacks</i>		Garden
7:30–8:00	Parmarth Niketan Sacred Morning Fire Ceremony (Yagna/Havan) with Pujya Swamiji and Pujya Sadhviji		Grove of Ancient Trees (Ganesh Courtyard)
8:00–9:30	Lila Yoga Vinyasa: Warrior Within & Grounded Courage	Erica Kaufman	Yoga Hall Ground Floor
	Bandhas + Bindu – 3rd + 4th Chakra Balancing Vinyasa	Katie B. Happy	Yoga Hall Middle Floor
	The Teachings of Yogasana: Body Set, Bhima	Stewart Gilchrist	Yoga Hall Top Floor
	Full Mind/Body Rejuvenation	Kia Miller	Saraswati Garden
	The Thunder Power Of Love ~ Courage, Commitment, Tenacity	Gurmukh Kaur Khalsa	Yoga Ghat
	Raga Saga: Falling in Love with the sound of Indian Ragas	Sudhanshu Sharma	Sacred Sound Stage
9:00–10:45	<i>Brunch</i>		Garden
11:00–12:30	<i>Wisdom Talks: Spiritual Plenary Series Total Wellness with Luke Coutinho, Vaidya Dr. Ramkumar, Dr. N. Ganesh Rao</i>		Yoga Ghat

TIME	CLASS	PRESENTER	LOCATION
12:45–14:15	Chakra Yoga and Sound Bath	Ira Trivedi	Yoga Hall Ground Floor
	Flow Carnival	Rohini Manohar	Yoga Hall Middle Floor
	Meditate Like the Sages	Dr. Eden Goldman	Yoga Hall Top Floor
	ROOT CONNECT ACTIVATE	Dasa Das (Alan Alcid)	Saraswati Garden
	The Body and Beyond	Seane Corn	Yoga Ghat
12:45–13:45	Kundalini Highway Soundbath	Sattyananda	Sacred Sound Stage
14:00–14:45	Kirtan Ceremony – An immersive chanting experience, using kirtan to elevate consciousness and connect deeper within	Gurnimit Singh	Sacred Sound Stage
14:00–15:30	<i>Lunch</i>		Garden
15:45–17:00	Brain Programming Effects in Children with West Syndrome	Dr. Nishi Bhatt	Yoga Hall Ground Floor
	Doshas and Balance	María Alejandra Avcharian	Yoga Hall Middle Floor
	Restorative Yoga	Paula Tapia	Yoga Hall Top Floor
	Vedic Sparsh Yoga: Obesity & Hormone Modulation	Acharya Ashish Gilhotra	Saraswati Garden
	Ayurveda for a Healthy Lifestyle: Stick to the Basics	Vaidya Dr. Ramkumar	Yoga Ghat
	Cradle of Sound: Restorative sound journey into birth, breath, lullaby (sound bath)	Joseph Schmidlin and Astrid Slegten	Sacred Sound Stage
17:00 – 17:30	<i>Tea & Snacks</i>		Garden
17:30–19:00	Sacred Ganga Aarti and Opening of International Yoga Festival 2023		Aarti Ghat
19:00–20:00	Special Music Performance: MC YOGI		Shankar Bhagwan Ghat
20:00–21:00	<i>Dinner</i>		Garden



MARCH 10TH

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

– HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
4:30 – 6:30	Kundalini Sadhana	Gurushabd Singh Khalsa	Yoga Hall Top Floor
6:00 – 7:30	Pranayama (Practice for Five Prana)	Mohan Bhandari	Yoga Hall Ground Floor
	HIP MOBILITY – Cultivate A Robust and Connected Base	Sandeep Desai	Yoga Hall Middle Floor
	Devotional Singing – Way to Holistic Health	Radhika Nagrath	Saraswati Garden
	Saluting the Sun	Ira Trivedi	Yoga Ghat
6:30–7:15	Sunrise Chanting	Sudhanshu Sharma	Aarti Ghat
7:00–8:00	<i>Tea/Coffee/Light Snacks</i>		Garden
7:30–8:00	Parmarth Niketan Sacred Morning Fire Ceremony (Yagna/Havan) with Pujya Swamiji and Pujya Sadhvi		Grove of Ancient Trees (Ganesh Courtyard)
8:00–9:30	Classical Kundalini Yoga – Embrace Your Hidden Energy	Yogrishi Visvketu	Yoga Hall Ground Floor
	Kundalini Shakti	Kia Miller	Yoga Hall Middle Floor
	Rebirthing 1	Jai Hari Singh	Yoga Hall Top Floor
	Mystics on the Mat: Magick, Alchemy, and Ritual as a Pathway Toward Liberation	Seane Corn	Saraswati Garden
	Ganga Yoga	Ganga Nandini	Yoga Ghat
	Throat Chakra Meditation	Gurnimit Singh	Sacred Sound Stage
9:00–10:45	<i>Brunch</i>		Garden
11:00–12:30	<i>Wisdom Talks: Spiritual Plenary Series Living Yoga for Peace and Sustainability with Pujya Swamiji, Gauranga Das Prabhu, Maa Dr. Hansa Yogendra, and Sadhvi Bhagawati</i>		Yoga Ghat
12:45–14:15	Face Yoga for Glowing Skin	Mansi Gulati	Yoga Hall Ground Floor
	Nervous System Attunement	Tommy Rosen	Yoga Hall Middle Floor
	Asana Jaya	Ira Trivedi	Yoga Hall Top Floor



TIME	CLASS	PRESENTER	LOCATION
12:45–14:15 (continued)	Be Limitless: In Success and Relationships	Bijay Anand	Saraswati Garden
	Flow Into Bliss	MC YOGI	Yoga Ghat
12:45–13:45	Eternal Sound and Gong Sanctuary	Sanj Hall	Sacred Sound Stage
14:00–14:45	Ecstatic Family Kirtan (& Open mic)	Daphne Tse	Sacred Sound Stage
14:00–15:30	<i>Lunch</i>		Garden
15:45–17:00	Spiritual Foundations of Ayurveda	Vaidya Dr. Ramkumar	Yoga Hall Ground Floor
	Vedic Sparsh Yoga	Acharya Ashish Gilhotra	Yoga Hall Middle Floor
	Detox to Renew	Dr. Smita Naram	Yoga Hall Top Floor
	P's of MIND at Ma Ganga	Dasa Das (Alan Alcid)	Saraswati Garden
	Flow Sangha	Rohini Manohar	Yoga Ghat
	Sound Bath Journey	Sandra Barnes & Friends	Sacred Sound Stage
17:00 – 17:30	<i>Tea & Snacks</i>		Garden
17:30 – 18:00	Ganga Yagna/Havan		Aarti Ghat
18:00–19:00	Sacred Ganga Aarti		Aarti Ghat
19:00–20:00	Special Sufi Music Performance by Padmashri Kailash Kher		Shankar Bhagwan Ghat
20:00–21:00	<i>Dinner</i>		Garden

MARCH 11TH

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

TIME	CLASS	PRESENTER	LOCATION
4:30 – 6:30	Kundalini Sadhana	Gurushabd Singh Khalsa	Yoga Hall Top Floor
6:00 – 7:30	Vedantic Explanation of the Process of Creation	Gayatri Yogacharya	Yoga Hall Ground Floor
	The Teachings of Yogasana: Breath Set, Yudhishthira	Stewart Gilchrist	Yoga Hall Middle Floor
	Open the Gates to the Ecstatic Heart	Anand Mehrotra	Saraswati Garden
	Law Of Attraction	Kia Miller	Yoga Ghat
6:30–7:15	Sunrise Chanting	Sudhanshu Sharma	Aarti Ghat
7:00–8:00	<i>Tea/Coffee/Light Snacks</i>		Garden
7:30–8:00	Parmarth Niketan Sacred Morning Fire Ceremony (Yagna/Havan) with Pujya Swamiji and Pujya Sadhviji		Grove of Ancient Trees (Ganesh Courtyard)
8:00–9:30	Hanuman Vinyasa Namaskar with Asana + Mantra	Claire Missingham	Yoga Hall Ground Floor
	Authentic Ayurveda for Universal Well-Being	Vaidya Dr. Ramkumar	Yoga Hall Middle Floor
	Sukshma Vyayam	Ganga Nandini	Yoga Hall Top Floor
	Chakra Flow	Seane Corn	Saraswati Garden
	Open Our Hearts To The Light Within	Gurmukh Kaur Khalsa	Yoga Ghat
	Tuning Into Sounds of Love: Relax, tune in and sing kirtans of love together	Sanae Yamamoto	Sacred Sound Stage
9:00–10:45	<i>Brunch</i>		Garden
11:00–12:30	<i>Wisdom Talks: Spiritual Plenary Series Power of Ayurveda to Heal with Vaidya Dr. Padma Nayani Raju, Anand Mehrotra, María Alejandra Avcharian and Dr. Smita Naram</i>		Yoga Ghat
12:45–14:15	Lila Shakti Dance: Asana & Beyond	Erica Kaufman	Yoga Hall Ground Floor

TIME	CLASS	PRESENTER	LOCATION
12:45–14:15 (continued)	YINcredible	Rohini Manohar	Yoga Hall Middle Floor
	Yoga for Athletes	Dr. Eden Goldman	Yoga Hall Top Floor
	Reverence Flow– 5th + 6th Chakra Balancing Vinyasa –Be In Awe of Your Inner Power	Katie B. Happy	Saraswati Garden
	Healing Science of Breath	Yogrishi Vishvketu	Yoga Ghat
12:45–13:45	Sacred Repose: Restorative Yoga with Your Voice and Soothing Sound	Astrid Slegten	Sacred Sound Stage
14:00–14:45	Ecstatic Family Kirtan (& Open mic)	James Cassidy	Sacred Sound Stage
14:00–15:30	<i>Lunch</i>		Garden
15:45–17:00	Workshops on Traditional Folk Dance Style of Gujarat and Rajasthan	Nrityavali	Yoga Hall Ground Floor
	Vedic Sparsh Yoga	Acharya Ashish Gilhotra	Yoga Hall Middle Floor
	Shamanic Flow	Paula Tapia	Yoga Hall Top Floor
	Yoga Nidra	Sadhvi Abha Saraswati	Saraswati Garden
	Knowing Shiva	Anand Mehrotra	Yoga Ghat
	Sound Bath Journey	Joseph Schmidlin & Friends	Sacred Sound Stage
17:00 – 17:30	<i>Tea & Snacks</i>		Garden
17:30 – 18:00	Ganga Yagna/Havan		Aarti Ghat
18:00–19:00	Sacred Ganga Aarti		Aarti Ghat
19:00–20:00	Special Performances by Rishikumars from Parmarth Gurukul and students from Parmarth Vidya Mandir free school		Shankar Bhagwan Ghat
20:00–21:00	<i>Dinner</i>		Garden



MARCH 12TH

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

– HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
4:30 – 6:30	Kundalini Sadhana	Gurushabd Singh Khalsa	Yoga Hall Top Floor
6:00 – 7:30	The Teachings of Yogasana: Mind Set, Arjuna	Stewart Gilchrist	Yoga Hall Ground Floor
	Transform your Senses with the Standing Poses of Ashtanga Yoga	Sensei Sandeep Desai	Yoga Hall Middle Floor
	Slow Awakening Hatha Pranayama Japa	Dasa Das (Alan Alcid)	Saraswati Garden
	The Body Electric	Tommy Rosen	Yoga Ghat
6:30–7:15	Sunrise Chanting	Sudhanshu Sharma	Aarti Ghat
7:00–8:00	<i>Tea/Coffee/Light Snacks</i>		Garden
7:30–8:00	Parmarth Niketan Sacred Morning Fire Ceremony (Yagna/ Havan) with Pujya Swamiji and Pujya Sadhviji		Grove of Ancient Trees (Ganesh Courtyard)
8:00–9:30	Rebirthing 2	Jai Hari Singh	Yoga Hall Ground Floor
	Untwist the Twist	HS Arun	Yoga Hall Middle Floor
	OM Cycle Vinyasa Krama: Strength and Harmony	Claire Missingham	Yoga Hall Top Floor
	Opening the Anahata Chakra: Finding Love, Peace and Happiness in our lives	Bijay Anand	Saraswati Garden
	Finding Your Own Inner Excellence	Gurmukh Kaur Khalsa	Yoga Ghat
	The Homeopathy of Sound	Joseph Schmidlin	Sacred Sound Stage
9:00–10:45	<i>Brunch</i>		Garden
11:00–12:30	<i>Wisdom Talks: Spiritual Plenary Series Bridging the Divide with Gurmukh Kaur Khalsa, Sadhvi Bhagawati, Dr. Chinmay Pandya, Seane Corn, Anand Mehrotra, Tommy Rosen, and Kia Miller</i>		Yoga Ghat
12:45–14:15	"Morli Vala Re" – Traditional Folk Dance Style of Gujarat	Nrityavali	Yoga Hall Ground Floor

TIME	CLASS	PRESENTER	LOCATION
12:45–14:15 (continued)	Strong Arms, Strong Heart – Inversion / Arm Balance Workshop	Katie B. Happyy	Yoga Hall Middle Floor
	Resting in Your True Self – Restorative Raja Yoga with Dr Yogrishi Vishvketu	Yogrishi Vishvketu	Yoga Hall Top Floor
	The Illuminated Mind	Kia Miller	Saraswati Garden
	Revolution of the Soul	Seane Corn	Yoga Ghat
12:45–13:45	Nada Yoga Class – Realising the potential of your own voice.	Sudhanshu Sharma	Sacred Sound Stage
14:00–14:45	Kirtan Concert	Simon Glöde and James Cassidy	Sacred Sound Stage
14:00–15:30	<i>Lunch</i>		Garden
15:45–17:00	Heart of Yoga	Ganga Nandini	Yoga Hall Ground Floor
	Ayurvedic Lifestyle	María Alejandra Avcharian	Yoga Hall Middle Floor
	Synergy of Ayurveda with Women's World	Vaidya Dr. Padma Nayani Raju	Yoga Hall Top Floor
	Satsang: Deep Dive Into the Divine Truth of YOU!	Sadhvi Bhagawati Saraswati	Saraswati Garden
	Sound Bath Journey	Astrid Slegten & Friends	Sacred Sound Stage
17:00 – 17:30	<i>Tea & Snacks</i>		Garden
17:30 – 18:00	Ganga Yagna/Havan		Aarti Ghat
18:00–19:00	Sacred Ganga Aarti		Aarti Ghat
19:00–20:00	Cultural Fusion by Nrityavali, Shantisena AGP, Sonal Vermaji & Troupe / Soulful Concert with Daphne Tse		Shankar Bhagwan Ghat
20:00–21:00	<i>Dinner</i>		Garden



MARCH 13TH

“Be happy, be peaceful. Embrace all, include all, exclude none.”

– HH Pujya Swami Chidanand Saraswatiji



TIME	CLASS	PRESENTER	LOCATION
6:00 – 7:30	Bringing Pranayama into Your Daily Routine	Yogrishi Vishvketu	Yoga Hall Ground Floor
	Unfold the Fold	H.S. Arun	Yoga Hall Middle Floor
	Vedic Chanting	Sadhvi Abha Saraswati	Yoga Hall Top Floor
	The Heart of Devotion – Shakti and Bhakti	Kia Miller	Saraswati Garden
	Original Chen Style T'ai Chi Circles and Introduction to Form	Sensei Sandeep Desai	Yoga Ghat
6:30–7:15	Sunrise Chanting	Sudhanshu Sharma	Aarti Ghat
7:00–8:00	<i>Tea/Coffee/Light Snacks</i>		Garden
7:30–8:00	Parmarth Niketan Sacred Morning Fire Ceremony (Yagna/Havan) with Pujya Swamiji and Pujya Sadhviji		Grove of Ancient Trees (Ganesh Courtyard)
8:00–9:30	Yoga-In-Action: The Path of Discovery	Tommy Rosen	Yoga Hall Ground Floor
	The Secret Art of Yoga Assists	Dr. Eden Goldman	Yoga Hall Middle Floor
	Panca Pran Vinyasa Yoga	Claire Missingham	Yoga Hall Top Floor
	Spiritual Healing: Soul Detox	Bijay Anand	Saraswati Garden
	Yoga and Transformational Inner Work	Seane Corn	Yoga Ghat
	Elemental Sound & Movement Meditation Journey	Sandra Barnes	Sacred Sound Stage
9:00–10:45	<i>Brunch</i>		Garden
11:00–12:30	Special Visit to Maharishi Ashram (Beatles Ashram) with World Peace Prayers		<i>Meet at Aarti Ghat</i>
12:45–14:15	The Teachings of Yogasana: Sense set, Bhishma	Stewart Gilchrist	Yoga Hall Ground Floor

TIME	CLASS	PRESENTER	LOCATION
12:45–14:15 (continued)	The Best Chair Yoga Class You've Ever Taken!	Paula Tapia	Yoga Hall Middle Floor
	I am Infinitely Possible : A Journal Workshop on Finding Your Purpose	Katie B. Happyy	Yoga Hall Top Floor
	Cosmic Heart / Cosmic Prana	Anand Mehrotra	Saraswati Garden
	Ganga Yoga	Ganga Nandini	Yoga Ghat
12:45–13:45	The Power of Saraswati, Music Water and Dance	Daphne Tse	Sacred Sound Stage
14:00–14:45	Ecstatic Family Kirtan (& Open mic)	James Cassidy	Sacred Sound Stage
14:00–15:30	<i>Lunch</i>		Garden
15:45–17:00	An Introduction to Ayurveda, Dinacharya & Integrative Medicine	Yogrishi Vishvketu	Yoga Hall Ground Floor
	Special class in Spanish Meditación profunda	Jai Hari Singh	Yoga Hall Middle Floor
	AUM Meditation	Mohan Bhandari	Yoga Hall Top Floor
	Balancing the Mind	María Alejandra Avcharian	Saraswati Garden
	Fundamental Concepts of Vedanta	Gayatri Yogacharya	Yoga Ghat
	Meditation	Justice Midda	Satsang Hall
	Sound Bath Journey	Sanj Hall & Friends	Sacred Sound Stage
17:00 – 17:30	Group Photo of IYF 2024		Aarti Ghat
17:30 – 18:00	Ganga Yagna/Havan		Aarti Ghat
18:00–19:00	Sacred Ganga Aarti		Aarti Ghat
19:00–20:00	Ecstatic Devotional Chanting and Kirtan with Vishvambhar & Friends		Shankar Bhagwan Ghat
20:00–21:00	<i>Dinner</i>		Garden

MARCH 14TH

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

– HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
6:00 – 7:30	Bheem Prana Power Yoga	Yogiraj Swami Jayant Saraswati	Yoga Hall Ground Floor
	Chakra Alignment with Asana and Meditation	Dr. Indu Sharma	Yoga Hall Middle Floor
	Lila Yoga Vinyasa for Heart Opening Transformation	Erica Kaufman	Yoga Hall Top Floor
	Meditation	Darshana	Satsang Hall
6:30-7:15	Sunrise Chanting	Sudhanshu Sharma	Aarti Ghat
7:00-8:00	<i>Tea/Coffee/Light Snacks</i>		Garden
7:30-8:00	Parmarth Niketan Sacred Morning Fire Ceremony (Yagna/Havan) with Pujya Swamiji and Pujya Sadhviji		Grove of Ancient Trees (Ganesh Courtyard)
8:00-9:30	Reverse Aging	K.C. Jain	Yoga Hall Ground Floor
	Instability to Stability	H.S. Arun	Yoga Hall Middle Floor
	Rebirthing 3	Jai Hari Singh	Yoga Hall Top Floor
	Mat to Mind: Exploring Mind – Body connection in Yoga Sadhana	Dr. Ishwar Basavareddi	Saraswati Garden
	The Matrix Decoded: Understanding Maya	Bijay Anand	Yoga Ghat
	Bhakti Mantras and Stories	Visvambhar Sheth	Sacred Sound Stage
9:00-10:45	<i>Brunch</i>		Garden
11:00-13:30	Special Eco-Friendly Holi Celebration with ecstatic drumming by Sivamani, dancing and flowers in the Yoga Garden, followed by group Ganga Snan with sacred mantras		Garden
14:00-15:30	<i>Lunch</i>		Garden

TIME	CLASS	PRESENTER	LOCATION
15:45-17:00	Igniting Agni	María Alejandra Avcharian	Yoga Hall Ground Floor
	Yoga Nidra	Sadhvi Abha Saraswati	Yoga Hall Middle Floor
	The Nature of Being	Gayatri Yogacharya	Yoga Hall Top Floor
	Satsang – The Mind and the Cosmos	Anand Mehrotra	Saraswati Garden
	Sound Journey for World Peace	Sandra Barnes, Joseph Schmidlin, Astrid Slegten, Sanj Hall	Sacred Sound Stage
17:00 – 17:30	<i>Tea & Snacks</i>		Garden
17:30-18:00	Ganga Yagna/Havan		Aarti Ghat
18:00-19:00	Sacred Ganga Aarti		Aarti Ghat
19:00-20:00	Incredible Ecstatic Drumming and Mystic Music with Sivamani and Runa Rizvi		Shankar Bhagwan Ghat
20:00-21:00	<i>Dinner</i>		Garden



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

– HH Pujya Swami Chidanand Saraswati



PARMARTH NIKETAN
P.O. Swargashram, Rishikesh (Himalayas),
Uttarakhand, 249304

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