



INTERNATIONAL YOGA FESTIVAL

March 9-15, 2025

Parmarth Niketan Ashram, Rishikesh (Himalayas), India



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



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

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 28 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:

sadhviji.org

[youtube.com/sadhviji](https://www.youtube.com/channel/UCGpZV9e1pHtXt0aUgq5wYmQ)

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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, Sadhvi has lived at Parmarth Niketan for more than 28 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.



Shri 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 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.



Sri Prem Baba

Sri Prem Baba has dedicated himself to self-knowledge since he was a boy. His work and teachings have already brought profound and significant changes in the lives of thousands of people around the world. At the age of 33, in Rishikesh, in the Himalayan region of India, he met his great teacher and spiritual master Sri Hansraj Maharajji, who initiated him in the learnings of the ancient Sachcha lineage, whose mission is to awaken love in everyone and everywhere. It was with Maharajji that he found his fulfillment and ever since has made a commitment to perpetuate such a mission. His innumerable satsangs have been transcribed and made available free of charge in several languages and formats, allowing a wide range of knowledge.



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.



Gurmukh Kaur Khalsa

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



Dr. Zach Bush

Zach Bush MD is a physician specializing in internal medicine, endocrinology and hospice care. He is an internationally recognized educator and thought leader on the microbiome as it relates to health, disease, and food systems. Dr Zach founded *Seraphic Group and the nonprofit Farmer's Footprint to develop root-cause solutions for human and ecological health. His passion for education reaches across many disciplines, including topics such as the role of soil and water ecosystems in human genomics, immunity, and gut/brain health. His education has highlighted the need for a radical departure from chemical farming and pharmacy, and his ongoing efforts are providing a path for consumers, farmers, and mega-industries to work together for a healthy future for people and planet.



Shiva Rea

Shiva Rea serves the art of yoga around the world inspired by her Sat Guru Mata Amritanandamayi and thirty years of pilgrimage and studies in India. As founder of Prana Vinyasa and the Samudra Global School for Living Yoga, Shiva honors the roots of yoga, Ayurveda, and tantra in creative, life-transforming courses and trainings. Her studies in Tantra, Ayurveda, Krishnamacharya lineage, Kalaripayattu, Odissi and somatic movement infuse an approach to living yoga and embodying the flow. Her book, "Tending the Heart Fire – Living in Rhythm with the Pulse of Life" offers vinyasa as movement meditation for life-regeneration and following the flow of 54 Namaskar as a mandala for the journey of the year. Shiva teaches in conferences, festivals, and actions for the environment, yoga, and the arts, from the International Yoga Festival to Bhakti Fest. Shiva Rea received her B.A. and M.A. from the University of California, Los Angeles in World Arts and Cultures where she started the first yoga program at UCLA.



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.



Rujuta Diwekar

Rujuta Diwekar is India's leading public health advocate and amongst the most followed nutritionists globally. Her books have sold more than 1.75 million copies and her videos have received more than 300 million views. Her clear and simple message to eat local, seasonal, and traditional, has redefined the discourse on health and wellness, nudging it away from diet trends and towards sustainable well-being of people and the planet.



Brandon Bays

Brandon Bays is internationally known for her radically transformative work in the fields of cellular healing, emotional wellbeing and spiritual awakening, and is the pioneer of The Journey Method®. As the founder of The Journey method, she has touched the lives of hundreds of thousands worldwide, offering a revolutionary approach to personal growth and transformation. What sets The Journey method apart is its unparalleled effectiveness and the profound results it delivers. From overcoming chronic pain and illness to breaking free from addiction and trauma, countless people have experienced life-changing breakthroughs through The Journey.



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.



Mirabai Starr

Mirabai Starr is an award-winning author of creative non-fiction and contemporary translations of sacred literature. She taught Philosophy and World Religions at the University of New Mexico-Taos for 20 years and now teaches and speaks internationally on contemplative practice and inter-spiritual dialog. A certified bereavement counselor, Mirabai helps mourners harness the transformational power of loss. Her latest book, *WILD MERCY: Living the Fierce & Tender Wisdom of the Women Mystics*, was named one of the "Best Books of 2019". She lives with her extended family in the mountains of northern New Mexico.



Andrew Sealy

Andrew Sealy is a connection catalyst, a Yoga artist, and a movement creator. His days are spent traveling to find adventure, practicing to cultivate growth, and constantly absorbing wisdom to creating new experiences that he shares with love to his friends around the world. He finds joy in interviewing Yogis from all walks of life to share their inspiring stories on the Yoga Revealed Podcast. The continuous self discovery process of Yoga compels Andrew to embody progressive knowledge while positively influencing and empowering his students. This drive is derived from a deep place within his heart that confirms humanity's genuine kind nature and true intention to change, grow, and maintain it's natural beauty. Andrew's teachings aim to answer the question, How can we adapt to create and evolve to sustain?



Dr. Vignesh Devraj

Dr. Vignesh Devraj is a 4th generation Ayurvedic healer. He is the founder and chief physician of Sitaram Beach Retreat, Kerala – a space for authentic healing and transformation. Dr. Vignesh is a committed practitioner and researcher on Panchakarma, an ancient body purification method which activates the body's innate healing energies, providing the foundation to true health. His expertise lies in explaining ancient healing concepts and making it more accessible to the modern world. Dr. Vignesh Devraj believes – true health is the foundation of true happiness.



Swami Svatmananda

Svatmananda traveled great distances to learn from the foremost experts of Vedic knowledge, including the eminent scholar Swami Dayananda Saraswati. He learned from his Guru how to unfold the vision of Vedanta and the Bhagavad Gita, with such ease and clarity that makes it accessible to anyone interested such sacred teachings. Today, Svatmananda lectures on Vedic knowledge including Yoga, Vedic Astrology, Ayurveda (medicine), Vaastu (architecture), and Vedanta. He has conducted courses and workshops from North to South America, Africa, Japan, India, and Europe. Culturally, Svatmananda's experience of growing up on four different continents and amongst multiple religious traditions has led him to connect amicably with people from all backgrounds. His rare combination of innate skills, broad life experience and dedicated study translates into a uniquely comprehensive approach to teaching and applying Vedic wisdom in modern times.



Dr. Edison de Mello

Founder of The Akasha Center, Edison de Mello, MD, PhD, is a board-certified Integrative Physician by the American Board of Integrative Medicine and a licensed psychotherapist by the California Board of Behavioral Sciences. He practiced psychotherapy for 13 years before entering medical training and now practices and teaches evidenced- based integrative medicine. Envisioned as a "healing sanctuary," where all parts that compose a person, namely mind, body and spirit, are equally addressed when treating and preventing disease, The Akasha Center exemplifies Dr. de Mello's vision and strong commitment to the practice of integrative medicine. His goal is to help every patient get the best out of the integration of science-proven approaches to medicine, drawing from both the technological advances of the West and the ancient wisdom of the East.



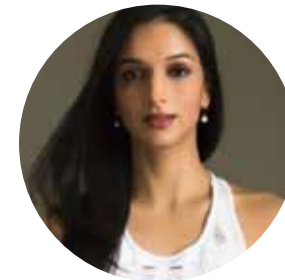
Gurushabd Singh Khalsa

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. Yogrishi Vishvketu

Himalayan Yoga Master, author and Founder of Akhanda Yoga Wellbeing, Dr. Yogrishi Vishvketu (Vishva-ji)'s holistic approach brings forward ancient wisdom for a modern age incorporating asana, pranayama, mantra, meditation and yogic wisdom in every class. A yogi at heart, he has studied and practiced Yoga for over 40 years and holds a PhD in Yoga Philosophy. For that last 25 years, he has been sharing this unique blend of practical experience and knowledge of wisdom texts at workshops and conferences internationally. Dr. Yogrishi has trained thousands of teachers through his 100-, 200- and 300-hour Yoga Teacher Training programs at Anand Prakash Yoga Ashram in Rishikesh, India, where he lives half of the year. Vishva-ji is the author of *Yogasana: The Encyclopedia of Yoga Poses*, and collaborated on *The Business Casual Yogi*.



Ira Trivedi

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



Vaidya Dr. Padma Nayani Gadhi Raju

Vaidya Dr. Padma Nayani Gadhi Raju has been trained in Ayurveda since childhood and holds a BAMS in Ayurveda, MSc Psychology, and PhD. and Master's Degree in Public & Personnel Management. Dr. Padma is a daily consultation Vaidya supporting patient care, and is the Clinical Administrator for Dr. Raju's Institute of Ayurveda Pvt. Ltd. since 2005. Dr. Padma specializes in Panchakarma, infertility, counselling and women's health programs, preconception/conception solutions, pregnancy support by the month, delivery & postpartum advice, and infant & child care. Dr. Padma is a master herbalist who oversees & prepares the wondrous herbal formulas used at the clinic during Panchakarma and for follow-up after treatment. Their products are used globally, helping all manner of people from different backgrounds & beliefs to heal naturally through authentic Ayurveda.



Dr. Krushna Naram

Dr. Krushna Naram carries forward a 2,500-year-old lineage of healing, originating with Jivaka, the personal physician of Buddha. This sacred tradition, passed down through generations of masters, integrates pulse diagnosis, herbal remedies, and lifestyle guidance to address chronic and critical health challenges. Trained by his parents—renowned healers with the ability to precisely diagnose through pulse touch—Dr. Naram began learning this art as an infant. Today, he has conducted over 30,000 pulse consultations in 12 countries and 35 cities, helping over 8,000 individuals each month and transforming the lives of more than 1.5 million people globally. Specializing in conditions like diabetes, autoimmune diseases, joint degeneration, cancer, Alzheimer's, and more, Dr. Naram combines ancient wisdom with practical solutions for those who have found no relief elsewhere.



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.



Ramkumar

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



Sianna Sherman

Sianna Sherman is an international yoga teacher, storyteller, and speaker at conferences and festivals throughout the world. She is the founder of Rasa Yoga, Mythic Yoga Flow®, and RITUAL. Sianna touches the human heart through story and offers teacher trainings, workshops, retreats, pilgrimages, and online studies. Her training includes three decades of study with master yoga teachers and scholars in India and abroad, as well as a background in bodywork, anatomy, herbalism, feminine studies, and climate reality training. She is currently dedicated to social justice education and to unpacking her own white privilege. In addition, she is in a two-year mentorship for shadow work and emotional intelligence. Sianna is committed to being Love In Action here on earth to serve.



Amish Shah

Amish Shah is a global thought leader and the visionary founder of The Natural Law, an award-winning movie and movement dedicated to integrating ancient wisdom, such as Ayurveda and yoga, with modern practices to foster holistic well-being. A passionate advocate for conscious living, Amish's mission is to inspire individuals to reconnect with the natural rhythms of life and unlock their highest potential. His work reaches millions through Deep Origins, a media platform dedicated to sharing timeless wisdom with modern audiences. His unique approach bridges the gap between ancient traditions like yoga and Ayurveda and cutting-edge innovation, offering a blueprint for a balanced and thriving future.



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*.



Kumaar Bagrodia

Often called India's 'Brain Enhancer', Kumar is the lead on policy on aging & neurodegenerative diseases at the B20 G20 task force on technology, innovation and R&D. He is a member of the committee iie at AIIMS All India Institute of Medical Sciences, an institute of national importance under the Government of India. Founder of NeuroLeap, India's leading applied Neuroscience company leveraging Brain Computer Interface technology for better mental health & brain Enhancement. Founder, Arkni PhotoBioLife India's #1 therapeutic wearable device.



Dr. 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.



Subah Saraf

Subah is an acclaimed health educator, published author and co-founder of the health education platform 'Satvic Movement'. Subah's journey into health began after she healed her own chronic diseases (thyroid imbalance, PCOD, major hairfall and acne) by following natural healing principles. At the young age of 17, she decided to devote her life to the purpose of uplifting people's health. She learnt the science of nature cure under the guidance of multiple Indian masters. She is also a certified health educator from the Hippocrates Health Institute, Florida. Subah's goal is to share this intricate healing knowledge with as many people as possible, so that we can move closer to a disease-free world.



Harshvardhan Saraf

Harshvardhan Saraf, a social entrepreneur and visionary, is the co-founder of Satvic Movement'. His journey began with his own personal health challenges. From a young age, Harshvardhan struggled with chronic sinusitis and skin problems, which affected his quality of life. At the age of 20, Harshvardhan made a pivotal decision to transform his food and lifestyle habits. To his amazement, these changes not only resolved his chronic health issues entirely but also made the need for surgery unnecessary. This profound transformation became a defining moment for him and ignited his purpose. Today, Harshvardhan is committed to creating a global movement where individuals can reclaim their health with nature's abundant healing resources.



Radhika Gupta

Radhika was trained by Dr. Balasundra Srinatha and BNS Iyengar in Mysore in 2017. This in-depth course gave her the required skills to make yoga available online so that it reaches millions of people. She has an Honours degree in Psychology from Lady Shree Ram College, Delhi. She combines the tools of modern science and ancient scriptures to help you grow better. At 28, Radhika was diagnosed with breast cancer. This is when her journey of Yoga began. She practised yoga for years, even while going through chemotherapy. Today, she is healthier & more grounded than ever before.



Akshay Jain

Akshay, an inner-work teacher at Satvic Movement, discovered his passion for yoga at the age of 20. His dedication led him to attend over a dozen inner work programs across various yoga schools, immersing himself in the practice for 4-6 hours daily over many years. Through this journey, he experienced profound transformations in his mental and physical well-being, finding deep stillness within. Driven by a calling to share his experiences, Akshay now hosts transformative kriyas, meditations, and inner experiences in the Yoga Wing. With a focus on creating a safe and nurturing environment, he guides his students into states of deep relaxation and self-discovery.



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.



Jinal Shah

Jinal Shah has trained under and is working with Rujuta Diwekar as a diet and exercise consultant since her graduation in 2012. A TEDx speaker, she has worked with a diverse set of clients from all walks of life, of all age groups and varying fitness levels, and plans diet and workout routines for them. She has also been speaking at various forums on topics related to health and nutrition.



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.



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



Dr. Indu Sharma

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



Ganga Nandini

Ganga Nandini was born and raised in Los Angeles, California, and graduated from University of California Berkeley with a Bachelors Degree in Molecular Cell Biology and Psychology. On a journey to connect to her Indian roots, she was called to the banks of Mother Ganga and reached Parmarth Niketan Ashram in 2010. She was deeply inspired by Pujya Swamiji and Sadhviji and has been living there since then, engaged in spiritual study, practice, and yoga. Today she lives a life dedicated to health and wellness, overseeing multi-faceted service initiatives undertaken by Parmarth Niketan and its affiliated organizations. She has been teaching and practicing Yoga for over 15 years, has completed her 900 hour ATTC with the Yoga Institute, Mumbai and her 200 hour TTC at Parmarth.



Dasa Das

Dasa Das is an international yoga teacher with a unique style serving the international yoga community. He is the founder of Dasa Das Yoga Adventure, a rounded approach to the lean to the unknown and traveling while experiencing the love of yoga. He is known for the love of life and being a servant to those who are going to the journey together as student and teacher. He brings uniqueness with his teaching as he combines all his learning from different aspects of yoga lineage. Dasa Das is known for his dynamic teaching style and ability to connect with students on a personal level. His classes are challenging, but also engaging and fun. He is passionate about helping students achieve their full potential.



Jahnvi Claire Missingham

Originally a choreographer for rock music videos, Jahnvi Claire Missingham 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. Jahnvi 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. Jahnvi Claire opened the UK's first teacher training school for the Vinyasa method back in 2009. She has been featured in many Yoga Journal issues in the USA, was a resident teacher at Triyoga London for over 17 years.



Aarvika Gupta

Aarvika is a renowned Celebrity Yogini, actor, and fitness enthusiast dedicated to promoting holistic wellness through yoga and spiritual growth. Inspired by her father to embrace yoga and stay connected to her roots, her deep connection to yoga led her to explore its true essence beyond just physical postures, recognizing it as a holistic discipline to achieve harmony and balance in life. In 2017, Aarvika became an internationally certified yoga practitioner. Along with her partner, Ayush Gupta, she co-founded Anannt Oorja Safar, a transformative platform offering holistic wellness through yoga, meditation, and spiritual retreats. Together, they have conducted over fifty yoga sessions worldwide, including in Kenya, Singapore, Dubai, Bali, and other international locations.



Ayush Gupta

Ayush Gupta, a renowned Reiki healer, Yog practitioner, tarot reader, and numerologist, began his spiritual journey at the age of 7 when he started practicing meditation and Reiki healing. By the time he was 10, Ayush healed his mother from throat cancer—a life-changing experience that inspired him to dedicate his healing abilities to helping others. Over the years, he has healed more than 3,000 individuals worldwide, including Bollywood celebrities, influential politicians, and people from diverse backgrounds. His exceptional contributions have earned him multiple world records. In collaboration with Aarvika Yogini, a dedicated yoga practitioner, Ayush co-founded Anannt Oorja Safar, conducting transformative spiritual sessions that bridge the gap between ancient spiritual practices and modern wellness needs.



Anurada Ramanova

Anurada Ramanova is a globally celebrated Yoga Master and mindfulness expert. As the founder and CEO of the Reboozone Group and the authoritative Yoga brand in Russia, she blends ancient wisdom with modern needs, empowering individuals to lead a beautiful, stress-free life aligned with their true purpose. With over 25 years of Ashtanga Yoga practice and deep expertise in Vipassana meditation, Anurada's journey is rooted in authentic traditions. She honed her craft in the Himalayas, studying Karma Yoga for five years, and trained intensively under Pa Auk Sayadaw in Burmese monasteries. She practices Yoga exclusively within the authoritative lineage of Tirumalai Krishnamacharya, adhering to the principles of Patanjali.



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. 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.



Har Hari Singh Khalsa

Har Hari Singh Khalsa is a certified Kundalini Yoga teacher and healer, born in Ecuador. He is the founder and director of the EAN International School and has more than 15 years of experience in the yogic and healing field. Throughout his career he has specialized in the therapeutic use of Gong, using it to heal people who come to him hoping to improve physically, emotionally and energetically, based on the teachings of Yogi Bhajan.



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.

We look forward to welcoming you to the Sacred Sound Stage for sacred chanting each morning, inspiring workshops during the day, restorative sound baths in the afternoon, and blissful kirtan each evening!

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.



Runaa Rizvii Shivamani

Runaa Rizvii Shivamani is a famous Sufi and classical singer, whose soulful voice truly transports her audience into a spiritually-awakened space. She will accompany her husband, renowned percussionist Sivamani, at IYF. A serene and powerful voice in the world of music, Runaa 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.



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.



Kailash Kher

Kailash Kher is not only one of the most loved Indian artists internationally. His music style is influenced by Indian folk music and Sufi music, and he is a prominent singer in Hindi, Tamil, Telugu, Malayalam, Kannada, Bengali, Odia and Urdu languages. He is the recipient of two trophies of Filmfare Award for Best Male Playback Singer, and is known for his unique and powerful voice, style and music. He has established himself as one of the most successful and popular singers of India.



Rādhikā Dās

Rādhikā Dās is a London-based Kirtan artist and Bhakti Yoga teacher who has been practicing for 16 years. He has devoted his life to helping people find spiritual fulfilment through mantra, Bhakti Yoga and meditation. His talks and events span over 30 cities and countries worldwide. Radhika Das has travelled the world, offering his voice and understanding of Bhakti in the performance of sacred music and call-and-response mantra chant. Radhika has a unique way of sharing soothing mantra meditation music with uplifting philosophy that raises the consciousness and will leave your body and soul dancing in bliss.



The Gil Ron Shama Ensemble

The Gilron Shama Ensemble invites audiences on a transformative musical journey. This extraordinary group of five master musicians specializes in Makam music—an ancient, Middle Eastern tradition renowned for its healing qualities and spiritual depth. The ensemble unites musicians from diverse diasporas of the Middle East, reflecting the rich cultural heritage of Israel, Yemen, Egypt, Ashkenaz, and Tunisia. Together, they blend sacred music with a message of peace, harmony, and



Artists / Musicians & Sacred Sound Stage

divine connection. The Gilron Shama Ensemble brings their sacred sounds to India, using music as a universal language of love and reconciliation. Their performances promise to transform every listener, fostering a collective experience of peace, unity, and the divine. In the past year, the Gilron Shama Ensemble has traveled across Israel, performing at the borders of war zones and in areas deeply affected by trauma. Their mission has been clear: to heal, spread love, and deliver a message of peace to those living in the shadow of conflict.

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.



Arindam Chakravarty

Arindam is an "A" Grade Artist of All India Radio and National Television from Ministry of Information & Broadcasting, an empanelled established Artist of ICCR from Ministry of external affairs, a senior National Scholar from Ministry of Culture, a regular performer as an International Collaborator worldwide with several legendary & iconic Musicians. Arindam is the Head of Dept. in Instrumental Music in Malhaar Centre For Performing Arts in Dubai.



Adam Bauer

Adam travels the globe sharing the heart-expanding beauty of sacred chant, the I Ching, transformational conversation, healing touch and laughter. His three solo chanting albums—Shyam Lila (2014), Wonderville (2017), and Return to the Sacred (2020) are all critically-acclaimed. Adam sings and offers workshops, programs and private sessions worldwide and online. Adam's work aims to witness, celebrate and integrate life's joys and challenges with kindness, humor and grace. He brings deep presence, love, and inspiration into his coaching, devotional and somatic work.



Shreya Radhika Lakhani

Shreya Radhika Lakhani is a Sanskrit scholar and mantra specialist based between London, Rishikesh, and Mumbai. She has studied Sanskrit and been meditating and immersed in Vedic traditions since the age of six. Shreya holds an MA in Sanskrit from the University of Oxford (Balliol College), and a Postgraduate Diploma in Law. She is a classically trained singer and cellist, and has worked across the social impact sector for the past five years. Shreya believes Sanskrit, mantra, and ancient wisdom have the power to transmute our inner worlds and transform our communities to create harmony in the world. She integrates various disciplines through her devotional practices, facilitating spaces to open our hearts through mantra, sound, and the study of Sanskrit.



Charlotte Holmes

Charlotte Holmes is a yogi, model and teacher on a mission to lead you in deep and transformative experiences through movement, kriya and breath to help you connect to your true self, unlock your greatest potential and live a life of freedom and fulfilment. She currently teaches at Sattva Yog Academy in Rishikesh.



Sarthak Haruray

Sarthak Haruray has been immersed in the art of playing the bansuri in the Hindustani classical style since the age of 12, studying with dedication at the Sri Aurobindo Ashram. His journey with the bamboo flute is deeply rooted in the rich traditions of Indian classical music, while his passion for collaboration has continually expanded the horizons of his musical expression.



Sandra Barnes

Sandra is a joyful free spirited yogini from Argentina, where her yoga journey began, and has been teaching yoga in the UK for 25 years. 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 Slāde 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.



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.



Peter Sværen

Peter is a versatile artist and multi-instrumentalist from Norway/Italy. He’s primary instruments are keys, guitars, vocals and percussion. An artist working with production, performance, immersive/ spatial sound design, facilitating music and rhythm based workshops, offering Kirtan and singing circles, as well as 1-1 and group music lessons.



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.



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



Ross O’Connell

Ryan is a multi-instrumental composer and freelance musician from the US, specializing in the trumpet. While his college degrees are in classical and jazz music, his current work explores the intersection of improvisation, meditation, and electronics. His work seeks to challenge how others interact with art, and the role sound in one’s spiritual journey. Recently, he led The Ohm Project, a collaboration of original music for introspection around the climate crisis, institutionalized racism, and the nature of Anicca, impermanence.



Micaela Montserrat

Micaela Montserrat is a passionate explorer of the inner realms, a bridge between ancient traditions and modern healing, and a guide for those seeking deep transformation. Her journey has led her across sacred landscapes—from the Sonoran Desert to the deep Amazon rainforest and the spiritual sanctuary of Parmarth Niketan Ashram in India—where she has immersed herself in the wisdom of diverse healing practices. Inspired by her multicultural experiences and holistic studies, Micaela explores the essence of being through movement and the transformative power of voice. Rooted in authenticity, love, and deep presence, she creates safe and sacred spaces for profound inner exploration, healing, and reconnection with the soul’s essence.



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.

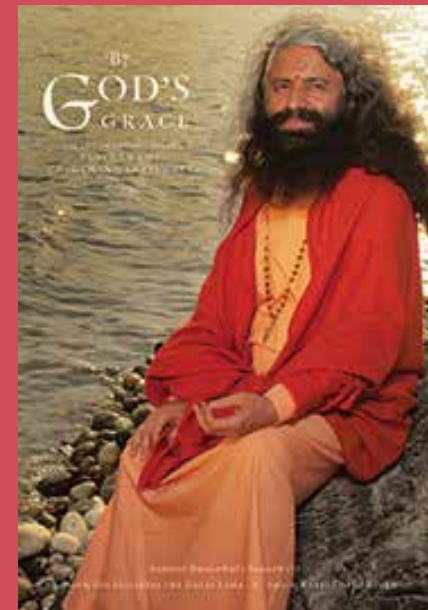
Further, swadhyaya also means self-study. Introspection is one of the greatest tools of a spiritual path. Our egos, our fears, our desires, our misconceptions and even just the hecticness of our lives keep us from truly examining our own lives. Each night we must ask ourselves, “Where do I stand?” Take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

Ishwara Pranidhana: Devotion/Surrender to God

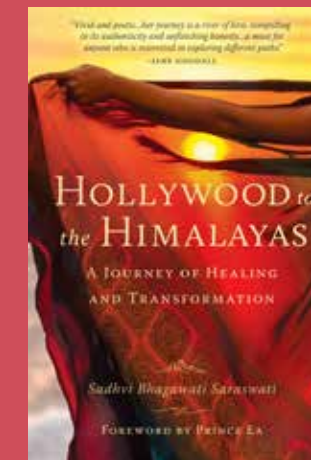
This is the final, ultimate commandment of leading a dharmic life. It doesn’t matter what name or what form of the Divine you worship. What matters is that you are surrendered fully to God. Only through living for Him and dedicating all of our actions to Him, can we find peace, joy and meaning in life.

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

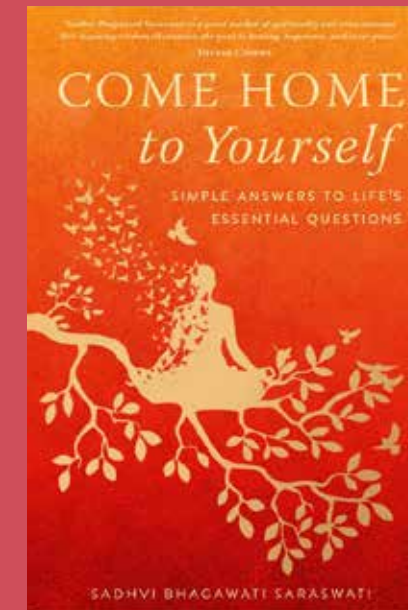
Further Reading from Pujya Swamiji & Sadhvi Bhagawatiji



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



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Yoga: For Ourselves, For Our Planet

BY SADHVI BHAGAWATI SARASWATI

The Global Spread of Yoga

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

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

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

The Fullness of Yoga – True Divine Union

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

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



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

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

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

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

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

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

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

Yoga to Save Ourselves and Our Planet

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

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

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

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

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

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

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

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

Styles & Lineages

Satsang and Darshan with Revered Saints

Satsang and discourses with our 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, Kia Miller, Tommy Rosen, Dr. Yogrishi Vishvketu, Sianna Sherman, Ira Trivedi, Andrew Sealy, Radhika Gupta, Akshay Jain, Ganga Nandini, Erica Kaufman, Dasa Das, Aarvika Gupta, Ayush Gupta, Anurada Ramanova

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, Sensei Sandeep Desai, Andrew Sealy, Anurada Ramanova

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, Dasa Das

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.

Shiva Rea, Kia Miller, Andrew Sealy, Dasa Das, Jahnavi Claire Missingham, Rohini Manohar

Pranayama & Breathwork

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

Sadhvi Abha Saraswati, Yogiraj Swami Jayant Saraswati, Kia Miller, Dr. Yogrishi Vishvketu, Sianna Sherman, Erica Kaufman, Dasa Das, Aarvika Gupta, Ayush Gupta

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

Yoga Nidra

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

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, Daphne Tse, Gurnimit Singh, Krishnapriya, Joseph Schmidlin, Sudhanshu Sharma, Arindam Chakravarty, Adam Bauer, Shreya Radhika Lakhani, Charlotte Holmes, Sarthak Haruray, Sandra Barnes, Astrid Slegten, James Cassidy, Peter Sværen, Sanae Yamamoto, Har Hari Singh Khalsa, Sanj Hall, Simon Glöde, Ross O'Connell, Micaela Montserrat

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.

Rohini Manohar, Radhika Gupta, Akshay Jain, Dasa Das

Styles & Lineage

Philosophy & Vedanta

Swami Svatananda, Dr. N. Ganesh Rao, Gayatri Yogacharya

Wellness, Healing & Lifestyle

Health, Ayurveda, & Nutrition

Rujuta Diwekar, Dr. Padma Nayan Gadhi Raju, Dr. Krushna Naram, Ramkumar, Jinal Shah, Amish Shah, Dr. Vignesh Devraj, Dr. Edison de Mello, Kumar Bagrodia, Dr. N. Ganesh Rao, Harshvardhan Saraf, Subah Saraf, María Alejandra Avcharian, Aarvika Gupta, Ayush Gupta

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



PARMARTH
SCHOOL OF YOGA



Join us for our Upcoming Courses

- **YOGA RETREATS • NAADA YOGA**
- **YOGA PHILOSOPHY • WELLNESS WORKSHOPS**
- **YOGA TEACHER TRAINING • FOUNDATION YOGA**
- **KRIYA YOGA • PRANAYAMA & MEDITATION**
- **VEDANTIC STUDIES & MORE**



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.

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)

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.

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

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.

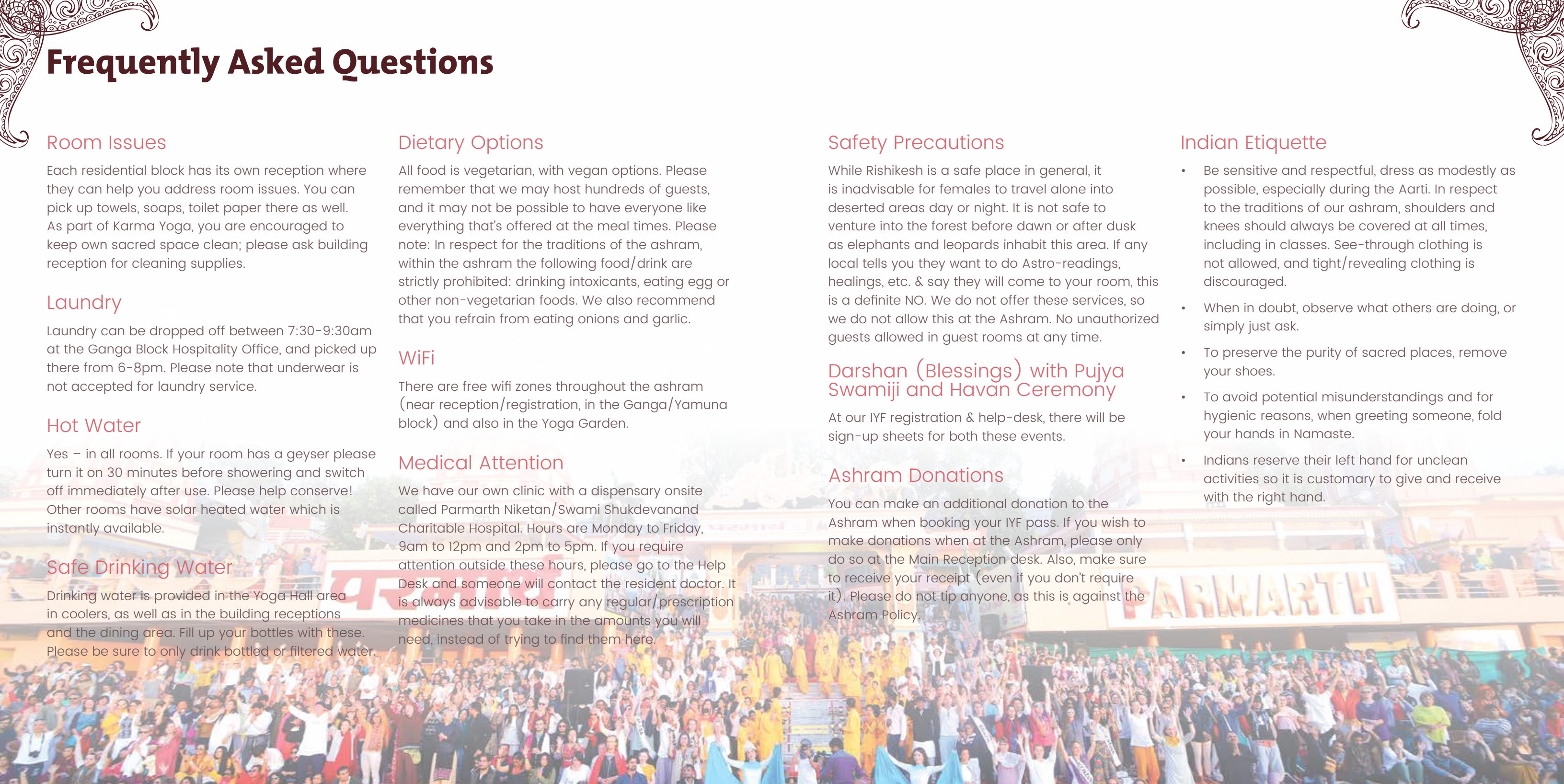
If you have any problems or need assistance in any way, please stop by the IYF office or the Reception Office.

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.

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

2025 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.



Anant Oorja Safar

Anant Oorja Safar is a journey within—a path to discovering the infinite energy that resides inside you. Founded by Reiki healer Ayush Gupta and yog practitioner Aarvika Gupta, this spiritual initiative is dedicated to guiding individuals toward inner peace and self-discovery through meditation, Reiki, and energy healing. To enhance this journey, we offer Reiki-energized crystal products that create a powerful energy field around you. These crystals are specially charged to activate and balance your five senses, helping you focus inward and align with universal energy. Anant Oorja Safar invites you to explore this transformative experience and unlock the boundless power within you.



The Healing Guide® - Your Holistic Health Partner

The Healing Guide® - Your Holistic Health Partner is committed to enhancing well-being through sound healing and other energy healing modalities. Founded by Himanshu Dua, a skilled psychologist and yoga teacher, the company offers specialized sound healing training courses available in online, offline and hybrid formats, catering to various learning preferences. In addition, we provide high-quality sound healing instruments for therapeutic use. Our services extend beyond sound healing to include Counseling, Psychotherapy, Access Bars® and Bach Flower Therapy, ensuring a comprehensive approach to mental, emotional, and physical health. At Anadyanta, we empower individuals to unlock their healing potential, fostering personal growth and balance through transformative therapies.



Pashmina World

Welcome to the world of elegance and craftsmanship! At Shiv Gauri Pashmina World, we specialize in bringing you the finest collection of cashmere pashmina shawls, Kashmiri papier mache handicrafts, stunning Gemstone Beaded Malas, Bracelets, Necklaces and the most enchanting Natural Attar Fragrance Oils. Indulge yourself in the luxurious softness of our cashmere pashmina shawls, experience the rich cultural heritage of Kashmir through our intricately designed papier machie handicrafts, discover the power of gemstones with our specially curated gemstone japa malas and bracelets, and the soothing scents of our natural fragrances and attars. Come explore the perfect blend of art, tradition, and spirituality.



Wiselife

At Wiselife, we believe yoga is more than just movement; it's a way of life. Our premium yoga mats, apparel, and accessories are thoughtfully designed to enhance your practice, whether you're a beginner or an experienced yogi. Crafted with high-quality, eco-friendly materials, our products provide the perfect balance of comfort, durability, and style. From non-slip, cushioned mats to breathable, form-fitting activewear, every item is made to support your journey toward strength, flexibility, and mindfulness. Whether you're flowing in the studio, practicing at home, or taking yoga outdoors, Wiselife is with you every step of the way. Elevate your yoga experience with Wiselife—because your practice deserves the best.



Fabindia

Supporting artisans and crafts for the past 62 years, Fabindia has a legacy of promoting India's best handicrafts, apparel like kurtas, handcrafted saris, traditional and contemporary home decor, carefully curated personal care and even organic foods. Our products are natural, craft based, and have a distinct recognizable signature. Our teams endeavour to blend indigenous craft techniques with contemporary designs, presenting aesthetic and affordable handcrafted products to today's consumers using natural materials and fibres. Our supply base has expanded to every state in India, has touched the lives of thousands of artisans and is contributing to the development of craft clusters and rural economies.



Sanskrit for You

Sanskrit is the gateway to our culture, our tradition and our land called Bharata. The greatest values, the greatest stories ever told and the greatest personalities ever lived are documented in Sanskrit. We, the students of Sanskrit came up with an idea to take this heritage of Sanskrit to the every YOU in the world. Thus, 'Sanskrit For You' is an attempt to bring the literary gems in Sanskrit to you in an easy, friendly and trendy manner. We attempt to make our every expression; right from our activities to merchandise, a step towards Sanskrit and Sanskriti, our culture.



Lumina Breeze

At LuminaBreeze, we believe yoga is more than just movement—it's a breath of life. Our yogawear is crafted from 100% natural fibers, free from toxins, allowing your skin to breathe as freely as your spirit. Designed for both men and women, our apparel blends comfort, functionality, and sustainability, ensuring that every pose, stretch, and meditation feels effortless. Whether on the mat or beyond, embrace a lifestyle that lets you move with ease and live with purpose. Step into LuminaBreeze. Let your practice flow.



Akiso

We are AKISO, a brand making all natural yoga wear – the first of its kind! Our yoga wear has been designed in collaboration with seasoned yoga instructors and holistic lifestyle experts. Carefully crafted for the modern day yogi, entirely plastic and metal-free, to ensure the flow of "PRANA" is not obstructed during your practice. The mission of our growing community is to create a supportive and inclusive space where practitioners of all levels can come together to explore the profound benefits of yoga and embrace a holistic approach to health and happiness. We're excited to join hands with you to create a space filled with positive energy, mindfulness, and the transformative power of yoga!



Khayal

Khayal focuses on producing high-quality result-oriented Ayurvedic products based on extensive research and development on rare and precious herbs. Our manufacturing plant, inaugurated and blessed by HH The Dalai Lama of Tibet, spans over 15,000 square feet and is equipped with modern technology. The company employs the best in business herbal technocrats, researchers, micro-biologists, ayurvedic doctors, and scientists to create effective combinations of time-tested Ayurvedic 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.



House of Jugnu

House of Jugnu is a rural women-centric startup which is promoting GI tagged products from various villages across India like handblock printed products from Rajasthan, handwoven chanderi sarees from Madhya Pradesh, Kutch embroidery from Gujarat etc. All our products are handmade/handblocked to support the rural artisans and preserve the cultural heritage of India. Our designs are a blend of Indian traditions and contemporary art.



Skid O2

Skid O2 Yoga Bags & Accessories offers thoughtfully designed double-strap yoga mat bags for yogis on the move. Created by Sneha Desai and Kinjal Shah, these eco-friendly bags provide comfort, style, and functionality, featuring spacious interiors with dedicated pockets for essentials like mobiles, bottles, and keys. Whether you're cycling, walking, or commuting to class, Skid O2 ensures ease of carrying. We are open to collaborations and distribution partnerships to bring our unique yoga bags to a wider audience. Connect with us to explore opportunities!



Damini Sangam Art

Damini Sangam Art specializes in handmade spiritual paintings of Shiv-Shakti, Shiva, Chakras, Buddha, Krishna, Goddess and scenery paintings hand-painted by artist Damini Sangam. Experience stunning artworks, vibrant colors and exquisite artistry. Our lifestyle range includes women's colourful kurtis, bedsheets, cushion covers, cotton hand bags and pouches, cotton scarves and more. Our products are eco-friendly, sustainable and each with distinct motifs, color palettes, and techniques, showcasing the rich Indian cultural diversity and artistry.



Namaste Rishikesh

Namaste Rishikesh is an authentic store with high-quality, handmade clothing, crafts, and products from Kashmir and across India, specializing in luxury pashmina, shawls, scarves, sarees, carpets, cashmere, silk jackets, papier mache, Indian handicrafts, and block print bed sheets.



Chitshakti

Chitshakti is a not-for-profit, 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 Rudraksh

Handcrafted in Bali with purpose and devotion, these exquisite Rudraksha beads from Indonesia embody the timeless wisdom of ancient sages. Inspired by Papaji, Aum Rudraksha carries a legacy that spans over 25 years following Papaji's vision, who 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 – to create peace on earth, which we need more than ever.



Shri Sai Handicraft

Shri Sai Handicrafts – Timeless Creations Inspired by Tradition. Immerse yourself in the beauty of heritage with Shri Sai Handicrafts, where every stitch tells a story. We bring to life the rich legacy of Kutch and Gujarati embroidery, crafting export-quality masterpieces that blend tradition with elegance. Our diverse collection includes exquisite sarees, handcrafted home decor, and artisanal accessories & attire. Each creation is a testament to craftsmanship, culture, and timeless beauty. Visit our stall and take home a piece of tradition!



Traditional Fab

Traditional fab is dealing in organic clothing, pashmina, wool and silk. Its organic cotton is consciously grown pesticide-free cotton, and natural dyes from roots, shoots, petals and peels are used. Carbon Footprint Conscious, circular production, manufacturing & supply chain slow made! A craft which flows with the rhythms of nature.



Shilpanjali Creations

Shilpanjali Creations is a Vadodara-based sustainable fashion and home decor brand committed to making the world a better place through thoughtful craftsmanship and eco-conscious innovation. The company brings together art, sustainability, and functionality through its two distinct brands—Shilpanjali and REDO. Shilpanjali specializes in premium handcrafted designer quilts, blending traditional artistry with modern aesthetics. REDO is a revolutionary brand that transforms upcycled single-use plastics into stylish and functional products. With a focus on reducing waste and promoting circular fashion, REDO is a step towards a greener and more responsible future. Join us in redefining sustainability.



The Himalayan Peace

Rooted in the purity of the Himalayas, The Himalayan Peace is where luxury meets mindfulness. Our artisanal candles and cold-processed soaps are meticulously crafted using the finest natural ingredients, designed to evoke tranquility and elevate daily rituals. More than just self-care products, they are an experience—one that awakens the senses, evokes deep emotions, and transports you to a place of serenity. Committed to sustainability, we use eco-conscious materials and ethical craftsmanship, ensuring that every element reflects harmony with nature.



Traditional India

Through our shop, we want to take the old tradition of India to the next generation. We want to tell the generation of today how our ancestors used to make their clothes beautiful, ethnic and stylish. All the fabric in our shop is all handmade, made from natural color and vegetable dye.



Om Prakash and Sons

We believe the wonderful powers of Malas, Rudraksha & Gemstones belong to everybody. Spanning three generations, Om Prakash and Sons proudly stands as the premier global destination for seekers of profound connection. Established in 1960 by the visionary Late Sri Om Prakash Ahuja near the sacred banks of the Ganga in Haridwar, we are the leading manufacturer, wholesaler & exporter of Mala Beads, Rudraksha, Gemstones, Crystals & Sacred Jewellery, each design meticulously handmade and crafted with select materials to complement the spiritual facets of human life. We pride ourselves on sustainability, fair trade practices, and ethical production, handcrafting each item with love and blessing them in the sacred waters of the Ganges in Haridwar.



Anaghaya

Anaghaya is a global wellness brand that blends ancient traditions with modern science to create healing self-care solutions. Inspired by Ayurveda, aromatherapy, & herbal wisdom, our products are designed to nurture the body, mind, and soul. We bring to you Ayurvedic formulations that boost immunity with superfoods such as A2 Ghee, Gulkand, & Herbal Teas. Our 100% natural, chemical-free self-care range is infused with the positive energy of Reiki and Ayurvedic healing prayers. We support female artisans and small-scale farmers for sustainable growth. At Anaghaya, we believe true beauty radiates from within, and our chakra-based rituals help you achieve that blissful glow.

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 Sadhviji 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.”

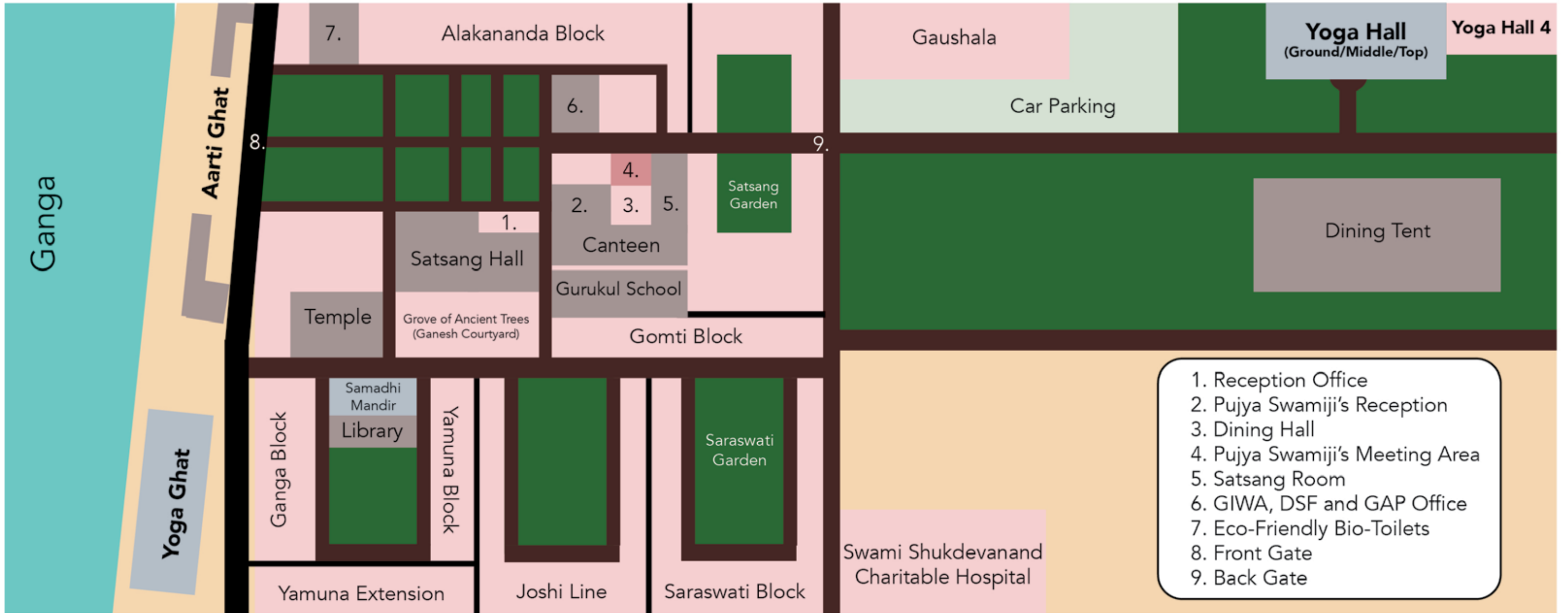
“ Such a beautiful experience being surrounded by such loving souls.”

Thank You to Our Partners

Gaia



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:

- | | |
|---|---|
|  Education |  Water, Sanitation & Hygiene (WASH) |
|  Medical care |  Protecting Environment |
|  Animal care |  Climate action |
|  Women Empowerment |  Cultural protection and preservation |
|  Vocation training skills |  Hosting at the Ashram |
|  Youth Empowerment |  Hosting free meals |

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



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