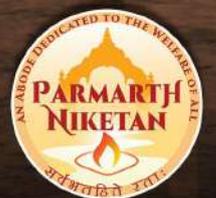




# INTERNATIONAL YOGA FESTIVAL

March 9-15, 2026

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. Pujya Swamiji is also the President and spiritual head of the new ashram Parmarth Triveni Pushp on the sacred banks of the Triveni Sangam in Prayagraj. Parmarth Triveni Pushp is truly a testament to the grandeur of India and Indian culture, providing pilgrims not only with a beautiful place to stay in such a holy place, but also with the darshan of so many of India's most holy temples and monuments. Pujya Swamiji 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 & Divyangta Mukta Bharat. 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](http://pujyaswamiji.org)

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[!\[\]\(3211b5d1d968fc1665909b34f9f16010\_img.jpg\) youtube.com/paramarhniketan](https://www.youtube.com/paramarhniketan)

Dear Divine Souls,

I am so glad to welcome you all to the holy banks of Mother Ganga, to the lap of the sacred Himalayas, to this land which is the birthplace of yoga.

The last few years have been a time of turmoil, turbulence and tragedy. I believe we need to move from a "Greed Culture" to a "Green Culture." We can only do that if we shift our focus from I to We. When "I" becomes "We", then Illness becomes Wellness.

IYF is not only a festival where people learn yoga; rather, the festival itself is yoga – a divine union of the east and west, the north and south. On the banks of Mother Ganga, people of every country, every culture, every color and every creed come together as one family, connecting to the Divine within themselves and within others. It is a time of uniting not only one's hands to one's legs, but a time of uniting oneself to the Divine, to the Divine that exists in every single one of you.

Know that you have come home, here at Parmarth Niketan. This is your Himalayan home. Everything that your soul needs is here in abundance: serenity, inspiration and the divine touch. Come, sit by the banks of Mother Ganga, absorb the divine energy of saints, sages and rishis who have meditated and performed yoga here for centuries. Be touched and transformed by the divine, sacred energy of this holy place.

I always say, "Come to nature, be with nature, and discover your true nature." Let your soul and spirit reach the height of the Himalayas in whose lap you are sitting. Let your joys, sorrows, attachments flow like the water in the Ganges. Become like the sunrise which brings light and warmth each day and a new day to all – with no discrimination, no vacation, no hesitation, and no expectation.

I extend great thanks to all our dedicated teachers who have travelled from every corner of the globe to come and offer their experience, enthusiasm and expertise to the Festival.

May God bless you all with the continued awareness of the Divine within you and continued connection to the Divine Source.

With love and blessings always,

Swami Chidanand Saraswati

# Welcome Message

**SADHVI BHAGAWATI SARASWATIJI,**  
**DIRECTOR OF INTERNATIONAL YOGA FESTIVAL**



Sadhvi Bhagawati Saraswati, PhD is a spiritual leader, motivational speaker, author and social activist, based at Parmarth Niketan, Rishikesh. She is President of Divine Shakti Foundation, Secretary-General of Global Interfaith WASH Alliance, and Director of the world-famous International Yoga Festival. She has received numerous awards for her humanitarian work including the Lifetime Achievement Award by U.S. President Joe Biden. She is also the author of #1 bestselling memoir, *Hollywood to the Himalayas: A Journey of Healing and Transformation*, and *Come Home to Yourself: Simple Answers to Life's Essential Questions*. 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:**  
[sadhvi.org](http://sadhvi.org)

  @sadhvi

 @sadhvibhagawatisaraswati

 @sadhvibhagawati

My dear sisters and brothers,

It is such a great joy and blessing to welcome you home to the holy banks of Mother Ganga, to the lap of the Himalayas, to the birthplace of yoga - the place where for thousands of years saints and sages, rishis and yogis have come to meditate, to do yoga and to attain enlightenment or "moksha," ultimate liberation.

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

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

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

The International Yoga Festival is a sacred time of uniting together with our global family of yogis from every country, culture, color and creed. It is a union of different lineages and traditions.

During the week that you are here, allow yourself to be taught by the teachings, but also allow yourself to be touched and transformed by the sacred, holy energy of this place. Let the waters of Mother Ganga wash over not only your bodies, but also into your minds, hearts, and souls.

And as you allow yourself to truly bathe and bask in the divine energies, let us open our hearts together to our sisters and brothers across the world who are suffering. From Israel and Palestine to Ukraine and Russia to Sudan to Myanmar to so many other places in the world. As we come together this week in joy, celebration and gratitude, let us dive deep into ways that our own yoga can extend into compassion and service for all.

In His seva,

*Sadhvi Bhagawati*

Sadhvi Bhagawati Saraswati

# Revered Saints, Yogis, & Expert Presenters

## BLESSING THE YOGA FESTIVAL



### **H.H. PUJYA SWAMI CHIDANAND SARASWATIJI**

President, Parmarth Niketan Ashram

Pujya Swamiji is the President of Parmarth Niketan Ashram, Rishikesh, one of the largest interfaith spiritual institutions in India. Pujya Swamiji is also the President and spiritual head of the new ashram Parmarth Triveni Pushp on the sacred banks of the Triveni Sangam in Prayagraj. Parmarth Triveni Pushp is truly a testament to the grandeur of India and Indian culture, providing pilgrims not only with a beautiful place to stay in such a holy place, but also with the darshan of so many of India's most holy temples and monuments. Pujya Swamiji 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 the Founder of the Divine Shakti Foundation and the Interfaith Humanitarian Network which are international non-profit organizations dedicated to education, women's empowerment, healthcare, rural development, relief services, and humanitarian initiatives. He is also the Co-Founder of Divyangta Mukta Bharat, a visionary movement for an inclusive India where every specially-abled individual lives with dignity, equality, and independence. 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 SARASWATIJI**

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, and Come Home to Yourself: Simple Answers to Life's Essential Questions. 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.



### **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.



## DR. H. R. NAGENDRA

H. R. Nagendra is one of India's most respected yoga scientists and serves as Chancellor of Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA), a leading center for yoga research and therapy. An engineer-turned-yogi in the Vivekananda tradition, he has spent over four decades integrating ancient yogic wisdom with modern science, pioneering research in yoga therapy and preventive health. He has advised national bodies and is regarded as a trusted yoga advisor to the Hon'ble Prime Minister of India. Through his teaching and leadership, he continues to inspire generations to embrace yoga as a complete way of life.



## SADHVI ABHA SARASWATI

Sadhvi Abha Saraswati is 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 and more deeply into various forms of yoga, and has become not only a practitioner but also a teacher. Sadhvi Abha took Sanyas diksha in 2003 from H.H. Pujya Swami Chidanand Saraswatiji. She lives at Parmarth Niketan Ashram 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.



## ISHAN TIGUNAIT

Ishan Tigunait grew up at the Himalayan Institute, receiving his early spiritual training from Swami Rama and continuing his studies for over 30 years under his father, Pandit Rajmani Tigunait. He serves as Executive Director of the Himalayan Institute and Managing Director of Himalayan Institute India, leading humanitarian initiatives in Africa and establishing the Institute's Khajuraho campus. A faculty member and key contributor to the Vishoka Meditation and 500-hour teacher training programs, he also guides annual pilgrimages to India and the Himalayas. With a background in computer engineering and former experience at IBM, he is also co-founder of Moka Origins and is dedicated to sharing the transformative power of yoga and tantric wisdom for personal and social upliftment.



## SUBODH TIWARI

Subodh Tiwari was born into the yogic environment of Kaivalyadhama and began his spiritual training at a young age under Swami Digambarji and his father Shri O.P. Tiwari, disciple of Swami Kuvalyananda. He started teaching in 1993 and dedicated his life to Kaivalyadhama in 1997, later becoming CEO in 2016, continuing its mission of integrating traditional yoga with modern science based on Patanjali's Ashtanga Yoga. A global teacher, researcher, and policy contributor, he serves as Secretary General of the Indian Yoga Association and holds key advisory roles with national yoga and education bodies under the Ministry of AYUSH. Academically trained in law, commerce, and management (including IIM Ahmedabad), he also champions environmental sustainability, fostering eco-friendly initiatives at Kaivalyadhama while promoting yoga as both a discipline of practice and a way of being.



## **ANANDA BALAYOGI BHAVANANI**

Ananda Balayogi Bhavanani is an internationally respected yoga therapist, educator, researcher, and lineage holder of the Gitananda tradition, serving as Director of the Institute of Salutogenesis and Complementary Medicine (ISCM) and Professor of Yoga Therapy at Sri Balaji Vidyapeeth University, Pondicherry, while also holding leadership roles in the Indian Yoga Association and Yogasana Bharat. A gold-medalist physician (MBBS), DSc in Yoga, author of over 35 books, and recipient of the Pudukkottai Kalaimamani and Yoga Chikitsa Ratna, he co-founded Sannidhi Yoga, has contributed to Ministry of AYUSH initiatives and WHO collaborations, and continues to share the science and spirit of yoga globally through education, research, and service.



## **SHIVA REA**

Shiva Rea shares the art of yoga worldwide, inspired by her Sat Guru Mata Amritanandamayi and over three decades of pilgrimage and study in India. As founder of Prana Vinyasa and the Samudra Global School for Living Yoga, she integrates the roots of yoga, Ayurveda, tantra, and the Krishnamacharya lineage into creative, life-transforming trainings that embody the flow. Her book *Tending the Heart Fire* presents vinyasa as movement meditation, following the mandala of 54 Namaskar as a rhythm for the year. A UCLA graduate in World Arts and Cultures who founded the first yoga program there, she teaches globally at conferences and festivals, including the International Yoga Festival and Bhakti Fest.



## **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.



## **MOHAN BHANDARI**

Mohan Bhandari is a highly respected yoga teacher and therapist, and the founder and director of YogiYoga, one of the most prestigious yoga schools in China. Holding diplomas in Yoga Education from Kaivalyadhama and Yoga Therapy from S-VYASA, he is also a certified yoga therapist with the International Association of Yoga Therapists (IAYT), USA. An internationally renowned speaker and award recipient - including the Yoga Ratan Award (India, 2023) and the Yoga Industry Distinguished Contribution Award (China Fit, 2021) - he has taught over 65,000 students in China since 2003 and trained more than 30,000 in Yoga Therapy. An accomplished author, he wrote *Pure Yoga* and produced 52 yoga episodes for China Central Television, significantly expanding yoga's reach across China.



## SRI H.S. ARUN

Sri H.S. Arun is a highly respected yoga master from Bangalore with over 40 years of teaching experience and founder of Prashant Yogashraya, established in 1984 with the blessings of Gururji Dr. B.K.S. Iyengar. Initiated into yoga in 1974 and trained at the Ramamani Iyengar Memorial Yoga Institute in Pune, he is deeply rooted in the Iyengar tradition. His classes are a rare opportunity to experience precise alignment, therapeutic depth, and the living wisdom of a master teacher who has transformed thousands of lives through authentic practice. An accomplished author of over 15 books and recipient of numerous national awards, Sri Arun continues to inspire the global yoga community through his lifelong dedication to excellence in yoga.



## KIA MILLER

Kia Miller is an internationally celebrated yoga teacher and founder of Radiant Body Yoga (RBY), a holistic practice rooted in Kundalini and Tantric traditions. Designed to awaken each practitioner to their higher nature, RBY weaves breath, movement, mantra, and meditation into a living path of transformation. Yoga has been a lifelong practice and inquiry for Kia, informing her grounded yet expansive teaching style. She leads festival classes, retreats, and trainings worldwide, guiding students toward clarity, vitality, and inner connection.



## 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. Tommy 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.



## 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*.



## 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.



## 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, PhD, and a Master's Degree in Public & Personnel Management. Dr. Padma is a daily consultation Vaidya supporting patient care and has served as Clinical Administrator for Dr. Raju's Institute of Ayurveda Pvt. Ltd. since 2005. She specializes in Panchakarma, infertility, counselling, women's health, preconception and pregnancy care, postpartum guidance, and infant & child care. A master herbalist, she oversees and prepares the clinic's authentic herbal formulations used during Panchakarma and for follow-up care, with products now used globally to support natural healing through Ayurveda.



## VAIDYA A.V. "KRISHNA" RAJU

Vaidya A.V. "Krishna" Raju comes from a distinguished lineage of traditional Vaidyas in Telangana and has practiced authentic Ayurveda in Hyderabad for over 30 years, serving patients from more than 50 countries. Trained from childhood under his renowned grandfather and father, he is known for treating complex and "incurable" conditions, including infertility, gynecological disorders, cancer, neurological conditions, and kidney and gallstones without surgery. Holding a BAMS and MD (Ayurveda, Panchakarma), he is Director of Dr. Raju's Institute of Ayurveda Pvt. Ltd. and recipient of the 2022 ZEE Telugu News Health Conclave Award as "Best Ayurvedic Physician in Telangana," integrating classical Ayurveda with modern diagnostics for comprehensive, global patient care.



## DR. GANESH RAO

Dr. Ganesh Rao, founder of ACT Yoga, is a highly acclaimed and inspiring figure in the field of Yoga, holding a Ph.D. in Philosophy along with multiple diplomas in Naturopathy and Yoga Education, and is a Yoga Chikitsa Acharya (Yoga Therapy Consultant). He has conducted over 23,500 theoretical and practical Yoga sessions worldwide. Dr. Rao has authored and co-edited several books, published numerous articles, and recorded CDs on Yoga Nidra, Panchakosha Dharana, Yogic Counseling, Patanjali's Yoga Sutras, and Samkhya Philosophy. He has served in key academic and advisory roles, including Director of the Standing Academic and Accreditation Committee of the Indian Yoga Association, Professor of Yoga & Philosophy at KKKSU and Mumbai University, Chief Advisor for Kaivalyadham Yoga Institute, and Yoga Expert for the Yoga Certification Board, and was honored with the Yogaratra Award in 2021.



## RAMKUMAR

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



## NEERU KATHPAL

With over 25 years of dedicated practice and 15+ years of professional teaching experience, Neeru Kathpal is the Founder and guiding teacher of YOGANUSASANAM, one of the most established Iyengar Yoga centres in North India. Neeru is deeply committed to preserving and propagating the authentic Iyengar Yoga lineage, with strong emphasis on alignment, precision, therapeutic application, and classical methodology, and she is an ongoing advanced practitioner at RIMYI, Pune.



## DR. KRUSHNA NARAM

Dr. Krushna Naram carries forward a 2,500-year-old healing lineage tracing back to Jivaka, the personal physician of the Buddha, integrating pulse diagnosis, herbal remedies, and lifestyle guidance. Trained by his parents - renowned healers known for their precise pulse-based diagnosis - he has mastered this rare art. Specializing in chronic and critical conditions such as diabetes, autoimmune diseases, joint disorders, cancer, and Alzheimer's, he offers solutions where others have found none, guided by Himalayan wisdom and a mission to share this timeless healing tradition with the world.



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



## SHRI YOGESH MALVIYA

Mallakhamb is an ancient Indian discipline of sharir sadhana (physical mastery), blending strength, agility, and focused awareness, with roots tracing back to the Chalukya period in 1186 AD. Its modern revival is credited to Yogesh Malviya, the first Dronacharya Awardee in the indigenous sport of Mallakhamb. He has trained over 10,000 athletes across India, producing numerous national and international champions and restoring Mallakhamb to global recognition - leaving a lasting mark on India's sporting and cultural heritage.



## **KATIE B. HAPPY**

KATIE B. HAPPY is a transformational leader, author, and founder of b\_inspired, LLC and its 501(c)(3) charity, dedicated to helping people rediscover their power through “work ins,” not just workouts. After waking up with Bell’s palsy in 2015, she turned adversity into purpose, inspiring thousands through her Amazon bestselling memoir Cheers to Chaos – 8 Tools for the Puffy Eyed and Powerful. With over 10,000 hours of yoga and fitness certifications, she has led global retreats, hosted 40+ teacher trainings, and works with corporations to prevent burnout through self-development programs. Inspired by the loss of her mother to breast cancer, her nonprofit has raised over \$100,000 to support cancer survivors and orphanages in Ensenada, Mexico, and Rishikesh, India—empowering people worldwide to heal and live fully inspired lives.



## **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.



## **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.



## **PAULA TAPIA**

Paula Tapia, C-IAYT, E-RYT500, YACEP, is an international yoga therapist and wellness expert specializing in integrative health, self-care education, and healthy lifestyle science. She serves as Yoga Therapist, Mindfulness Advisor, and Research Associate at Attune Health in Beverly Hills, and is the former Associate Director of The Yoga and the Healing Sciences Program at Loyola Marymount University. With 30 years of experience in therapeutic yoga in the lineage of Sri T. Krishnamacharya, she bridges ancient Eastern wisdom with modern Western science through mindful movement, breathwork, meditation, and energy medicine. Born in Patagonia, Chile, she teaches globally in English and Spanish, offering accessible, individualized practices that guide students toward deeper awareness and inner wisdom.



## ANANDHI MARY CECIL

Anandhi Mary Cecil is a dedicated yoga educator, mentor, and co-founder of Sannidhi alongside her Guru Ananda Balayogi Bhavanani, committed to sharing yoga as a path of inner growth and conscious living. She serves as a Master Trainer in the Indian Knowledge System (Ministry of Education, UGC-certified), Associate Professor and Head of the Department of Yoga Sciences, and Head of SPANDA – Centre for Inner Transformation at NSHM Knowledge Campus. As Vice-Chairperson (West Bengal) of the Indian Yoga Association, she promotes authentic yoga education and holistic wellbeing through a compassionate and experiential teaching approach.



## DR. EDEN GOLDMAN

Dr. Eden Goldman, D.C., C-IAYT, E-RYT500, YACEP is an international yoga therapist, mindfulness expert, and Malibu sports chiropractor, currently serving as a Yoga and Mind-Body Health Professor at the University of Southern California after more than a decade directing Loyola Marymount University's Yoga and the Healing Sciences Program. An IAYT-certified Yoga Therapist and human movement specialist, he is co-author of Yoga Therapy and Integrative Medicine and author of The Secret Art of Yoga Assists. He is the founder of Meditating Mascots and Director of LotusEd, Inc., a higher education company specializing in advanced Yoga studies trainings and continuing education credits for doctors and therapists, and has treated thousands of patients and trained hundreds of yoga teachers nationwide, with his work featured in major media outlets including ABC News, CBS News, and Yoga Journal.



## 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.



## AADHYA (FAREENA)

Aadhya (Fareena) is a dedicated yoga teacher with over 18 years of experience, sharing the path since 2011 and guiding students beyond the mat into a yogic way of life. Rooted in classical Hatha Yoga and enriched by Vinyasa, her teaching emphasizes holistic transformation through asana, pranayama, meditation, Yoga Nidra, Shatkarmas, and the Pawanmuktasana series. She has taught in luxury wellness destinations and through her own studio, offering practices that honor tradition while remaining deeply experiential. Certified by the Bihar School of Yoga, Aadhya returns to the International Yoga Festival- where her journey began - not only as a teacher, but as a lifelong student of the yogic path.



## **JAHNAVI 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.



## **DR. RUCHI GULATI**

Dr. Ruchi Gulati, founder of Sanyukta Yoga and a certified Yoga Sri, brings over 12 years of experience and more than 10,000 teaching hours dedicated to transforming lives through yoga. Certified by The Yoga Institute, Mumbai (900-hour training), she blends traditional wisdom with modern practices to promote holistic well-being. Her expertise includes yoga asanas, pranayama, and life coaching, and she has worked with major corporations and diverse communities to cultivate balance and resilience. An eRYT 500 certified teacher with Yoga Alliance, USA, and recipient of an Honorary Doctorate in Spirituality, Dr. Gulati's mission is to inspire harmony of mind, body, and spirit through the power of yoga.



## **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 PHD 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.



## **ANISH RANGREJ**

Anish Rangrej, the inquisitive Garba researcher and Inventor of YoGGarBA is the founder of the Indian Academy of Garba & Dodhiya (IAGD). IAGD is a Surat, India, based art academy & research center. The academy is into Garba research. IAGD primarily aims to preserve & promote Indian culture by doing research on Garba which balances the human community globally. The academy strives to acknowledge & present all the benefits one can avail by performing Garba as per various purposes. The team with Anish Rangrej are striving together since last one decade to make a healthy & happy lifestyle. At the IAGD, we are committed to educate through training, seminars, and workshops for better understanding of our culture.



## **DR. NISHI BHATT**

Dr. Nishi Bhatt is a UK-based specialist in children's psychoneurological and pain management disorders and a Stanford University-certified nutritionist. Qualified as a Doctor of Acupuncture and Ayurveda with certifications in 14 holistic therapies, she serves communities across India, the UK, Europe, the USA, and Canada. Her expertise in Autism, Cerebral Palsy, Epilepsy, traumatic injuries, and dementia/Alzheimer's has transformed the lives of thousands worldwide. Since 2010, her research in natural healing and diet - through extensive grassroots work in Indian villages - has helped over 40,000 children improve their physical and cognitive well-being while empowering families and training caregivers in practical, results-oriented methods



## **ACHARYA ASHISH GILHOTRA**

Acharya Ashish Gilhotra – Founder of Pressure Yoga. Strongly sensitive and seasoned Naturopathic Acharya with a strong background in natural therapies.. He has established and proved himself in the field of nature-cure and work relentlessly to spread awareness about the benefits of this Pressure Yoga on scientific grounds. He has diligently rendered humble services to the public and patients, with relentless effort by pursuing new and advanced skills that enable the well being of each individual within the limits of professional ethics. His therapy bring changes in patient who is in Coma / Dementia / stress / Alzheimer / weight-loss and many sleeping disorders.. He is a magician with Orthopedic injuries.



## **DR. RADHIKA NAGRATH**

Dr. Radhika Nagrath is Government certified RPL-level 5 Yoga Teacher. She is associated with Patanjali Yogpeeth for past 25 years. She is a freelance journalist contributing to National English newspapers Times of India, The Pioneer and has authored several books on Indian ethos. Her research work on Swami Vivekananda was accepted by Advaita Ashrama, Kolkata for printing. She appeared on documentary on Kumbh mela 2010 by Discovery Channel. Amongst several philanthropic works, she runs 'I share my Roti' project for patients of RKM hospital, Kankhal Haridwar. She has been invited by World renowned universities like Oxford, UCLA, McGill, Art Institute of Chicago and CGI Dubai for lectures on yoga and peace. She is recipient of many awards for her research papers on Indianness and writings on alternative medicine, environment conservation and women empowerment.



## DR. SANJAY MANCHANDA

Dr. Sanjay Manchanda is a psychotherapist, educator, and spiritual guide who bridges ancient wisdom traditions with modern science and technology. Originally a computer science professor, a profound spiritual awakening led him to pursue deep training in contemplative and therapeutic disciplines rooted in non-dual awareness, Buddhism, Vedanta, Tantra, and depth psychology. With over 25,000 hours of clinical and coaching experience, his work focuses on non-dual awakening, meditation, shadow work, trauma resolution, and psychospiritual integration. He is the CEO of Neuromatrix, pioneering the integration of neurofeedback and photobiomodulation into spiritual practice, and teaches at the California Institute of Human Science and the California Institute of Integral Studies.



## 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.



## GAYATRI YOGACHARYA

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



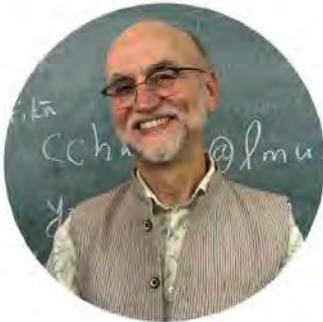
## DASA DAS

Dasa Das is an international yoga teacher and founder of Dasa Das Yoga Adventure, offering a heart-centered journey that blends diverse yoga lineages into one dynamic and uplifting experience. Known for his engaging, challenging, and fun teaching style, he connects deeply with students and inspires them to step into the unknown with courage and joy. His approach emphasizes community, service, and growth - uplifting one another through the shared lens of yoga. His favorite part of yoga is not the asana, but the BREATH - guiding students to harness its power to transform energy, emotions, and awareness. For Dasa Das, yoga is a living, breathing journey - an AUMazing celebration of life.



## ROHINI MANOHAR

In a quest for joy, Rohini Manohar'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.



## CHRISTOPHER KEY CHAPPLE

Christopher Key Chapple is the Doshi Distinguished Professor of Indic and Comparative Theology at Loyola Marymount University (Los Angeles), where he has taught since 1985. He is the founding director of LMU's Yoga Studies program, home to certificate pathways and America's first MA in Yoga Studies. Trained in classical Yoga with Gurani Anjali Inti (1972–2001), he has translated and curated many foundational yoga texts. His latest work, Sourcebook of Yoga Philosophy and Practice (DK Printworld, 2026), brings together the Yoga Sutra and Samkhya Karika with key selections from the Upanisads, Bhagavad Gita, and core Buddhist and Jain sources, including the Yogabindu.



## YOGACHARYA SANDHYA DIXIT

Yogacharya Sandhya Dixit is one of the senior-most teachers at Kaivalyadhama, Lonavala, with 39 years' experience in the field of yoga. She has led workshops and training camps nationally and internationally, and is widely appreciated for her clear, supportive teaching style. Her Ministry of AYUSH - supported online series Yoga for Senior Citizens (March 2020) reached and was acknowledged by thousands, followed by highly successful pranayama workshops since June 2020. She received the Swami Kuvalayananda Yoga Puraskar (2020) for her dedicated and outstanding contribution to yoga.



## 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.



## MAYANK BHATT

My life is an offering at the feet of my Guru, H.H. Pujya Swami Chidanand Saraswatiji of Parmarth Niketan, Rishikesh, whose grace guides everything I practice and share. For me, yoga is not personal achievement but a sacred path of awareness, surrender, and selfless service, lived through seva at Parmarth Niketan for the upliftment of humanity. Under my Guru's blessings, yoga has become a path of service rather than self, and a means of inner purification rather than outer display. I am humbled to have contributed to the Netflix-featured film *The Architecture of Peace and Yoga*, a film that reflects yoga as a timeless journey of healing, inner stillness, and awakening - beyond boundaries, beliefs, and nations - and to have offered meditative sadhana that earned Guinness World Records in yogic stillness, including *Vṛkṣāsana* (3 hours 5 minutes) and *Vṛścikāsana* (8 minutes). These are not expressions of ego or strength, but meditative offerings—born of patience, discipline, and surrender - humbly placed at the feet of my Guru. I offer yoga with humility, remembering always that yoga belongs to every soul, not to the privileged few.



## DURGESH AMOLI

Durgesh Amoli is a certified Yoga Instructor from S-VYASA University, Bangalore, with strong expertise in Yogasana and Yoga Therapy. A Khelo India medalist in Advanced Yogasana and a seven-time National Yogasana player, he brings discipline and excellence from competitive yoga into his teaching. He completed his schooling at Parmarth Niketan Ashram, Rishikesh, under the guidance and blessings of H.H. Pujya Swami Chidanand Saraswatiji, which laid a deep spiritual foundation for his yogic journey. He earned his graduation in Yogic Science from the University of Patanjali, Haridwar, and later completed his M.Sc. in Yoga Therapy from S-VYASA University. Blending classical yogic wisdom with scientific understanding, he focuses on therapeutic alignment, breath awareness, and mindful movement to cultivate inner stability, awareness, and character - carrying forward the tradition of yoga as both sadhana and service. With unwavering dedication, he aspires to inspire the next generation to live yoga not just as a practice, but as a way of life rooted in discipline, devotion, and purpose.





# SACRED SOUND STAGE

## YOGA OF SOUND WORKSHOPS

Immerse yourself in the sacred science of sound and vibration. Explore mystical mantras for meditation, refine your Nāda Yoga singing techniques, and discover gentle self-massage practices to liberate and empower your natural voice. Journey through healing medicine songs of indigenous cultures and uncover the transformative power of sound as a path to meditation, expression, and inner awakening.

Come experience sound not just as music - but as medicine, mantra, and meditation

## SOUND BATH EXPERIENCE

Relax deeply into a sweet, sacred sonic space - gently serenaded by soothing instrumental melodies and calming, heart-centered vocals. Synthesize, digest, and fully internalize your expansive experiences through simple, guided meditations rooted in the Yoga of Sound.

We look forward to welcoming you to the Sacred Sound Stage for morning chanting, inspiring daytime workshops, restorative afternoon sound baths, and blissful evening kirtan — a full day immersed in vibration, devotion, and inner harmony



# Artists / Musicians & Sacred Sounds Stage

## PADMA SHRI KAILASH KHER

Kailash Kher is one of India's most beloved and internationally acclaimed voices, admired for both his extraordinary talent and his humble, spiritually rooted lifestyle. Deeply inspired by Indian folk and Sufi traditions, he has crafted a powerful musical identity that resonates across multiple languages including Hindi, Tamil, Telugu, Malayalam, Kannada, Bengali, Odia, and Urdu. A recipient of prestigious Filmfare Awards for Fanaa (2006) and Mirchi (2013), his soul-stirring voice carries a rare intensity and devotional depth. As the founder of the band Kailasa, he pioneered Sufi-rock in India, bringing mystical poetry and spiritual expression to global stages and touching millions of hearts worldwide.



## 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.



## PADMA SHRI SIVAMANI

Sivamani, Padma Shri awardee and often called Siva the Creator, is a rhythmic phenomenon who transforms everything from traditional drums and cymbals to conches and even everyday objects into instruments of magic. Trained from childhood under his father S. M. Anandan, he began performing professionally at a young age and quickly rose to prominence in the Indian music industry. South Indian geniuses Ilayaraja and A. R. Rahman, along with leading Bollywood music directors, regularly engage his extraordinary range of percussion. He has shared the stage with legendary masters including Billy Cobham, Vikku Vinayakram, Terry Bozzio and Wil Calhoun, commanding global respect as a true Master Percussionist. Celebrated for his explosive energy, depth, and innovation, he stands as one of the world's finest rhythm virtuosos.



## GIL RON SHAMA

Gil Ron Shama Ensemble invites audiences on a transformative musical journey rooted in the ancient Makam tradition, renowned for its spiritual depth and healing power. Led by Gil Ron Shama - an Israeli musician and co-founder of the first Israeli-Palestinian world music band, Sheva—the ensemble carries a heartfelt message of love between neighbours and harmony among nations. Uniting master musicians from diverse Middle Eastern diasporas, they blend sacred chants and ancestral melodies into a powerful expression of peace and divine connection. Having performed even in regions affected by conflict, their mission remains clear: to heal hearts, strengthen communities, and remind the world that music is a universal language of reconciliation and love.



## RUNAA RIZVĪ SHIVAMANI

Runaa Rizvī Shivamani is a celebrated Sufi and classical vocalist whose deeply soulful voice transports listeners into a space of spiritual awakening and inner stillness. She will accompany her husband, the world renowned percussionist Sivamani, at the International Yoga Festival, creating an unforgettable confluence of rhythm and devotion. A serene yet powerful presence in the world of music, Runaa is a distinguished Sufi, Ghazal, and Fusion artiste. Equally accomplished in the contemporary Bollywood industry, she has collaborated with legendary composers such as A. R. Rahman, Sanjay Leela Bhansali, and Sandesh Shandilya on acclaimed mainstream projects, beautifully bridging classical depth with contemporary expression.



## ARINDAM

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. Head of Dept. in Instrumental Music in Malhaar Centre For Performing Arts in Dubai.



## SUDHANSHU

Sudhanshu is an Approved Artiste of All India Radio and Doordarshan in Hindustani Classical Vocal Music and an internationally acclaimed teacher of Vocal Music and Voice Culture based in New Delhi. Trained in the Guru-Shishya tradition under Pandit Baldev Raj Verma, he represents the fourth generation of the Indore Gharana lineage of Ustad Amir Khan Saheb, known for its serene and meditative style. A Gold Medalist with an M.Phil and Master's degree in Music from the University of Delhi, he has dedicated over 20 years to performance and teaching, promoting Antarmukhi Gayaki - music sung by the soul for the soul - through his refined voice culture and immersive training



## ANANDRA GEORGE

Anandra George is a pioneer in the global yoga community, reintroducing sacred sound as a foundational transformative practice and creating the world's first registered yoga teacher training devoted entirely to mantra and nāda yoga, guiding over 500 trainees from 65+ countries. Her approach is deeply rooted in source traditions while remaining fresh, non-dogmatic, and trauma-informed, empowering students to experience love and refine their mantra practice. An internationally respected mantra teacher and sacred musician, she created the Sacred Sound Stage at the International Yoga Festival in Rishikesh and launched the global Mantras for Peace project, leading transformative chant trainings and retreats worldwide.



## 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."



## 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 LGBTQ+ community by holding sacred space to heal wounds of the heart through Naad Yoga/Kirtan.



## KRISHNAPRIYA

Krishnapriya is a certified Sacred Sound and Nada Yoga teacher, intuitive channel, and Reiki Master, serving as Sacred Sound Experience Coordinator for the International Yoga Festival at Parmarth Niketan, Rishikesh, where she has lived in devoted seva since 2022. Originally from the United States and a Theater graduate from the College of Charleston, she toured nationally in the 25th Anniversary Broadway production of Hair and recorded five blues and jazz albums before dedicating her life to mantra and devotional music. Today, she weaves sacred sound, intuitive guidance, and spiritual teaching into transformative experiences that awaken healing, alignment, and the realization of Oneness.



## STINE DULONG

Stine Dulong is a London-based facilitator of kirtan, sound healing, and contemplative practice, walking the path of Bhakti Yoga within the lineage of Sanatana Dharma. Originally a ceramic artist, her work with clay awakened a deep connection to grounding and devotion, which later expanded into mantra and sacred sound. Through founding SkandiHus and serving in kirtans alongside artists such as Radhika Das, her chanting has become an expression of gentleness and heartfelt connection. At the International Yoga Festival, she shares kirtan and sound healing as sacred spaces for inner transformation and devotion in breath and song.



## JAMES CASSIDY

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



## 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



## CHARLOTTE "CHAR" HOLMES

Charlotte "Char" Holmes is an international yoga teacher and former Miss London whose journey from modeling and media into yoga spans over 15 years in the global wellness space. After a successful career in fashion, television, and commercial yoga across London and Europe, her search for deeper authenticity led her to India, where she embraced the traditional yogic path of discipline, devotion, and self-inquiry. Today, she integrates asana, breathwork, meditation, and devotional elements into grounded, heart-led practices that guide students toward strength, clarity, and genuine inner connection.



## SANJ HALL

The gongs' eternal sounds are brought by Sanj Hall, a traveling gong yogi devoted to sharing the ancient wisdom of Nāda - the sacred science of sound and vibration - around the world. Through sound healing, the gong awakens the innate vibration within, guiding seekers into deep stillness, harmony, and oneness. He also offers "free spiritual jazz concerts," both as a solo artist and in collaboration with fellow musicians, while researching global sound-healing practices and fusing ancient wisdom with modern scientific work.



## RYAN

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.



## SANDRA

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.



## GARVIT INDORA

Garvit is a versatile guitar player with credits of performing with major artists in the country. He has been playing with bands and solo artists since 2017. Maya Bazar, Sugar Rip, Frequency Project are some of the major Indi-Sufi bands with whom Garvit has shared the stage with. He has a strong inclination towards bhakti music and has been a regular presenter in the events of ISKCON. He also has had many musical collaborations for live events as well as recording projects.



## STEVE HUBBACK

Steve Hubback is a Welsh percussionist, gong maker, and metal sculptor who pioneered cymbal and gong sculptures in the early 1990s. His high-quality, original sound sculptures are played by renowned artists including Dame Evelyn Glennie and have featured in Hollywood film soundtracks and international recordings. Having toured and exhibited across Europe, Iceland, South Korea, Japan, and the USA, he has collaborated with musicians such as Andrea Centazzo and Nadia Birkenstock. In his solo performances, Hubback presents immersive sonic landscapes on his self-created instruments, evoking powerful atmospheres of metal, fire, space, and evolving beauty.



## YUKARI

Yukari is the founder of Nida, a yoga studio in Tokyo, Japan, who has been sharing yoga full-time for over 11 years after earning a master's degree in cultural anthropology and teaching geography. She offers hatha yoga, philosophy, meditation, and kirtan, emphasizing yoga as a way of living rooted in profound non-dual wisdom. Since founding Nida in 2014, she has built bridges between Japan and the global yoga community by inviting international teachers, translating programs, and dedicating herself to teaching, training, seva, sādhanā, and sharing kirtan internationally. Through devotional practice, her journey with mantra has deepened into a heartfelt understanding of its true depth and meaning.



## AMRITESH SHANDILYA

Amritesh is a reputed Tabla Player in the musical circles of Delhi and outside. He received his initial training from Pt. Ulhas Rajhans of Delhi Gharana and continuing his learning from world renowned Tabla Maestro, Taalyogi Pt. Suresh Talwalkar. A graduate in Tabla from Kanpur University Amritesh is a promising artist in the field of Indian classical and bhakti music. He has accompanied many famous artists on stage and in recordings. With many awards and performance to his credit, Amritesh's performance is a treat to watch and a joy to perform with.



## ACHARYA RAMPRASAD ADHIKARI

Acharya Ramprasad Adhikari joined the Pamarth Gurukul at a very young age, around ten years old, and has grown up under the loving guidance and care of the Pamarth Niketan Ashram, under the blessings of H.H. Pujya Swami Chidanand Saraswati ji. Blossoming into a gifted devotional singer and harmonium player, his voice gently touches hearts and uplifts souls. Through the recitation of sacred Vedic mantras and bhajans, he invites listeners into a space of deep meditation and divine connection. His music is not merely performance, but prayer - a sacred offering that carries the essence of devotion, surrender, and inner stillness.



## ACHARYA VINOD JOSHI

Acharya Vinod Joshi entered the Parmarth Gurukul at a young age and has grown into a talented and dynamic percussion artist under the nurturing environment of Parmarth Niketan Ashram, guided by the blessings of H.H. Pujya Swami Chidanand Saraswati Ji. His mastery of the tabla adds uplifting energy to sacred chants and Vedic recitations, enhancing the spiritual atmosphere with rhythm and devotion. He also skillfully plays percussion pads, blending traditional and contemporary sounds to deepen the devotional experience. As a dedicated sound expert, he ensures every mantra and musical offering resonates with clarity, balance, and sacred vibration.



## ACHARYA PARMARTH KISHOR

Acharya Parmarth Kishor is a young vocalist and guitarist devoted to devotional music, mantra chanting, and bhajan singing. He has nurtured his musical journey on the sacred banks of Mother Ganga at Parmarth Niketan Gurukul under the grace of and at the feet of his divine Guru, H.H. Pujya Swami Chidanand Saraswati ji. He regularly offers lead vocals during aarti, havan, and sacred ceremonies, where his soulful voice uplifts devotional gatherings. As a solo artist, he writes and composes original songs while also teaching Vedic mantra and bhajan singing to the Rishikumars at Parmarth Niketan. He aspires to continue growing as a recording artist rooted in devotion, depth, and spiritual sincerity.



# 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 H.H. PUJYA SWAMI CHIDANAND SARASWATI JI

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 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 Gitā, Chapter 6.12

तत्रैकाग्रं मनः कृत्वा यतचित्तेन्द्रियक्रियः ।  
उपविश्यासने युञ्ज्याद्योगमात्मविशुद्धये ॥

**Tatraikāgram manah kṛtvā yata-cittendriya-kriyah;  
Upaviśyāsane yuñjyād yogam ātma-viśuddhaye.**

“Having made the mind one-pointed there, controlling the activities of the mind and senses, having sat upon the seat, one should 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,

### Saucha: Cleanliness & Purity

This is not only physical cleanliness but also purity of 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.

### Santosa: 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 abhisheks in the year. 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 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 keeps 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.

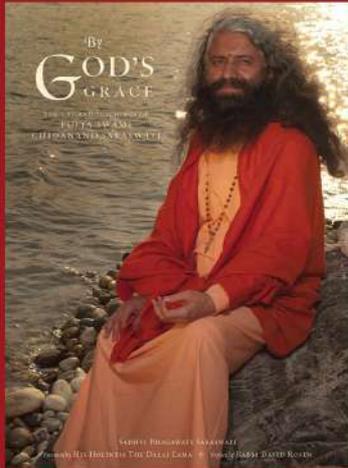
### Ishwara Pranidhana: Devotion/Surrender to God

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.

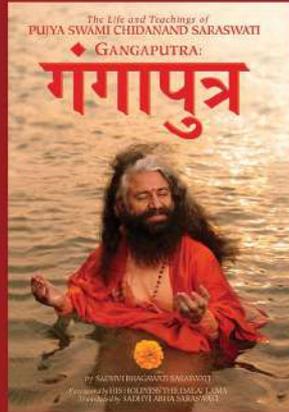
To read more about Pujya Swamiji and His teachings, please visit [www.PujyaSwamiji.org](http://www.PujyaSwamiji.org)

# FURTHER READING

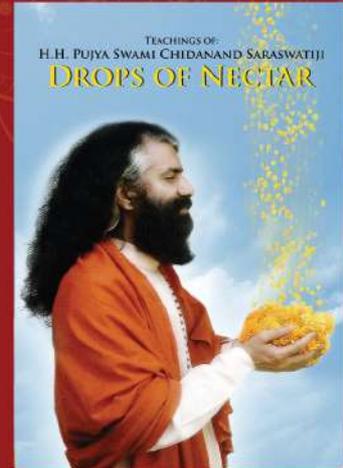
From Pujya Swamiji & Sadhvi Bhagawatiji



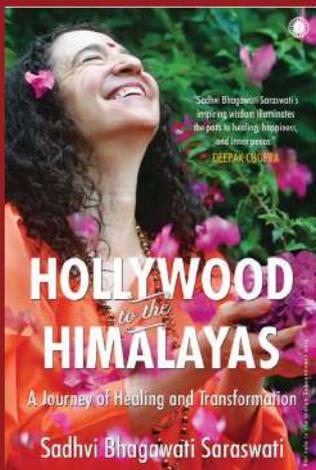
**By God's Grace**  
The life and teachings of  
H.H. Pujya Swami  
Chidanand Saraswati ji



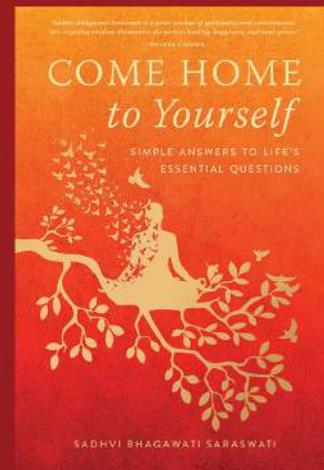
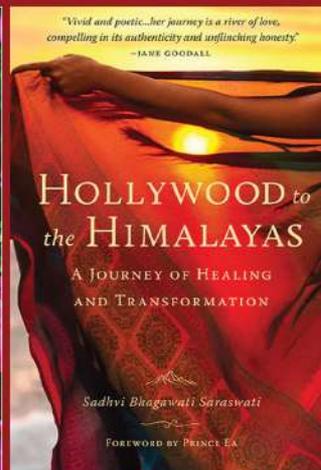
**Gangaputra**  
(Son of Ma Ganga)  
H.H. Pujya Swami Chidanand  
Saraswati ji's lifelong  
devotion, spiritual journey &  
service to Mother Ganga



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Swami Chidanand Saraswati ji



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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 classes and courses in English and 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 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 live a righteous life, a life of honesty, integrity, non-violence and purity, is the foundation of a true yoga practice, no looseness or tightness of our hamstrings becomes only one of the many aspects of our life in 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 master builder 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 janu sirsasana 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 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, 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, isolated, individual, limited, physical existence, with all of Creation.

**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.**

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 coat 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 yoga 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, "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](http://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.

**Anand Mehrotra, Yogrishi Vishvketu, Mohan Bhandari, Aadhya, Ruchi Gulati, Dr. Indu Sharma, Ganga Nandini, Dr. Radhika Nagrath, Dasa Das, Mayank Bhatt, Durgesh Amoli**

## Ashtanga Yoga

This ancient system of Yoga, rooted in the teachings of Vamana Rishi in the Yoga Korunta and passed from Krishnamacharya to Pattabhi Jois, emphasizes the synchronization of breath and movement for Chikitsa—deep cleansing and purification of body and mind. Through steady Ujjayi breathing, focused bandhas (especially mula bandha), and disciplined asana practice, circulation improves, toxins are released, and the nervous system is strengthened. The practice dissolves the six inner poisons - kama (desire), krodha (anger), moha (delusion), lobha (greed), matsarya (envy), and mada (pride) - that cloud the spiritual heart. With sustained dedication, the inner fire of yoga burns away these impurities, allowing one's true inner light to shine.

**Stewart Gilchrist, Dr. Ananda ji Balayogi Bhavanani, Anandhi Mary Cecil, Sensei Sandeep Desai**

## 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.

**Kia Miller, Anand Mehrotra, Tommy Rosen, Yogrishi Vishvketu, Jai Hari Singh, Har Hari Singh Khalsa, Dasa Das**

## Iyengar Yoga

**HS Arun, Neeru Kathpal**

## Vinyasa Yoga

Vinyasa Yoga is a dynamic practice rooted in the seamless connection between breath and movement, creating a flowing meditation in motion. Each posture transitions mindfully into the next, guided by steady breath to build strength, flexibility, and balance while calming the nervous system. With its creative sequencing and adaptable structure, Vinyasa encourages both discipline and freedom, allowing practitioners to cultivate presence, endurance, and inner stillness within continuous flow.

**Shiva Rea, Kia Miller, Tommy Rosen, Katie B Happy, Sianna Sherman, Aadhya, Erica Kaufman, Jahnvi 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.

**Yogrishi Vishvketu, Ruchi Gulati, Dr. Indu Sharma, Dr. Radhika Nagrath, Dasa Das, Sandhya Dixit, Durgesh Amoli**

## 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**

## Therapeutic Yoga

**Paula Tapia, Dr. Eden Goldman, Mohan Bhandari, Durgesh Amoli**

## 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.

**Dr. Ananda Ji Balayogi Bhavanani & Anandhi Mary Cecil, Aadhya, 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, kirtan and devotional chanting.

**Har Hari Singh Khalsa, Arindam Chakravarty, Sudhanshu Sharma, Joseph Schmidlin, Krishnapriya, Anandra George, Gurnimit Singh, Stine Dulong, James Cassidy, Sanae Yamamoto, Sanj Hall, Simon Glöde, Charlotte Holmes, Ryan O'Connell, Sandra Barnes, Steve Hubback, Yukari Fushimi, Acharya Dilipji, Acharya Ramprasad Adhikari, Acharya Vinod Joshi, Acharya Parmarth Kishor**

## 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.

**Dasa Das, Rohini Manohar**

## Meditation

**Sadhvi Bhagawati Saraswati, Ishan Tigunait, Kia Miller, Mohan Bhandari, Jai Hari Singh, Dr. Sanjay Manchanda, Christopher Key Chapple, Sandhya Dixit**

## Philosophy & Vedanta

Sadhvi Bhagawati Saraswati, Ishan Tigunait, Anand Mehrotra, Dr. Sanjay Manchanda, Gayatri Yogacharya, Christopher Key Chapple

## Wellness, Healing & Lifestyle

Health, Ayurveda, & Nutrition

Tommy Rosen, Mohan Bhandari, Dr. Padma Nayani  
Gadhi Raju, Dr. A.V. "Krishna" Raju, Ramkumar,  
Dr. Krushna Pankaj Naram, Maria Alejandra Avcharian,  
Paula Tapia, Dr. Nishi Bhatt, Acharya Ashish Gilhotra

## 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





  
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 [www.parmarth.org/yoga](http://www.parmarth.org/yoga)

    @ParmarthNiketan

# 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 may be dropped off between 7:00–8:00 PM and collected the following day from the same location. Please follow the signs for Laundry Services or inquire at the Registration Reception for assistance. Kindly note that undergarments are not accepted for laundry service.

## Hot Water

Yes – in all rooms. If your room has a geyser please turn it on 30 minutes before showering and switch off immediately after use. Please help conserve! Other rooms have solar heated water which is instantly available.

## Safe Drinking Water

Drinking water is provided in the Yoga Hall area in coolers, as well as in the building receptions and the dining area. Fill up your bottles with these. Please be sure to only drink bottled or filtered water.

## Dietary Options

All food is vegetarian, with vegan options. Please remember that we may host hundreds of guests, and it may not be possible to have everyone like everything that's offered at the meal times. Please note: In respect for the traditions of the ashram, within the ashram the following food/drink are strictly prohibited: drinking intoxicants, eating egg or other non-vegetarian foods. We also recommend that you refrain from eating onions and garlic.

## WiFi

There are free wifi zones throughout the ashram (near reception/registration, in the Ganga/Yamuna block) and also in the Yoga Garden.

## Medical Attention

We have our own clinic with a dispensary onsite called Parmarth Niketan/Swami Shukdevanand Charitable Hospital. Hours are Monday to Friday, 9am to 12pm and 2pm to 5pm. If you require attention outside these hours, please go to the Help Desk and someone will contact the resident doctor. It is always advisable to carry any regular/prescription medicines that you take in the amounts you will need, instead of trying to find them here.

## Travel Requirements?

If you need any assistance with booking of transport or travel, please contact Manish Taxi Services directly:

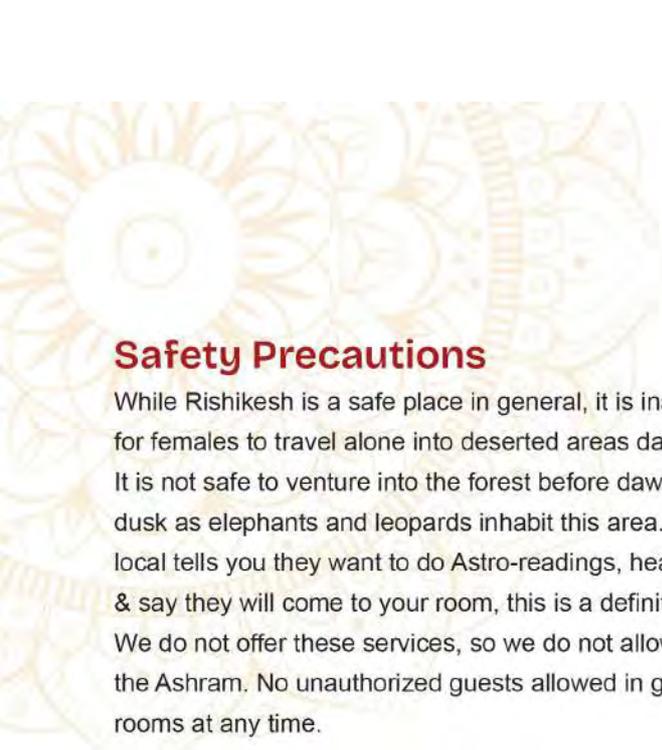
Office number: (+91) 9568318992

Mobile: (+91) 9719110191, (+91) 7895577522

Email: manish\_chakravarty2006@yahoo.com

(please cc rameshji@parmarth.com)

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



## Safety Precautions

While Rishikesh is a safe place in general, it is inadvisable for females to travel alone into deserted areas day or night. It is not safe to venture into the forest before dawn or after dusk as elephants and leopards inhabit this area. If any local tells you they want to do Astro-readings, healings, etc. & say they will come to your room, this is a definite NO. We do not offer these services, so we do not allow this at the Ashram. No unauthorized guests allowed in guest rooms at any time.

## Darshan (Blessings) with Pujya Swamiji and Havan Ceremony

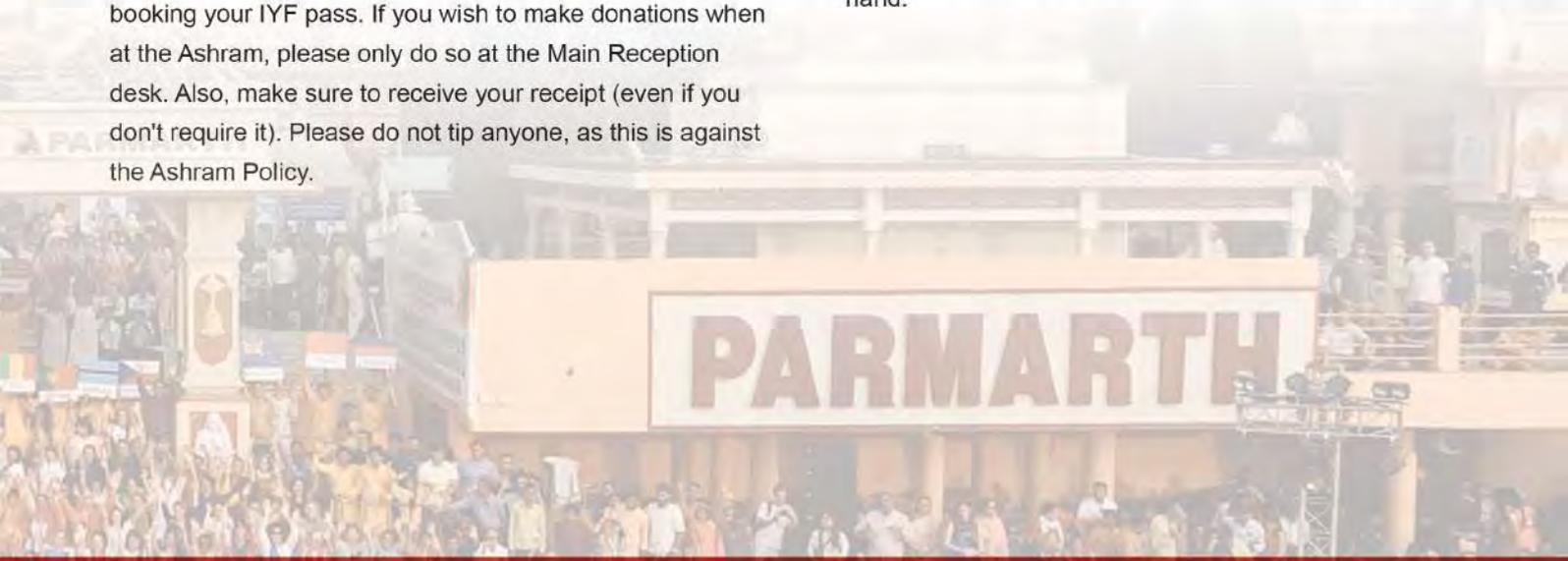
At our IYF registration & help-desk, there will be sign-up sheets for both these events.

## Ashram Donations

You can make an additional donation to the Ashram when booking your IYF pass. If you wish to make donations when at the Ashram, please only do so at the Main Reception desk. Also, make sure to receive your receipt (even if you don't require it). Please do not tip anyone, as this is against the Ashram Policy.

## Indian Etiquette

- Be sensitive and respectful, dress as modestly as possible, especially during the Aarti. In respect to the traditions of our ashram, shoulders and knees should always be covered at all times, including in classes. See-through clothing is not allowed, and tight/revealing clothing is discouraged.
- When in doubt, observe what others are doing, or simply just ask.
- To preserve the purity of sacred places, remove your shoes.
- To avoid potential misunderstandings and for hygienic reasons, when greeting someone, fold your hands in Namaste.
- Indians reserve their left hand for unclean activities so it is customary to give and receive with the right hand.



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

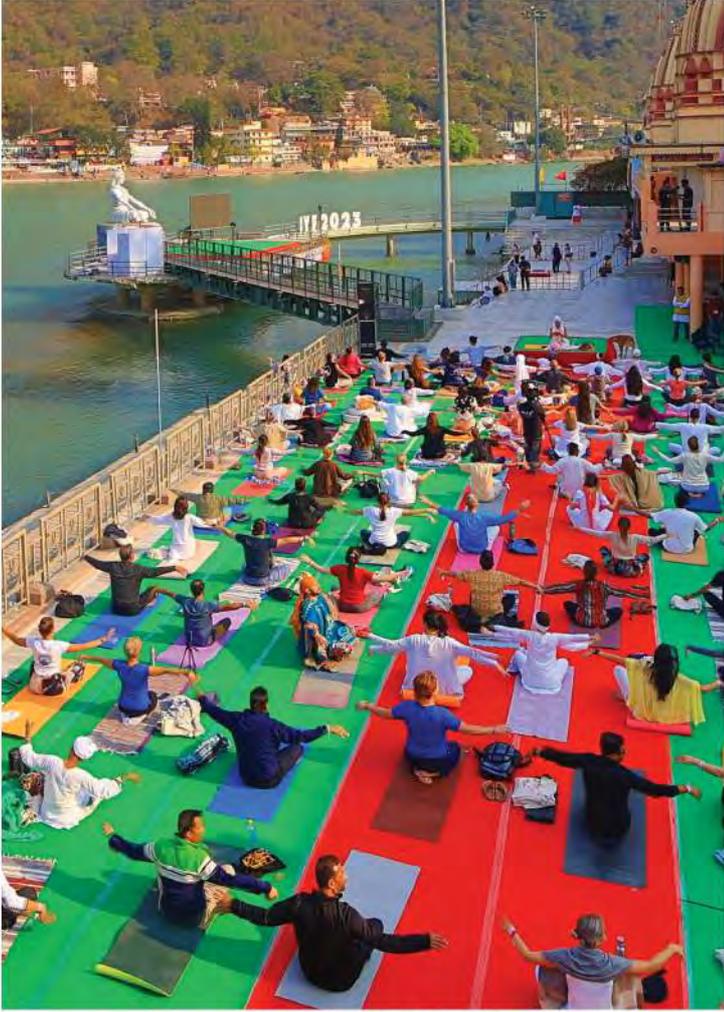
## Your Feedback is Important

We will be giving feedback forms during the festival. Please keep your mind open to improvement, and fill them in. We will be requiring that you fill this out before receiving your key deposit if you are staying at the ashram.

# IYF Over the Years













# Exhibitors

2026 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. Each crystal has been personally energized by Reiki healer Ayush Gupta, ensuring a deep and lasting spiritual connection for the user. When you hold or wear these sacred crystals, you will experience a shift in your energy, a heightened sense of awareness, and a deeper connection to your inner self. Anant Oorja Safar invites you to explore this transformative experience and unlock the boundless power within you.



## JAICO PUBLISHING HOUSE

Jaico Publishing House is one of India's leading publishing companies, founded in 1946 in Mumbai. With a rich legacy of over seven decades, Jaico has published an extensive range of books across genres including self-help, spirituality, business, biographies, and fiction. Known for bringing global bestsellers to Indian readers and nurturing influential voices, Jaico continues to inspire and empower through accessible, impactful literature.



## 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. We are trying to improve the livelihood of Indian artisans especially women to make them economically independent. Our designs are a blend of Indian traditions and contemporary art. Our products range includes apparel like sarees, suit fabrics, stoles, skirts, dresses, men kurtas etc and home linen like bedsheets, table runners, table mats, bags, pouches etc.



## ETHICAL INTELLIGENCE (EI) YOGIVERSE

Yogiverse is a global wellness and consciousness platform dedicated to integrating yoga, meditation, ethical living, and self-awareness into modern life. Rooted in yogic philosophy and spiritual wisdom, Yogiverse focuses on inner well-being alongside responsible outer living. Yogiverse serves as a space for experiential learning - where individuals engage with yoga not only as a physical practice, but as a holistic way of life encompassing thought, action, and awareness.



## 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.



## KIESHA

Kiesha is a small business established in 2021, bringing to market products crafted by people with disabilities and small producer groups using traditional weaving and printing techniques. Founded by a textile designer, Kiesha works to uplift artisans with disabilities and small producers by transforming their skills into innovative and contemporary products. Registered under MSM (UDYAM-DL-08-0013494), the brand focuses on style and quality while empowering artisans to refine their craftsmanship and produce at the highest standards. Its range includes home décor, fashion accessories such as scarves and stoles, and silver and brass jewellery.



## MANDAKINI'S MAGIC

Mandakini's Magic is a sustainable clothing brand creating dresses, tops, kaftans, bags, and upcycled saree garments using natural dyes, eco-printing, and plant-based techniques. The brand works with organic and hand block printed fabrics, collaborates with women's centers to craft angora shawls and stoles through ethical, cruelty-free practices, and ensures all pieces are handmade without toxic dyes. The founder, Mandi Singh, holds a Master's degree in Design and Fashion and grew up in Ramanas Garden Children's Home, Rishikesh. During the lockdown in the mountains of Uttarakhand, deep exploration of natural dyeing with flowers, leaves, and plants shaped the foundation of this sustainable and environmentally conscious work.



## KALANGANAN HOME TEXTILES

Kalanganan Home Textiles is a handcrafted home décor brand rooted in traditional weaving and printing techniques. The brand works closely with skilled artisans to create high-quality cushions, runners, napkins, and other home accents that blend heritage craftsmanship with contemporary design. With a focus on sustainability, authenticity, and fine detailing, Kalanganan celebrates timeless textiles while supporting artisan communities and preserving traditional skills.



## MAHARISHI AYURVEDA PRODUCTS

Maharishi Ayurveda Products Pvt. Ltd., established in 1986 under the guidance of His Holiness Maharishi Mahesh Yogi, is a leading global manufacturer and exporter of Ayurvedic products. Blending classical Ayurvedic wisdom with modern scientific research, the company offers organic teas, herbal supplements, personal care, dental and skin care, and packaged foods. With certified manufacturing facilities in Noida SEZ and Faridabad, it serves major international markets including the USA, Europe, Japan, and Australia, operating under ISO, GMP, GLP, and Organic certifications.



## MEFREE

MeFree: Freedom Begins with Support. MeFree is built on the belief that yoga is for everybody, extending beyond asanas to focus on easing pain, calming the mind, and creating a safe, sustainable practice. The brand designs accessible, supportive yoga props that meet practitioners where they are and evolve with their journey, helping relieve back pain, joint discomfort, stress, and mental fatigue - making yoga approachable for beginners and meaningful for experienced practitioners alike. More than accessories, these props serve as tools for confidence, balance, and healing, supporting homes and studios worldwide in making yoga accessible, supportive, and truly transformative on and beyond the mat.

S H I L P A N J A L I

## 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.



## SURYAN ORGANIC

Suryan Organic is a Bharatiya-origin, farmer-centric initiative dedicated to ethical agriculture, Ayurvedic nutrition, and conscious food systems. Through its flagship brand SOSE (Siddha Kisan Se), it revives India's traditional food wisdom rooted in Ayurveda, Vedic principles, and Ahimsa, offering sattvik, desi cow (A2)-based products, natural grains, and daily essentials with purity and traceability. Bridging farmers and conscious consumers, SOSE upholds Annam Brahma - honoring food as sacred life energy -while empowering farmers with dignity, fair value, and sustainable practices aligned with the yogic way of life.



## SKH HANDICRAFTS

Vikesh and Rutika are the husband-and-wife founders of SKH Handicrafts, a Goa-based venture dedicated to simplicity, quality, and conscious living. They offer a thoughtfully curated collection of small-batch, handmade natural products including pure spices, artisan perfumes, traditional incense sticks, real flower candles, and natural soaps-each crafted with care and respect for nature. Rutika is a professionally trained and certified henna (Mehndi) artist, offering authentic designs rooted in tradition and mindfulness. Through SKH Handicrafts, they warmly invite visitors to connect and experience heartfelt creations made with authenticity and intention.



## VIKARA

VIKARA is an environmentally conscious fashion brand dedicated to creating eco-friendly, organic handloom clothing crafted entirely from natural materials - ranging from sustainable fibers to plant-based dyes - free from harmful chemicals and toxins. Designed to be gentle on both the earth and the wearer, each piece reflects a deep respect for nature and wellbeing. Beyond materials, Vikara collaborates with local communities and artisans to uphold fair labor practices and preserve traditional Indian craftsmanship. Through its holistic commitment to sustainability, Vikara champions a more ethical future for fashion while keeping timeless skills and heritage alive.



## TVAKSUTRA

Tvaksutra derives its name from Sanskrit: Tvak meaning skin and Sutra meaning formulation. Rooted in India's cultural heritage, the brand reflects authenticity through thoughtfully crafted formulations inspired by Ayurveda and ancient wisdom. Tvaksutra celebrates India's botanical diversity by sourcing unique ingredients such as Sanikatta Salt from Karnataka, Chyura Butter from the Himalayas, and Illipe Butter from southern forests - honouring regional knowledge while supporting sustainable practices and local communities. Establishing itself in the evolving world of fragrances, Tvaksutra blends aromatherapy with chakra-healing practices, recognising the deep connection between scent, energy, and emotional well-being. Each fragrance and wellness product is designed to balance the senses, promote inner harmony, and capture the true essence of India. Through mindful craftsmanship, Tvaksutra creates a holistic sensory journey where tradition, well-being, and modern living come together seamlessly.



## TRADITIONAL FAB

With the help of traditional fabrics, we want to bring to you the entire process of making clothes from the old times, which was done by hand, so that it can be made easier for those who are still living their lives on this art of old times. With the help of this shop, we take forward the work of those people who do not have any skill. They have to learn this work. We give them skill in their hands and with this, their life becomes easy due to which their children, their family survive in this expensive world. By choosing our brand, you are helping all those people who do not have any work and with whose help their home, food and family run.



## VINTAGE INDIA

Vintage India is a mindful clothing label rooted in simplicity and traditional craftsmanship, offering natural-fabric apparel designed for comfort, movement, and everyday wellness. The collection includes bamboo cotton yoga wear, handcrafted cotton dresses, and natural stone bracelets and meditation malas to support mindful living. Each piece is sustainably handmade, with a portion of every purchase supporting artisan families and preserving traditional skills - wear with intention, live with awareness.



## SKID O2

Skid O2 LLP's O2 Yoga Bags are movement-driven, double-strap yoga mat bags thoughtfully designed for today's active wellness community. Ideal for yogis, teachers, travelers, and retreat participants, they combine ergonomic comfort with modern lifestyle appeal. Suitable for studios, retreats, wellness stores, and conscious brands, O2 Yoga Bags align strongly with sustainability values and the growing trend toward mindful living.



## PASHMINA WORLD

Shiv Gauri Pashmina World brings together elegance, heritage, and spiritual artistry through a curated collection of luxurious cashmere Pashmina shawls, authentic Kashmiri papier mâché handicrafts, gemstone-beaded malas and jewelry, & enchanting natural attar fragrance oils. Each piece reflects fine craftsmanship - from handcrafted shawls woven for warmth and timeless style to intricately designed artifacts celebrating Kashmir's rich cultural legacy. The gemstone japa malas and bracelets are thoughtfully selected to support positive energy and spiritual balance, while natural attars enhance meditation and mindful living. Rooted in tradition and artistry, the collection offers a harmonious blend of luxury, culture, and spirituality to enrich everyday life.

## The Yogis

### THE YOGIS

The Yogis envisions yoga as a seamless, accessible practice for every body, creating thoughtfully designed props that transform challenge into ease - blocks for stability, straps for reach, and bolsters for deep restoration. Crafted from sustainable materials with intuitive design and uncompromising quality, each product supports safe, effective, and joyful practice, born from real-life experience on and off the mat. Rooted in authenticity and mindful living, The Yogis champions progress over perfection and community over competition - empowering practitioners worldwide to live yoga fully, prop by prop and breath by breath.



### MADHUBANI PAINTING

Madhubani painting is an ancient art form from Jitwarpur village in the Madhubani district of Bihar, traditionally created on palace and village walls during sacred occasions and festivals like Diwali, Holi, and Durga Puja. Since 1934, when Padma Shri Sita Devi helped introduce it on paper, the art has continued to flourish. Created by women artists using 100% natural colors, these paintings preserve authentic tradition while supporting artisans and sustaining this rich cultural heritage.



### TRADITIONAL INDIA

Traditional India is a lifestyle and cultural boutique that celebrates the rich heritage, artistry, and spiritual roots of Indian tradition. With a focus on authentic craftsmanship, the brand promotes timeless products that reflect India's artistic legacy - often including handcrafted textiles, décor, accessories, and artisanal goods inspired by traditional motifs and mindful living. At its heart, Traditional India champions quality, cultural pride, and a connection to age-old techniques, inviting people to bring meaningful, heritage-inspired pieces into their everyday lives.



## AKISO

AKISO is a wellness-inspired brand rooted in ancient Indian philosophy and mindful living, proudly presenting AKISO Sattvik yoga wear where wellness meets consciousness. Crafted from 100% natural cotton, each piece is breathable, skin-friendly, and thoughtfully designed in collaboration with experienced yoga instructors and holistic lifestyle experts to support the modern yogi's practice. Completely plastic- and metal-free, AKISO Sattvik honors the flow of prana, serving not just as clothing but as a mindful companion that nurtures harmony between body, mind, and spirit.



## KHAYAL

Khayal Health has been a part of the International Yoga Festival for the past three years, returning to Rishikesh each time with the intention of representing authentic Ayurveda in its true spirit. Rooted in depth, discipline, and respect for traditional Indian wellness systems, Khayal views Ayurveda not as a passing trend but as a complete way of living grounded in consistency, purity of ingredients, and time-honored preparation methods. Through this presence, the brand continues a meaningful dialogue on restoring Ayurveda to its original relevance and rightful place in modern life.



## SAI KARUNA MISSION

Dr. Uday Shah is a medical doctor with a Doctorate in Aura Science and over two decades of research in spirituality and holistic healing for the mind, body, and soul. Through the Sai Karuna Mission and Sai Karuna Mission Cancer Trust, initiatives focus on supporting cancer patients with root-level healing approaches. The vision is to eradicate cancer and remove its fear, with a mission centered on freedom from the four D's -Disease, Drugs, Doctors, and Death - empowering conscious healing and resilience.



## ANAGHAYA GLOBAL WELLNESS

Anaghaya Global Wellness is a holistic lifestyle brand rooted in the ancient wisdom of Ayurveda, dedicated to conscious living and natural wellbeing. Blending traditional herbal formulations with modern wellness practices, it offers clean skincare, therapeutic rituals, and functional nutrition designed to nourish body, mind, and spirit. Committed to purity, sustainability, and mindful self-care, Anaghaya invites individuals to embrace wellness as a daily, sacred practice.



## WELLWITH

Wellwith is a health and wellness brand committed to holistic well-being through science-backed nutritional products and lifestyle solutions. Focused on natural, high-quality formulations, it supports immunity, energy, digestion, and overall vitality for individuals and families of all ages. Built on transparency, safety, and stringent quality standards, Wellwith delivers carefully crafted products designed around real health needs. With a strong customer-first approach and consistent packaging standards, the brand ensures a reliable, trusted, and supportive wellness experience.



## NEUROMATRIX

Neuromatrix introduces an infrared light meditation and brain health helmet using high-frequency pulsed infrared technology (photobiomodulation) to support brain vitality and deeper meditative states. By stimulating the mitochondria to enhance cellular energy (ATP), it increases circulation, supports neurogenesis, and reduces inflammation. Designed to aid brain recovery, cognitive function, and healthy aging, the headset can also pulse at specific frequencies to quiet mental noise and access profound states of presence. Discover how the science of light can revitalize the brain and deepen your meditation journey.





## 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. [YF] 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.”

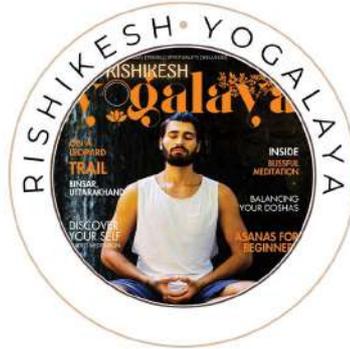
“I have been coming to IYF since 2013 and I’m so thankful to Sadhviiji and Swamiji to bring together people from all over the world – I have met thousands of people from around the globe who have touched my life and have made a difference in who I am and I would not be the same person that I am now, 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.

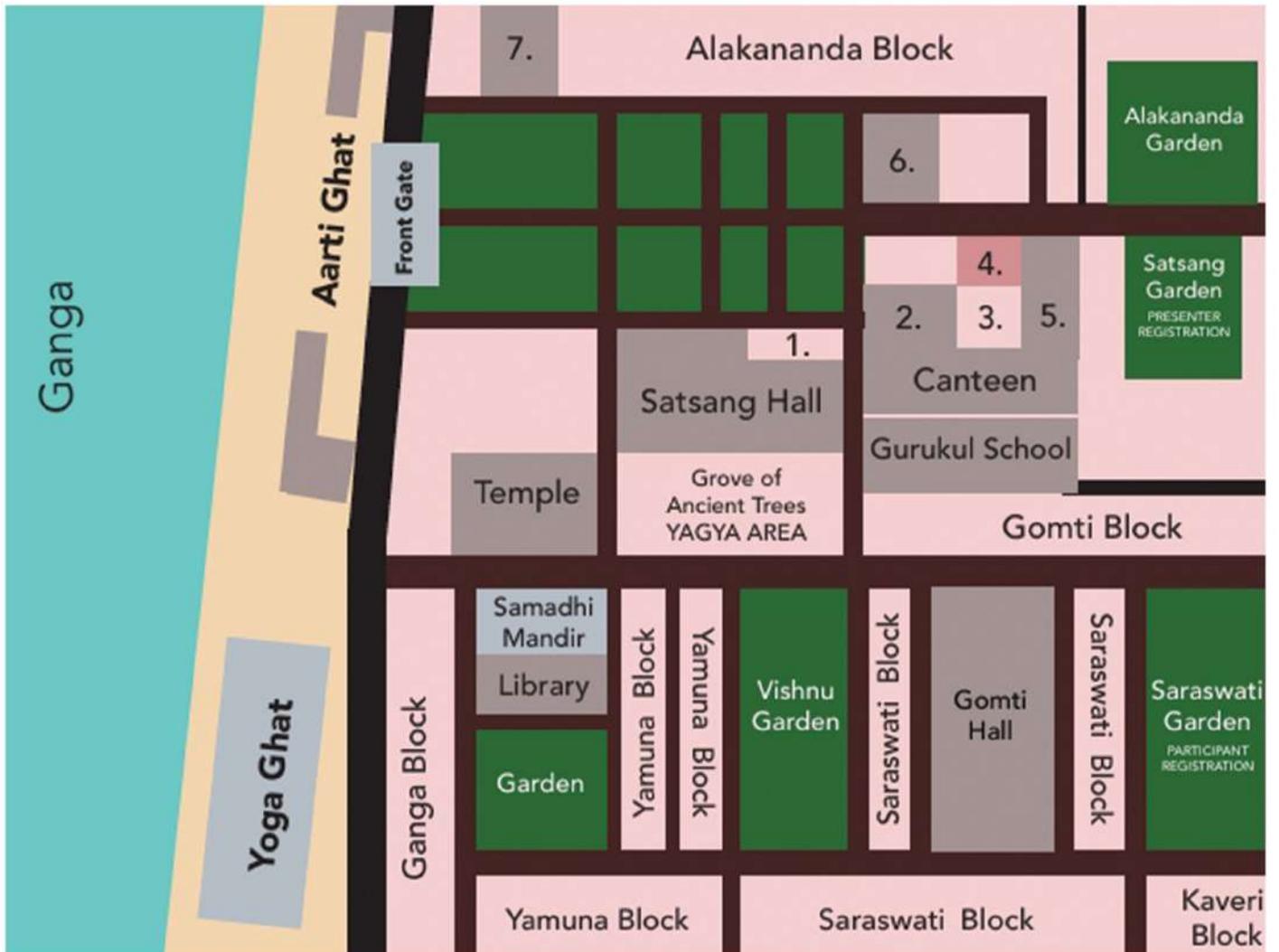
“Such a beautiful experience being surrounded by such loving souls.”

# Thank You to Our Partners

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# 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



Tree Plantation



Cultural protection & preservation



Vocation Training Skills



Hosting at the Ashram



Youth Empowerment



Hosting free meals



Strengthening Interfaith Relations

[parmarth@parmarth.com](mailto:parmarth@parmarth.com)

[parmarth.org/how-you-can-help](https://parmarth.org/how-you-can-help)

# Our Programs for a More Peaceful World



## Global Interfaith WASH Alliance (GIWA)

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](http://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](http://www.divineshaktifoundation.org)



## Ganga Action Parivar (GAP)

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.



## 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.



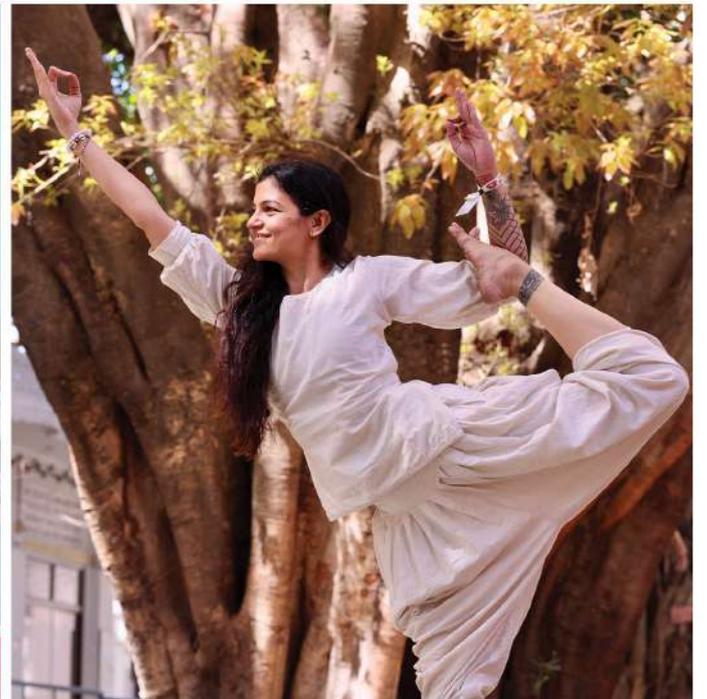
## Encyclopedia of Hinduism

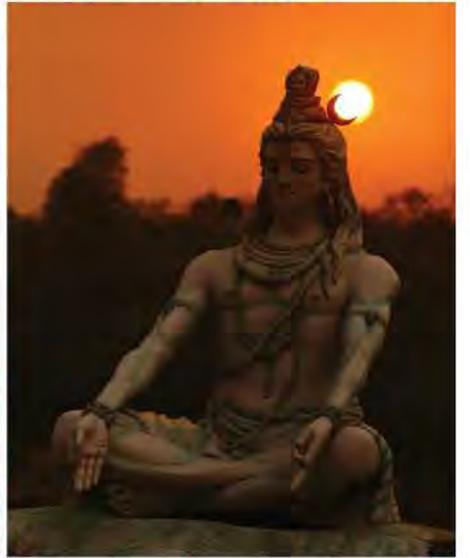
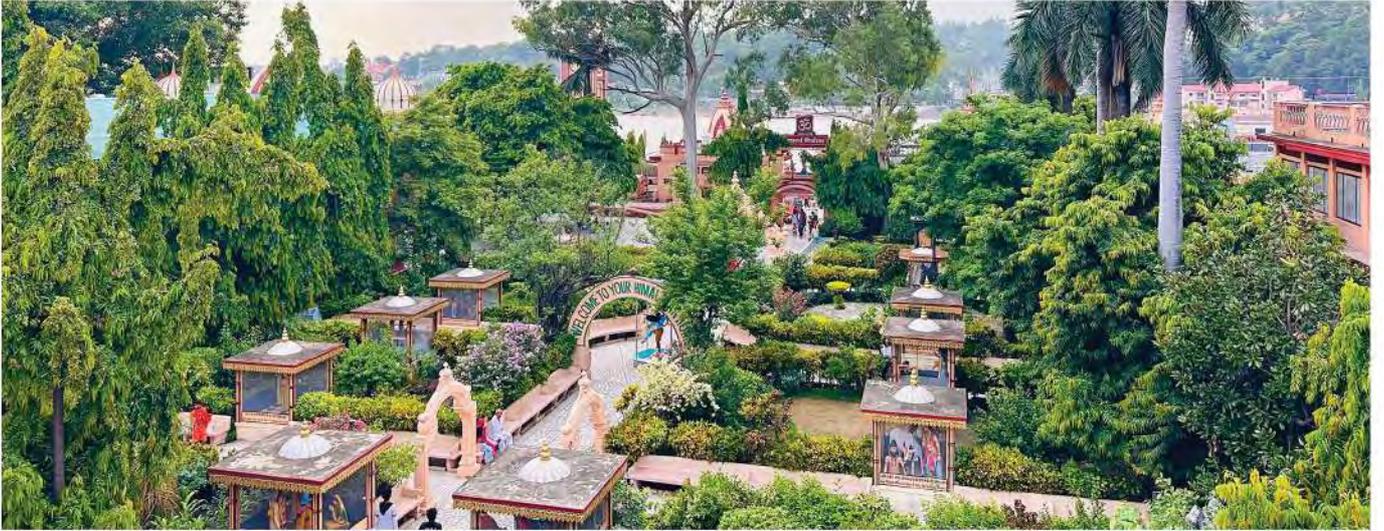
An unprecedented and monumental compendium dedicated to preserving, presenting, and celebrating the vast wisdom of Sanatan Dharma. Written over 25 years by more than 1,000 scholars and experts from around the world, it brings together Hinduism's history, philosophy, scriptures, traditions, saints, temples, arts, and sciences into one landmark reference work - a timeless resource for seekers, scholars, and future generations.



## Divyangta Mukta Bharat

Divyangta Mukta Bharat is a compassionate initiative dedicated to empowering specially-abled individuals through accessibility, education, inclusion, and the provision of artificial limbs - working toward a Bharat where every soul is supported, respected, self-reliant, able to live with dignity, and given the opportunity to thrive.





# Lokāḥ Samastāḥ Sukhino Bhavantu

लोकाः समस्ताः सुखिनो भवन्तु



[parmarth.org](http://parmarth.org)



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