



# INTERNATIONAL YOGA FESTIVAL

## 2025 SCHEDULE OF EVENTS

PARMARTH NIKETAN ASHRAM  
RISHIKESH (HIMALAYAS), INDIA



# MARCH 9<sup>TH</sup>

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

- HH Pujya Swami Chidanand Saraswatiji



TIME	CLASS	PRESENTER	LOCATION
4:00 - 5:45	Kundalini Yoga Sadhana	Gurushabd Singh Khalsa	Yoga Hall Top Floor
6:00 - 7:30	The Himalayan Breath: Pranayama and Kriya for Vitality	Dr. Yogrishi Vishvketu	Yoga Hall Ground Floor
	AWAKEN BRILLIANCE Lila Sun Salutations	Erica Kaufman	Yoga Hall Middle Floor
	5 Elements Suryanamskar	Akshay Jain & Radhika Gupta	Yoga Hall Top Floor
	Rasa Yoga: Chakra of Compassion - Backbends, Pranayama & Chanting	Sianna Sherman	Saraswati Garden
	Ganga Yoga: Let Go and Let Ganga	Ganga Nandini	Yoga Ghat
6:30-7:30	Sunrise Chanting	Sudhanshu Sharma + SSS	Aarti Ghat
7:00-8:00	<i>Tea/Coffee/Light Snacks</i>		Garden
7:30-8:00	Parmarth Niketan Sacred Morning Fire Ceremony (Yagna/Havan) with Pujya Swamiji and Pujya Sadhvi		Grove of Ancient Trees (Ganesh Courtyard)
8:00-9:30	TBA	TBA	Yoga Hall Middle Floor
	Vinyasa Krama - The Forgotten Language of Sequencing	Stewart Gilchrist	Yoga Hall Top Floor
	Vedic Mantra Chanting	Dr. Indu Sharma	Yoga Hall 4
	Observe, Accept, Forgive and Be Grateful	Jai Hari Singh	Saraswati Garden
	Bheem Prana Power Yoga	Yogiraj Swami Jayant Saraswati	Satsang Hall
	Enlivening Shakti	Anand Mehrotra	Yoga Ghat
8:00-9:00	Harmony Sound Healing by Your Own Voice	Sanae Yamamoto	Sacred Sound Stage (Yoga Hall Ground Floor)
9:15-10:15	Coming Home	Sandra Barnes	Sacred Sound Stage (Yoga Hall Ground Floor)
9:30-10:45	<i>Brunch</i>		Garden
11:00-12:30	<i>Wisdom Talks: Spiritual Plenary Series What IS Yoga and Why Does it Matter? with Sadhvi Bhagawati Saraswati, Shiva Rea, Dr. N. Ganesh Rao, Anand Mehrotra, moderated by Ganga Nandini</i>		Yoga Ghat

TIME	CLASS	PRESENTER	LOCATION
12:45-14:15	Rebirth of the Self	Har Hari Singh Khalsa	Yoga Hall Middle Floor
	The Kundalini Express	Tommy Rosen	Yoga Hall Top Floor
	Ancient Secrets to the Healing Diet	Dr. Krushna Naram	Yoga Hall 4
	Workshop on Traditional Folk Dance Style of Gujarat and Rajasthan	Nrityavali	Saraswati Garden
	Naadi Yoga	Dr. Nishi Bhatt	Satsang Hall
	Embodying Sacred Flow	Shiva Rea	Yoga Ghat
13:00-14:30	Finding Our Voices, Singing Together	Adam Bauer	Sacred Sound Stage (Yoga Hall Ground Floor)
14:30-15:30	<i>Lunch</i>		Garden
15:45-17:00	Ayurveda: The Sister Science of Yoga for Modern Wellness	Amish Shah	Yoga Hall Middle Floor
	Ayurveda: Discover Your Dosha	María Alejandra Avcharian	Yoga Hall Top Floor
	The Harms of Packaged Food: Navigating Cravings and Embracing Wholesome Choices	Harshvardhan Saraf & Subah Saraf	Yoga Hall 4
	Yoga Beyond Asanas: Integrating Philosophy into Practice	Dr. N. Ganesh Rao	Saraswati Garden
	Naadi Yoga	Acharya Ashish Gilhotra	Satsang Hall
	YIN-lightenment	Rohini Manohar	Yoga Ghat
15:30-17:00	Gong Bath-Restorative Sound Bath	Sanj Hall and Joseph Schmidlin	Sacred Sound Stage (Yoga Hall Ground Floor)
17:00 - 17:30	<i>Tea &amp; Snacks</i>		Garden
17:30 - 19:00	Sacred Ganga Aarti and Opening of International Yoga Festival 2025		Aarti Ghat
19:00-20:00	Evening of Kirtan with Gauri Vani & Artists		Shankar Bhagwan Ghat
20:00-21:00	<i>Dinner</i>		Garden
20:30-21:30	Evening Ganga Kirtan	Simon Glöde	Sacred Sound Stage (Yoga Hall Ground Floor)

# MARCH 10<sup>TH</sup>

*"Service to others is the true message, the true teaching, the true wisdom of spirituality."*  
- HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
4:00 - 5:45	Kundalini Yoga Sadhana	Gurushabd Singh Khalsa	Yoga Hall Top Floor
6:00 - 7:30	Slow Awakening - Hatha, Pranayama, & Japa	Dasa Das	Yoga Hall Ground Floor
	Pranayama with Mudras, Bandhas and Gentle Hathayogasana	Dr. Indu Sharma	Yoga Hall Middle Floor
	Dealing with Bad Memories and Traumas Through Deep Meditation	Jai Hari Singh	Yoga Hall Top Floor
	T'ai Chi Flow: Unlock Limitless Energy	Sensei Sandeep Desai	Saraswati Garden
	Awaken Your Inner Fire: Kundalini Energy and Transformation	Kia Miller	Yoga Ghat
6:30-7:30	Sunrise Chanting	Sudhanshu Sharma + SSS	Aarti Ghat
7:00-8:00	<i>Tea/Coffee/Light Snacks</i>		Garden
7:30-8:00	Parmarth Niketan Sacred Morning Fire Ceremony (Yagna/Havan) with Pujya Swamiji and Pujya Sadhviji		Grove of Ancient Trees (Ganesh Courtyard)
8:00-9:30	DIS-EASE: The Gut-Brain/Mind Connection	Dr. Edison de Mello	Yoga Hall Middle Floor
	Vinyasa Krama - The Forgotten Language of Sequencing	Stewart Gilchrist	Yoga Hall Top Floor
	7 Chakra Flow	Akshay Jain & Radhika Gupta	Yoga Hall 4
	Zenenergy	Rohini Manohar	Saraswati Garden
	Bhogi to Yogi: Foods for the Yoga Practitioner	Jinal Shah	Satsang Hall
	Cleansing the Window of Perception	Gurmukh Kaur Khalsa	Yoga Ghat

TIME	CLASS	PRESENTER	LOCATION
8:00-9:00	Yogi J Morning Kirtan	James Cassidy	Sacred Sound Stage (Yoga Hall Ground Floor)
9:15-10:15	Shakti Soundwave: Your Highest Vibration	Simon Glöde	Sacred Sound Stage (Yoga Hall Ground Floor)
9:30-10:45	<i>Brunch</i>		Garden
11:00-12:30	<i>Wisdom Talks: Spiritual Plenary Series Inner Alchemy - Transforming Pain Into Purpose with Shri Gauranga Das Prabhu, Sadhvi Bhagawati Saraswati, Brandon Bays, moderated by Kia Miller</i>		Yoga Ghat
12:45-14:15	Yoga Therapy for Spine	Mohan Bhandari	Yoga Hall Middle Floor
	Nervous System Attunement Project	Tommy Rosen	Yoga Hall Top Floor
	Trea Kriya	Har Hari Singh Khalsa	Yoga Hall 4
	Rhythmic Vinyasa - Collective Flow for All	Shiva Rea	Saraswati Garden
	Discovering Universal Oneness - TAT TVAM ASI	Swami Svatmananda	Satsang Hall
	Akhanda Bliss: Awakening the Five Koshas	Dr. Yogrishi Vishvketu	Yoga Ghat
13:00-14:30	Throat Chakra - An Awakening Workshop	Gurnimit Singh	Sacred Sound Stage (Yoga Hall Ground Floor)
14:30-15:30	<i>Lunch</i>		Garden
15:45-17:00	The Magical Power of Fasting	Harshvardhan Saraf & Subah Saraf	Yoga Hall Middle Floor
	TBA	TBA	Yoga Hall Top Floor
	Ancient Secrets to the Healing Diet	Dr. Krushna Naram	Yoga Hall 4
	Satsang: Deep Dive Into the Divine Truth of YOU!	Sadhvi Bhagawati Saraswati	Saraswati Garden
	The Power of Om	Dr. N. Ganesh Rao	Satsang Hall
	Emotions - Gateway to the Soul	Brandon Bays	Yoga Ghat
15:30-17:00	Shakti Sound Bath	Astrid Slegten and Sandra Barnes	Sacred Sound Stage (Yoga Hall Ground Floor)
17:00 - 17:30	<i>Tea &amp; Snacks</i>		Garden
17:30 - 18:00	Ganga Yagna/Havan		Aarti Ghat
18:00-19:00	Sacred Ganga Aarti		Aarti Ghat
19:00-20:00	Special Music Performance: MC YOGI		Shankar Bhagwan Ghat
20:00-21:00	<i>Dinner</i>		Garden
20:30-21:30	Evening Ganga Kirtan	James Cassidy	Sacred Sound Stage (Yoga Hall Ground Floor)



# MARCH 11<sup>TH</sup>

*“We must not only light the oil lamp in our temples,  
but also light the lamp in our own hearts”.*  
- HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
4:00 - 5:45	Kundalini Yoga Sadhana	Gurushabd Singh Khalsa	Yoga Hall Top Floor
6:00 - 7:30	Transformation through the Chakras	Jahnvi Claire Missingham	Yoga Hall Ground Floor
	Tibetan Rites & Colors – Flow, Meditate, and Express with Art	Rohini Manohar	Yoga Hall Middle Floor
	Kriya Yoga	Dr. Indu Sharma	Yoga Hall Top Floor
	Hatha Yoga	Anurada Ramanova	Saraswati Garden
	Prana Mandala Vinyasa – Flow For All	Shiva Rea	Yoga Ghat
6:30-7:30	Sunrise Chanting	Sudhanshu Sharma + SSS	Aarti Ghat
7:00-8:00	<i>Tea/Coffee/Light Snacks</i>		Garden
7:30-8:00	Parmarth Niketan Sacred Morning Fire Ceremony (Yagna/Havan) with Pujya Swamiji and Pujya Sadhviji		Grove of Ancient Trees (Ganesh Courtyard)
8:00-9:30	Yoga Nidra	Sadhvi Abha Saraswati	Yoga Hall Middle Floor
	AcroYoga: Therapeutic Flying Flow	Andrew Sealy	Yoga Hall Top Floor
	Sound Healing	Har Hari Singh Khalsa	Yoga Hall 4
	Mythic Yoga Flow ~ Durga with Myth, Mantra	Sianna Sherman	Saraswati Garden
	Workshop on Traditional Folk Dance Style of Gujarat and Rajasthan	Nrityavali	Satsang Hall
	Flowing with Ganga: Strength, Breath & Focus in Tantric Hatha	Kia Miller	Yoga Ghat
8:00-9:00	Sanskrit Illuminated: Demystifying the Language of Yoga	Shreya Radhika Lakani	Sacred Sound Stage (Yoga Hall Ground Floor)
9:15-10:15	The Harmonic Spine	Joseph Schmidlin	Sacred Sound Stage (Yoga Hall Ground Floor)
9:30-10:45	<i>Brunch</i>		Garden

TIME	CLASS	PRESENTER	LOCATION
11:00-12:30	<i>Wisdom Talks: Spiritual Plenary Series Ancient and Modern Secrets to Health and Healing with Dr. Zach Bush, Amish Shah, Subah Saraf, Harshvardhan Saraf, moderated by Tommy Rosen</i>		Yoga Ghat
12:45-14:15	Learning How to Surrender to the Divine: Finding Peace through Spirituality in a Modern Context	Harshvardhan Saraf & Subah Saraf	Yoga Hall Middle Floor
	Courage to Practice Real Yoga	Aadil Palkhivala	Yoga Hall Top Floor
	Breath. Mantra. Meditation!	Tommy Rosen	Yoga Hall 4
	Ashtanga Standing Postures: Build Your Foundation	Sensei Sandeep Desai	Saraswati Garden
	How to Deal with Your Anger	Jai Hari Singh	Satsang Hall
	Mellow Flow	MC YOGI	Yoga Ghat
13:00-14:30	Learn Tabla Workshop and Tabla Performance	Arindam Chakravarty	Sacred Sound Stage (Yoga Hall Ground Floor)
14:30-15:30	<i>Lunch</i>		Garden
15:45-17:00	The Natural Law: Reconnecting with the Rhythms of Nature	Amish Shah	Yoga Hall Middle Floor
	Discovering Universal Oneness - TAT TVAM ASI	Swami Svatananda	Yoga Hall Top Floor
	Human & Planetary Rebirth	Dr. Zach Bush	Yoga Hall 4
	Yin Yoga + Dance Meditation	Akshay Jain & Radhika Gupta	Saraswati Garden
	The Science of Pranayama	Gayatri Yogacharya	Satsang Hall
	Satsang - The Four Mahavakyas	Anand Mehrotra	Yoga Ghat
15:30-17:00	Exploration of the Self Through Voice and Movement	Micaela Montserrat	Sacred Sound Stage (Yoga Hall Ground Floor)
17:00 - 17:30	<i>Tea &amp; Snacks</i>		Garden
17:30 - 18:00	Ganga Yagna/Havan		Aarti Ghat
18:00-19:00	Sacred Ganga Aarti		Aarti Ghat
19:00-20:00	Kashi to Kailash Special Performance by Raja Kumari		Shankar Bhagwan Ghat
20:00-21:00	<i>Dinner</i>		Garden
20:30-21:30	Evening Ganga Kirtan	Adam Bauer	Sacred Sound Stage (Yoga Hall Ground Floor)

# MARCH 12<sup>TH</sup>

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

TIME	CLASS	PRESENTER	LOCATION
4:00 – 5:45	Kundalini Yoga Sadhana	Gurushabd Singh Khalsa	Yoga Hall Top Floor
6:00 – 7:30	Breath of the Himalayas: Pranayama, Mantra, and Meditation Journey	Kia Miller	Yoga Hall Ground Floor
	Vinyasa Krama - The Forgotten Language of Sequencing 3	Stewart Gilchrist	Yoga Hall Middle Floor
	An Ancient Practice for a Modern World	Aadil Palkhivala	Yoga Hall Top Floor
	Access the Shiva Within	Anand Mehrotra	Saraswati Garden
	TBA	TBA	Yoga Ghat
6:30-7:30	Sunrise Chanting	Sudhanshu Sharma + SSS	Aarti Ghat
7:00-8:00	<i>Tea/Coffee/Light Snacks</i>		Garden
7:30-8:00	Parmarth Niketan Sacred Morning Fire Ceremony (Yagna/Havan) with Pujya Swamiji and Pujya Sadhviji		Grove of Ancient Trees (Ganesh Courtyard)
8:00-9:30	Five Elements Namaskar	Aarvika Gupta	Yoga Hall Middle Floor
	Embodying Sacred Flow for Women	Shiva Rea	Yoga Hall Top Floor
	Keys to Handstand: Two Hands, One CORE	Andrew Sealy	Yoga Hall 4
	Qigong: Heal and Energize	Sensei Sandeep Desai	Saraswati Garden
	Becoming an Everyday Mystic: Your Life is Sacred Ground	Mirabai Starr	Satsang Hall
	Diving for the Blue Pearl	Gurmukh Kaur Khalsa	Yoga Ghat
8:00-9:00	Yogi J Morning Kirtan	James Cassidy	Sacred Sound Stage (Yoga Hall Ground Floor)
9:15-10:15	Non-Dual Bhakti: Finding God in the World	Adam Bauer	Sacred Sound Stage (Yoga Hall Ground Floor)
9:30-10:45	<i>Brunch</i>		Garden
11:00-12:30	<i>Wisdom Talks: Spiritual Plenary Series Ancient and Modern Healing Part 2 with Dr. Edison de Mello, Ramkumar, María Alejandra Avcharian, Dr. Krushna Naram, Ganga Nandini, moderated by Stewart Gilchrist</i>		Yoga Ghat

TIME	CLASS	PRESENTER	LOCATION
12:45-14:15	Lila Yoga Vinyasa: Awakening Love to Share & Feel	Erica Kaufman	Yoga Hall Middle Floor
	FlowDance Fusion	Rohini Manohar	Yoga Hall Top Floor
	Immune Resilience: Yoga for Immunity Enhancement	Mohan Bhandari	Yoga Hall 4
	Reiki Healing Energised Yogasana	Ayush Gupta	Saraswati Garden
	Discovering Universal Oneness - TAT TVAM ASI	Swami Svatmananda	Satsang Hall
	The Three Jewels	Tommy Rosen	Yoga Ghat
13:00-14:30	Sattva Yoga & Live Music -	Simon Glöde and Charlotte Holmes	Sacred Sound Stage (Yoga Hall Ground Floor)
14:30-15:30	<i>Lunch</i>		Garden
15:45-17:00	Gut Health and Immunity	Dr. Edison de Mello	Yoga Hall Middle Floor
	Sattva, Rajas, Tamas - Essence of spiritual harmony in Ayurveda	Ramkumar	Yoga Hall Top Floor
	Ancient Secrets to the Healing Diet	Dr. Krushna Naram	Yoga Hall 4
	Classical Meditation	Anurada Ramanova	Saraswati Garden
	Consciousness and Quantum Healing	Gayatri Yogacharya	Satsang Hall
	Magic of Mudra ~ Yoga of the Hands & the Healing Power of Mudra	Sianna Sherman	Yoga Ghat
15:30-17:00	Gong Raga Journey	Sanj Hall and Sudhanshu Sharma	Sacred Sound Stage (Yoga Hall Ground Floor)
17:00 - 17:30	<i>Tea &amp; Snacks</i>		Garden
17:30 - 18:00	Ganga Yagna/Havan		Aarti Ghat
18:00-19:00	Sacred Ganga Aarti		Aarti Ghat
19:00-20:00	Colours of India Special Dance Performance by Nrityavali		Shankar Bhagwan Ghat
20:00-21:00	<i>Dinner</i>		Garden
20:30-21:30	Evening Ganga Kirtan	Gurnimit Singh	Sacred Sound Stage (Yoga Hall Ground Floor)



# MARCH 13<sup>TH</sup>

*“Let your selfless service be  
your prayer and your meditation.”*

- HH Pujya Swami Chidanand Saraswatiji



TIME	CLASS	PRESENTER	LOCATION
4:00 - 5:45	Kundalini Yoga Sadhana	Gurushabd Singh Khalsa	Yoga Hall Top Floor
6:00 - 7:30	Hatha Raja: The Royal Path of Harmony	Dr. Yogrishi Vishvketu	Yoga Hall Ground Floor
	Vinyasa Krama - The forgotten language of sequencing 4	Stewart Gilchrist	Yoga Hall Middle Floor
	Wake Up!	Jai Hari Singh	Yoga Hall Top Floor
	Empower & Energize” - Kundalini Awakening	Dasa Das	Saraswati Garden
	GRACE OF THE GITA - Vinyasa + Intention	Jahnvi Claire Missingham	Yoga Ghat
6:30-7:30	Sunrise Chanting	Sudhanshu Sharma + SSS	Aarti Ghat
7:00-8:00	<i>Tea/Coffee/Light Snacks</i>		Garden
7:30-8:00	Parmarth Niketan Sacred Morning Fire Ceremony (Yagna/Havan) with Pujya Swamiji and Pujya Sadhviji		Grove of Ancient Trees (Ganesh Courtyard)
8:00-9:30	Power of Alignment in Asana and Pranayama	Aadil Palkhivala	Yoga Hall Middle Floor
	Lila Yoga Workshop in Asana & Life—The Art & Science of Yoga in our Lives & Communities	Erica Kaufman	Yoga Hall Top Floor
	Squat Routine: Boost Lower Body Mobility	Sensei Sandeep Desai	Yoga Hall 4
	Heart-Opening Bliss: Vinyasa, Kriya, and Meditation for Awakening Joy	Kia Miller	Saraswati Garden
	Discovering Universal Oneness - TAT TVAM ASI	Swami Svatmananda	Satsang Hall
	A New Light on Abundance	Gurmukh Kaur Khalsa	Yoga Ghat
8:00-9:00	Voicing the Sounds of Color & Light	Sanae Yamamoto	Sacred Sound Stage (Yoga Hall Ground Floor)
9:15-10:15	Sacred Repose: Restorative Yoga with Your Voice and Soothing Sound	Astrid Slegten	Sacred Sound Stage (Yoga Hall Ground Floor)

TIME	CLASS	PRESENTER	LOCATION
9:30-10:45	<i>Brunch</i>		Garden
11:00-1430	Special Visit to Maharishi Ashram (Beatles Ashram) with World Peace Prayers and Special Concert by Rādhikā Dās		<i>Meet at Aarti Ghat</i>
14:30-15:30	<i>Lunch</i>		Garden
15:45-17:00	Urges: Supressable and Non-Supressable	Dr. Padmanayani Gadhi Raju	Yoga Hall Middle Floor
	Yoga & Hypnotherapy ~ Create & Manifest Your Life with Grace, Joy and Ease	Sianna Sherman	Yoga Hall Top Floor
	Ayurvedic Lifestyle: Living in Harmony	María Alejandra Avcharian	Yoga Hall 4
	The Art of Balance: Meditative Practices for Emotional Well-Being	Mohan Bhandari	Saraswati Garden
	Dinachariya - How your daily activity/behavior can promote health and well-being	Ramkumar	Satsang Hall
	Special Kirtan	Rādhikā Dās	Yoga Ghat
15:30-17:00	Restorative Sound Bath : Journey to OM	Joseph Schmidlin	Sacred Sound Stage (Yoga Hall Ground Floor)
17:00 - 17:30	Group Photo of IYF 2025		Aarti Ghat
17:30 - 18:00	Ganga Yagna/Havan		Aarti Ghat
18:00-19:00	Sacred Ganga Aarti		Aarti Ghat
19:00-20:00	International Music of Peace with Gilron Shama Ensemble		Shankar Bhagwan Ghat
20:00-21:00	<i>Dinner</i>		Garden
20:30-21:30	Evening Ganga Kirtan	Simon Glöde	Sacred Sound Stage (Yoga Hall Ground Floor)



# MARCH 14<sup>TH</sup>

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

- HH Pujya Swami Chidanand Saraswatiji



TIME	CLASS	PRESENTER	LOCATION
6:00 - 7:30	Lila Yoga Sun Salutations with 5 Morning Mantras	Erica Kaufman	Yoga Hall Ground Floor
	Transitions in Flow	Andrew Sealy	Yoga Hall Middle Floor
	Tuning into a Grateful Heart	Anand Mehrotra	Yoga Hall Top Floor
	Classical Meditation	Anurada Ramanova	Yoga Hall 4
	Managing Lifestyle Diseases with Yoga	Radhika Nagrath	Saraswati Garden
	Chakra Energy Activation: Kriya, Vinyasa, and Meditative Journey	Kia Miller	Yoga Ghat
6:30-7:30	Sunrise Chanting	Sudhanshu Sharma + SSS	Aarti Ghat
7:00-8:00	<i>Tea/Coffee/Light Snacks</i>		Garden
7:30-8:00	Parmarth Niketan Sacred Morning Fire Ceremony (Yagna/Havan) with Pujya Swamiji and Pujya Sadhviji		Grove of Ancient Trees (Ganesh Courtyard)
8:00-9:30	Chakra Radiance ~ Full Moon Celebration & Krishna's Love Play in COMMUNITY!	Sianna Sherman	Yoga Hall Middle Floor
	The Bliss of the Eternal Now	Tommy Rosen	Yoga Hall Top Floor
	Return to Shiva - Garland of Wisdom	Jahnvi Claire Missingham	Yoga Hall 4
	Experience Explosive Power Through Tai Chi Circles	Sensei Sandeep Desai	Saraswati Garden
	Discovering Universal Oneness - TAT TVAM ASI	Swami Svatananda	Satsang Hall
8:00-9:00	Homeopathy of the Spine	Joseph Schmidlin	Sacred Sound Stage (Yoga Hall Ground Floor)
9:15-10:15	Kirtan Ceremony For Ancestral Healing	Gurnimit Singh	Sacred Sound Stage (Yoga Hall Ground Floor)
9:30-10:45	<i>Brunch</i>		Garden

TIME	CLASS	PRESENTER	LOCATION
11:00-12:30	<i>Wisdom Talks: Spiritual Plenary Series</i> <i>Embodying the Sacred: Mysticism, Holi, and the Divine Feminine with Gurmukh Kaur Khalsa, Sadhvi Bhagawati Saraswati, Mirabai Starr, Kia Miller, Dr. Padmanayani Gadhira, moderated by Maria Alejandra Avcharian</i>		Yoga Ghat
12:45-14:30	Special Eco-Friendly Holi Celebration with ecstatic drumming by Sivamani, dancing and flowers in the Yoga Garden, followed by group Ganga Snan with sacred mantras		Garden
14:30-15:30	<i>Lunch</i>		Garden
15:45-17:00	The Science of Transformation: Ancient Wisdom Meets Modern Innovation	Amish Shah	Yoga Hall Middle Floor
	Panchakarma and it's Physical, Mental and Spiritual Healing Powers	Dr. Vignesh Devraj	Yoga Hall Top Floor
	Your Subconscious and Your Mental Health	Kumaar Bagrodia	Yoga Hall 4
	A Fierce and Tender Wisdom: Reclaiming Women's Voices Across Spiritual Traditions	Mirabai Starr	Saraswati Garden
	Ayurveda and the Mind: Cultivate Clarity and Peace	María Alejandra Avcharian	Satsang Hall
15:30-17:00	Restorative Sound Bath with Astrid	Astrid Slegten and Sarthak Haruray	Sacred Sound Stage (Yoga Hall Ground Floor)
17:00 - 17:30	<i>Tea &amp; Snacks</i>		Garden
17:30 - 18:00	Ganga Yagna/Havan		Aarti Ghat
18:00-19:00	Sacred Ganga Aarti		Aarti Ghat
19:00-20:00	Incredible Ecstatic Drumming and Mystic Music with Sivamani and Runa Rizv		Shankar Bhagwan Ghat
20:00-21:00	<i>Dinner</i>		Garden
20:30-21:30	Evening Ganga Kirtan	James Cassidy	Sacred Sound Stage (Yoga Hall Ground Floor)

# MARCH 15<sup>TH</sup>

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

- HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
6:00 - 7:30	At the Heart of Yoga	Ganga Nandini	Yoga Hall Ground Floor
	Vinyasa Krama - The forgotten language of sequencing 5	Stewart Gilchrist	Yoga Hall Middle Floor
	The Power of Prana: Unlocking Vitality with Pranayama	Mohan Bhandari	Yoga Hall Top Floor
	Yoga for Strengthening Musculoskeletal System	Radhika Nagrath	Yoga Ghat
6:30-7:30	Sunrise Chanting	Sudhanshu Sharma + SSS	Aarti Ghat
7:00-8:00	<i>Tea/Coffee/Light Snacks</i>		Garden
7:30-8:00	Parmarth Niketan Sacred Morning Fire Ceremony (Yagna/Havan) with Pujya Swamiji and Pujya Sadhviji		Grove of Ancient Trees (Ganesh Courtyard)
8:00-9:30	Preventing Modern Day Burnout through Ayurveda	Dr. Vignesh Devraj	Yoga Hall Middle Floor
	Powerful Morning Sadhna Full Body Flow	Jahnvi Claire Missingham	Yoga Hall Top Floor
	Hatha Yoga	Durgesh Amoli	Yoga Hall 4
	Flow with Intention - Vinyasa Exploration	Dasa Das	Saraswati Garden
	Yoga & Children with Special Needs	Dr. Nishi Bhatt	Satsang Hall
	Yoga for Athletic Performance: Strength, Flexibility, and Focus	Dr. Yogrishi Vishvketu	Yoga Ghat
8:00-9:00	Mantra Medicine: Harnessing the Power of Mantra	Shreya Radhika Lakhani	Sacred Sound Stage (Yoga Hall Ground Floor)
9:15-10:15	Resting As a River - A Ganga Themed Sound Bath	Astrid Slegten	Sacred Sound Stage (Yoga Hall Ground Floor)
9:30-10:45	<i>Brunch</i>		Garden
11:00-12:30	<i>Wisdom Talks: Spiritual Plenary Series The Yoga of Love with H.H. Pujya Swami Chidanand Saraswatiji, Shri Prem Baba, Sadhvi Bhagawati Saraswati</i>		Yoga Ghat

TIME	CLASS	PRESENTER	LOCATION
12:45-14:15	Ahimsa in A Modern World	Dr. Zach Bush	Yoga Ghat
13:00-14:30	Singing for Divinity - Learn Divine Kirtans composed in Indian Ragas	Sudhanshu Sharma	Sacred Sound Stage (Yoga Hall Ground Floor)
14:30-15:30	<i>Lunch</i>		Garden
15:45-17:00	Achara Rasayan	Dr. Padmanayani Gadhi Raju	Yoga Hall Middle Floor
	Ayurveda: The Ancient Secret to Wellness	María Alejandra Avcharian	Yoga Hall Top Floor
	Power of Light and Your Brain	Kumaar Bagrodia	Yoga Hall 4
	Naadi Yoga	Acharya Ashish Gilhotra	Saraswati Garden
	Karma in Vedanta	Gayatri Yogacharya	Satsang Hall
	Heart of Stillness - Yin & Restorative Yoga	Dasa Das	Yoga Ghat
15:30-17:00	Sonic Tonic	Sanj Hall	Sacred Sound Stage (Yoga Hall Ground Floor)
17:00 - 17:30	<i>Tea &amp; Snacks</i>		Garden
17:30 - 19:00	Sacred Ganga Aarti and Conclusion of International Yoga Festival 2025		Aarti Ghat
19:00-20:00	Special Sufi Music Performance by Padmashri Kailash Kher		Shankar Bhagwan Ghat
20:00-21:00	<i>Dinner</i>		Garden
20:30-21:30	Relaxing Evening Sound Bath	Sandra Barnes	Sacred Sound Stage (Yoga Hall Ground Floor)





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

– HH Pujya Swami Chidanand Saraswati



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