



INTERNATIONAL YOGA FESTIVAL

2026 SCHEDULE OF EVENTS

PARMARTH NIKETAN ASHRAM
RISHIKESH (HIMALAYAS), INDIA



Welcome to your Himalayan home
at Parmarth Niketan,
on the sacred banks of
Mother Ganga,
in the World Capital of Yoga,
Rishikesh



MARCH 8TH

TIME	CLASS	PRESENTER	LOCATION
16:00 - 19:00	<p>Women in Rhythm: Yoga + Drumming for Well-Being followed by Special Women's Day Parmarth Ganga Aarti at sunset.</p> <p>Join us on March 8 at 4:00 pm IST at Parmarth Niketan, Ganga Ghat, Rishikesh, as we celebrate International Women's Day through movement, rhythm, and collective energy. Experience a unique fusion of yoga and traditional chenda temple drumming with Prasood Gurukripa and Shiva Rea. Drumsticks will be provided. All are welcome.</p> <p>The event will be followed by the sacred Parmarth Ganga Aarti welcoming IYF Participants to their Himalayan home.</p>		Aarti Ghat
19:00 - 20:00	Satsang with Sadhvi Bhagawati Saraswatiji		Satsang Hall

MARCH 9TH

*“Do not wait for miracles. You are the miracle!
Never forget the miracle of yourself!”*
- HH Pujya Swami Chidanand Saraswatiji



TIME	CLASS	PRESENTER	LOCATION
6:00 - 7:30	Lila Yoga Surya Namaskar & the 5 Elements of Nature	Erica Kaufman	Yoga Hall Ground Floor
	Hatha Pranayama Japa	Dasa Das	Yoga Hall Middle Floor
	Hatha Vinyasa	Aadhya	Yoga Hall Top Floor
	Power of Pranayama	Sandhya Dixit	Yoga Hall 4
	T'ai Chi Flow	Sensei Sandeep Desai	Yoga Ghat
6:30-7:30	Sunrise Chanting	Anandra George	Aarti Ghat
7:00-8:00	<i>Tea/Coffee/Light Snacks</i>		Garden
7:30-8:00	Parmarth Niketan Sacred Morning Fire Ceremony (Yagna/Havan) with Pujya Swamiji and Pujya Sadhviji		Yagna/Havan Courtyard
8:00-9:30	Nervous System Stabilization Through Movement, Kriya & Breath	Kia Miller	Yoga Hall Middle Floor
	Yogāsana and Samarpan – Practice and Surrender	Stewart Gilchrist	Yoga Hall Top Floor
	Calling the Mind Home: An Introduction to Vishoka Meditation	Ishan Tigunait	Satsang Hall
	Living Bliss Consciousness	Anand Mehrotra	Yoga Ghat
	The Harmonic Spine: Music As Medicine	Joseph Schmidlin	Yoga Hall Ground Floor
	Healing and Lighting the Voice with Indian Ragas	Sanae Yamamoto	Yoga Hall 4
9:30-10:45	<i>Brunch</i>		Garden
11:00-12:30	<i>Wisdom Talks: Spiritual Plenary Series Embodied Action: From Mat to Mission - Living Karma Yoga as Sacred Life</i> with Sadhvi Bhagawati Saraswati, Ishan Tigunait, Shiva Rea, Anand Mehrotra and Tommy Rosen, moderated by Dr. Eden Goldman		Yoga Ghat
12:45-14:15	Mantra Yoga	Dr. Indu Sharma	Yoga Hall Middle Floor
	Freedom In My Foundation -1st + 2nd Chakra Balancing Vinyasa - Hips + Hamstrings	Katie B. Happyy	Yoga Hall Top Floor
	Hatha Yoga	Mayank Bhatt	Gomti Hall

TIME	CLASS	PRESENTER	LOCATION
12:45-14:15 (continued)	Vinyasa Practice 1 ~ The 3 Rivers Within	Jahnavi Claire Missingham	Saraswati Garden
	Observe Yourself Living: Take a Healthy Distance With It!	Jai Hari Singh	Satsang Hall
	PULSE Rhythmic Vinyasa Yoga + Chenda Temple Drumming	Shiva Rea	Yoga Ghat
	Welcome Home To Your Heart & IYF	Sandra Barnes	Yoga Hall Ground Floor
	Sensational Mantra: Tune Your Sanskrit Resonance	Anandra George	Yoga Hall 4
14:30-15:30	<i>Lunch</i>		Garden
15:45-17:00	The Three Bodies and Turiya	Gayatri Yogacharya	Yoga Hall Middle Floor
	Yinlightenment	Rohini Manohar	Yoga Hall Top Floor
	Gong Bath: Gong Bath: Sound Healing for Deep Meditation	Har Hari Singh	Gomti Hall
	Healing Science of Breath	Dr. Yogrishi Vishvketu	Saraswati Garden
	Ayurveda: The Ancient Art of Returning to Yourself	María Alejandra Avcharian	Satsang Hall
	Mallakhamb Workshop - India's Ancient Athletic Yoga	Yogesh Malviya	Yoga Ghat
	Restorative Gong Immersion - A Gong Song, Nada and Mantra	Sanj Hall & Friends	Yoga Hall Ground Floor
	Devotion in Motion	Charlotte Holmes	Yoga Hall 4
17:00 - 17:30	<i>Tea & Snacks</i>		Garden
17:30 - 20:00	Inauguration of IYF 2026 Mallakhambh: India's Ancient Athletic Yoga led by Shri Yogesh Malviya, Dronacharya Awardee & Parmarth Rishikumars		Aarti Ghat
20:00-21:00	<i>Dinner</i>		Garden
20:30-21:30	Evening Kirtan Infinite Bliss - Merging with Shiva	James Cassidy & Friends	Yoga Hall Ground Floor

MARCH 10TH

" Give, give, and give, with every breath."
- HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
6:00 - 7:30	Lila Yoga Vinyasa: Warrior Within for Grounded Courage	Erica Kaufman	Yoga Hall Ground Floor
	Arjuna's Dilemma: Yoga in Motion	Rohini Manohar	Yoga Hall Middle Floor
	Mindful Strength Integration through Standing Poses in Classical Iyengar Yoga	Neeru Kathpal	Yoga Hall Top Floor
	Introduction to Sat Nam Rasayan®: The Art of Healing Presence	Har Hari Singh	Yoga Hall 4
	Nervous System Reset	Tommy Rosen	Gomti Hall
	Prana Shuddhi -The Traditional Path of Purification	Mohan Bandhari	Saraswati Garden
	Nature and Awareness	Dasa Das	Yoga Ghat
6:30-7:30	Sunrise Chanting	Anandra George	Aarti Ghat
7:00-8:00	<i>Tea/Coffee/Light Snacks</i>		Garden
7:30-8:00	Parmarth Niketan Sacred Morning Fire Ceremony (Yagna/Havan) with Pujya Swamiji and Pujya Sadhviji		Yagna/Havan Courtyard
8:00-9:30	Yogāsana and Śravaṇa	Stewart Gilchrist	Yoga Hall Middle Floor
	Ashtanga Standing Postures	Sensei Sandeep Desai	Yoga Hall Top Floor
	Hatha Vinyasa	Aadhya	Gomti Hall
	Revealing Pranic Awareness: A Guided Yoga and Vishoka Meditation Experience	Ishan Tigunait	Saraswati Garden
	NeuroBalance: Nadi Yoga for Motor Neuron & Preventing Degenerative Disorders	Acharya Ashish Gilhotra	Satsang Hall
	Prana Mandala Vinyasa - Circular Flow for All	Shiva Rea	Yoga Ghat
	Free Your Voice	Simon Glöde	Yoga Hall Ground Floor
	Meditative Morning Kirtan: Prema Bhakti to Begin the Day	Stine Dulong & Friends	Yoga Hall 4
9:30-10:45	<i>Brunch</i>		Garden

TIME	CLASS	PRESENTER	LOCATION
11:00-12:30	Wisdom Talks: Spiritual Plenary Series <i>Shakti: The Creative Power of Consciousness</i> <i>The Feminine Force at the Heart of Yoga</i> with Shiva Rea, Sadhvi Bhagawati Saraswati, Runa Rizvii Shivamani, Kia Miller, moderated by Aadhya		Yoga Ghat
12:45-14:15	Vinyasa Practice 2 ~ Shiva's Temple	Jahnvi Claire Missingham	Yoga Hall Middle Floor
	Restorative Yoga	Paula Tapia	Yoga Hall Top Floor
	Discover YoGGarBA - A Fusion of Yoga & Garba	Anish Rangrej	Gomti Hall
	Knowing Shiva	Anand Mehrotra	Saraswati Garden
	Journal Workshop- I Am Infinitely Possible - Build Your Brain's Immune System	Katie B. Happy	Satsang Hall
	Yoga Nidra	Sadhvi Abha Saraswati	Yoga Ghat
	Awaken Your Authentic Voice: Healing - Projection - Presence - Power	Runaa Rizvii Shivamani	Yoga Hall Ground Floor
	Throat Chakra - An Awakening Workshop	Gurnimit Singh	Yoga Hall 4
14:30-15:30	<i>Lunch</i>		Garden
15:45-17:00	DOSHAS: The Three Energetic Bodies - Understanding Your Inner Nature	María Alejandra Avcharian	Yoga Hall Middle Floor
	Embracing Higher Reality: Yoga Sutra's Essential Teachings on the Divine Within	Ishan Tigunait	Yoga Hall Top Floor
	Still the Mind: An Introduction to Tratak	Sandhya Dixit	Gomti Hall
	The Silence Beyond the Mind: A Himalayan Meditation for Inner Awakening	Sadhvi Bhagawati Saraswati	Saraswati Garden
	Fastest Brain Enhancement through Breath Work, Movement, Meditation	Dr. Nishi Bhatt	Satsang Hall
	The Fires of Yoga - From Agni Hotra to Ayurveda	Dr. Yogrishi Vishvketu	Yoga Ghat
	Yoga Nidra Sound Journey	Sandra Barnes & Friends	Yoga Hall Ground Floor
	Healing of Nada Yoga Voice Meditation	Sanae Yamamoto	Yoga Hall 4
17:00 - 17:30	<i>Tea & Snacks</i>		Garden
17:30 - 18:00	Ganga Yagna/Havan		Aarti Ghat
18:00 - 19:00	Sacred Ganga Aarti		Aarti Ghat
19:00 - 20:00	Where Rhythm Meets the Soul: Live in Concert with Drums Shivamani & Runaa Rizvii Shivamani		Shankar Bhagwan Ghat
20:00-21:00	<i>Dinner</i>		Garden
20:30-21:30	Evening Kirtan - Into The Heart	Simon Glöde & Friends	Yoga Hall Ground Floor

MARCH 11TH

"Be happy, be peaceful. Embrace all, include all, exclude none."

- HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
6:00 - 7:30	Hatha Yoga	Durgesh Amoli	Yoga Hall Ground Floor
	Empower & Energize: Kundalini Awakening	Dasa Das	Yoga Hall Middle Floor
	Chikitsa Vinyasa "Therapeutic Flow" Master Class	Dr. Eden Goldman	Yoga Hall Top Floor
	Kundalini Rebirthing: A Reset of the Self	Har Hari Singh	Yoga Hall 4
	Vinyasa Practice 3 ~ Brahma Muhurta	Jahnvi Claire Missingham	Gomti Hall
	Primal Flow - Yoga and the Art of Kalarippayatu	Shiva Rea	Saraswati Garden
	Qigong	Sensei Sandeep Desai	Yoga Ghat
6:30-7:30	Sunrise Chanting	Sudhanshu Sharma	Aarti Ghat
7:00-8:00	<i>Tea/Coffee/Light Snacks</i>		Garden
7:30-8:00	Parmarth Niketan Sacred Morning Fire Ceremony (Yagna/Havan) with Pujya Swamiji and Pujya Sadhvi		Yagna/Havan Courtyard
8:00-9:30	Bandhas + Binds - 3rd + 4th Chakra Balancing Vinyasa Class	Katie B. Happy	Yoga Hall Middle Floor
	Iyengar-Based Alignment-Led Twisting	Neeru Kathpal	Yoga Hall Top Floor
	Traditional Yogic Dand Sadhana: Strength, Breath & Discipline	Mayank Bhatt	Gomti Hall
	Kalari Flow: The Rhythm of the Warrior	Rohini Manohar	Saraswati Garden
	Yoga Nidra	Sadhvi Abha Saraswati	Satsang Hall
	Awakening the Inner Fire: Kundalini Energy Activation	Kia Miller	Yoga Ghat
	PleasureFULL Self-Shining Voice: Smash the Patriarchy One Note at a Time	Anandra George	Yoga Hall Ground Floor
	Heart Dance	Simon Glöde	Yoga Hall 4
9:30-10:45	<i>Brunch</i>		Garden
11:00-14:30	Special Visit to Maharishi Ashram (Beatles Ashram) with World Peace Prayers and Special Concert by Rādhikā Dās		Yoga Ghat

TIME	CLASS	PRESENTER	LOCATION
14:30-15:30	<i>Lunch</i>		Garden
15:45-17:00	Quantum Healing	Gayatri Yogacharya	Yoga Hall Middle Floor
	Yoga for Immunity: Strengthen Your Inner Resilience	Mohan Bhandari	Yoga Hall Top Floor
	Spirituality and Emotional Maturity: The Importance of Growing Up While We Are Waking Up	Tommy Rosen	Gomti Hall
	Reset, Renew & Rejuvenate Through Ayurveda - Return to Health!	Ramkumar	Saraswati Garden
	The Field Mantra: Navigating the Direct Path to Self-Realization	Dr. Sanjay Manchanda	Satsang Hall
	The Projection of Acceptance	Jai Hari Singh	Yoga Ghat
	Cradle of Sound Restorative Sound Bath	Joseph Schmidlin and Friends	Yoga Hall Ground Floor
	A Journey Through The Chakras With Mantra	James Cassidy and Friends	Yoga Hall 4
17:00 - 17:30	<i>Tea & Snacks</i>		Garden
17:30 - 18:00	Ganga Yagna/Havan		Aarti Ghat
18:00 - 19:00	Sacred Ganga Aarti		Aarti Ghat
19:00 - 20:00	Kirtan for Life: Live in Concert with Gurnimit Singh & Sacred Sound Experience Musicians		Shankar Bhagwan Ghat
20:00-21:00	<i>Dinner</i>		Garden
20:30-21:30	Evening Ganga - All Female-Led Kirtan to Calm the Nervous System	Stine Dulong & Friends	Yoga Hall Ground Floor



MARCH 12TH

"Be the change and bring the change. If we set the divine example, others will follow."

- HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
6:00 - 7:30	Samadhi	Gayatri Yogacharya	Yoga Hall Ground Floor
	Kriya Yoga	Dr. Indu Sharma	Yoga Hall Middle Floor
	Pranayama Techniques	Dr. Ruchi Gulati	Yoga Hall Top Floor
	Yoga Nidra	Sadhvi Abha Saraswati	Yoga Hall 4
	Vinyasa Practice 4 - Invoke the Goddess	Jahnvi Claire Missingham	Gomti Hall
	Chakra Intelligence: Kriya & Meditation	Kia Miller	Saraswati Garden
	Reverence Flow - 5th + 6th Chakra Balancing Vinyasa - Be In Awe of Your Inner Power	Katie B. Happy	Yoga Ghat
6:30-7:30	Sunrise Chanting	Sudhanshu Sharma	Aarti Ghat
7:00-8:00	<i>Tea/Coffee/Light Snacks</i>		Garden
7:30-8:00	Parmarth Niketan Sacred Morning Fire Ceremony (Yagna/Havan) with Pujya Swamiji and Pujya Sadhviji		Yagna/Havan Courtyard
8:00-9:30	Chakra Radiance: 7 Chakras ~ 7 Gifts ~ 7 Radiant Codes	Sianna Sherman	Yoga Hall Middle Floor
	Kundalini Embodiment: Strength & Grace	Tommy Rosen	Yoga Hall Top Floor
	Going Through the Process of Forgiving	Jai Hari Singh	Gomti Hall
	Patanjali's Yoga Sutras	Dr. N. Ganesh Rao	Saraswati Garden
	Brain Fog to Clarity: Digital Detox through Nadi Yoga	Acharya Ashish Gilhotra	Satsang Hall
	Breath as a Pathway to Liberation	Anand Mehrotra	Yoga Ghat
	Throat Chakra - Opening Of Aroham And Avroham Channel	Gurnimit Singh	Yoga Hall Ground Floor
	Partner & Mandala Flow & Sounds	Sandra Barnes	Yoga Hall 4
9:30-10:45	<i>Brunch</i>		Garden
11:00-12:30	Wisdom Talks: Spiritual Plenary Series <i>Ayurveda: The Wisdom of Wholeness - Balance, Alignment & Wellness the Yogic Way</i> with Ramkumar, Dr. Krushna Pankaj Naram, María Alejandra Avcharian, moderated by Paula Tapia		Yoga Ghat

TIME	CLASS	PRESENTER	LOCATION
12:45-14:15	Shamanic Flow	Paula Tapia	Yoga Hall Middle Floor
	Explore Contact Improvisation & Meditation with Sacred Sound Healing	Erica Kaufman	Yoga Hall Top Floor
	Digest, Assimilate & Eliminate - Ayurveda's View on Nourishment & Vitality	Ramkumar	Gomti Hall
	Ayurvedic Lifestyle: Sacred Rituals - Ayurveda for Everyday Living	María Alejandra Avcharian	Saraswati Garden
	Neuro-Vitality: Cultivating a Resilient Brain as the Gateway to Samadhi	Dr. Sanjay Manchanda	Satsang Hall
	Yogāsana and Śraddhā	Stewart Gilchrist	Yoga Ghat
	Eternal Sound Healing Workshop - Unlocking the Mysteries of Gong and Sounds	Sanj Hall and Friends	Yoga Hall Ground Floor
	Awaken with Radiance	Charlotte Holmes	Yoga Hall 4
14:30-15:30	<i>Lunch</i>		Garden
15:45-17:00	The Long Pause	Rohini Manohar	Yoga Hall Middle Floor
	Sleep For Peak Performance	Dr. Eden Goldman	Yoga Hall Top Floor
	Easy Methods to Follow Every Day for Longevity	Dr. A.V. Raju	Gomti Hall
	Rules and Regulations to Improve Health through Food	Dr.Padma Nayani Gadhiraaju	Saraswati Garden
	Ancient Secrets Of Marma Shakti- How to Create The Life You Dream and Live Free From Pain (Back, Neck, Shoulder, Knees)	Dr. Krushna Pankaj Naram	Satsang Hall
	Meditation from the Heart of Tantra: The Vijnana Bhairava Tantra	Mohan Bhandari	Yoga Ghat
	Singing Bowl Sound Bath: Soft Sounds for Integration & Heart Healing	Stine Dulong & Friends	Yoga Hall Ground Floor
	Learn Tabla Workshop and Tabla Performance	Arindam Chakravarty	Yoga Hall 4
17:00 - 17:30	<i>Tea & Snacks</i>		Garden
17:30 - 18:00	Ganga Yagna/Havan		Aarti Ghat
18:00 - 19:00	Sacred Ganga Aarti		Aarti Ghat
19:00 - 20:00	Om Shalom: A Prayer for Peace Live in Concert with Gil Ron Shama & Band		Shankar Bhagwan Ghat
20:00-21:00	<i>Dinner</i>		Garden
20:30-21:30	An Evening of Indian Ragas + Kirtan	Sudhanshu Sharma	Yoga Hall Ground Floor

MARCH 13TH

“Come to nature, be with nature, and discover your true nature.”
 – HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
6:00 – 7:30	Pranayama and Gentle Hatha Yogasana	Dr. Indu Sharma	Yoga Hall Ground Floor
	Lakshmi Bhakti Flow – Backbends, Pranayama & Chanting	Sianna Sherman	Yoga Hall Middle Floor
	Stretch the Limit	H.S. Arun	Yoga Hall Top Floor
	Pranayama	Durgesh Amoli	Yoga Hall 4
	Strong Arms, Strong Heart – Inversion/ Arm Balance Workshop	Katie B. Happy	Gomti Hall
	Embrace Your Hidden Energy – Classical Kundalini Yoga	Dr. Yogrishi Vishvketu	Saraswati Garden
	A Complete Yogic Practice – The Panch Kosha	Mohan Bhandari	Yoga Ghat
6:30-7:30	Sunrise Chanting	Sudhanshu Sharma	Aarti Ghat
7:00-8:00	<i>Tea/Coffee/Light Snacks</i>		Garden
7:30-8:00	Parmarth Niketan Sacred Morning Fire Ceremony (Yagna/Havan) with Pujya Swamiji and Pujya Sadhviji		Yagna/Havan Courtyard
8:00-9:30	Mental Health & Mental Therapy	Dr. N. Ganesh Rao	Yoga Hall Middle Floor
	Yogāsana and Sevā	Stewart Gilchrist	Yoga Hall Top Floor
	Attaining More Vital Senses and Improving Brain Function	Dr. A.V. Raju	Gomti Hall
	Mind, Immunity & Chronic Illness – Ayurveda’s Link Between Mental States and Autoimmune Disease	Ramkumar	Saraswati Garden
	The Pulse of Presence: Engineering Deep Meditative States	Dr. Sanjay Manchanda	Satsang Hall
	The Living Spine	Tommy Rosen	Yoga Ghat
	The Homeopathy of Sound	Joseph Schmidlin	Yoga Hall Ground Floor
	Jai Shree Krishna – Mantras & Kirtans of Bhagawan Shri Krishna	Sudhanshu Sharma	Yoga Hall 4
9:30-10:45	<i>Brunch</i>		Garden
11:00-12:30	Wisdom Talks: Spiritual Plenary Series <i>The Chemistry of Conscious Living: Neuroscience & Ayurveda for Our Brains, Our Bodies and Our Future</i> with Dr. Sanjay Manchanda, Dr. Padma Nayani Gadhiraaju, Dr. A.V. Raju, moderated by Stewart Gilchrist		Yoga Ghat

TIME	CLASS	PRESENTER	LOCATION
12:45-14:15	Lila Yoga Vinyasa for Cleansing & Transformation	Erica Kaufman	Yoga Hall Middle Floor
	Breath-Led Vinyasa into Vishoka Meditation	Kia Miller	Yoga Hall Top Floor
	Fertility and Progeny with Ayurvedic Principles	Dr. Padma Nayani Gadhiraaju	Gomti Hall
	Squat Routine	Sensei Sandeep Desai	Saraswati Garden
	Ancient Secrets Of Your Healing Diet – How to Change Your Food to Change Your Life	Dr. Krushna Pankaj Naram	Satsang Hall
	YoGGarBA – A New Dimension of Yoga	Anish Rangrej	Yoga Ghat
	Embodying Shakti – Calling To The Goddess	James Cassidy and Friends	Yoga Hall Ground Floor
	Meditation of Being – Sitting in the Divine Presence of Sound	Krishnapriya	Yoga Hall 4
14:30-15:30	<i>Lunch</i>		Garden
15:45-17:00	Heart of Stillness – Yin & Restorative Yoga	Dasa Das	Yoga Hall Middle Floor
	Soothe Your Insides: Mindfulness and Metta	Dr. Eden Goldman	Yoga Hall Top Floor
	BALANCING THE MIND (Gunas):The Mind as a Temple – Harmonizing Your Three Inner Forces	María Alejandra Avcharian	Gomti Hall
	Satsang: Deep Dive Into the Divine Truth of YOU!	Sadhvi Bhagawati Saraswati	Saraswati Garden
	Patanjali’s Timeless Path: Unlocking the Yogasutra for Modern Life	Dr. Ananda Balayogi Bhavanani & Anandhi Mary Cecil	Satsang Hall
	Chakra Dharana	Dr. Ruchi Gulati	Yoga Ghat
	A Healing Gong Ensemble – Weaving Threads Or Classical, Tribal, Ethereal And Electronic Into Sacred Sutra	Sanj Hall and Friends	Yoga Hall Ground Floor
	Kirtan: Returning to the Heart	Stine Dulong & Friends	Yoga Hall 4
17:00 – 17:30	Group Photo of IYF 2026		Aarti Ghat
17:30 – 18:00	Ganga Yagna/Havan		Aarti Ghat
18:00 – 19:00	Sacred Ganga Aarti		Aarti Ghat
19:00 – 20:00	Nirgun: The Boundless Within –t Live in Concert with Padmashri Kailash Kher & Kailasa		Shankar Bhagwan Ghat
20:00-21:00	<i>Dinner</i>		Garden
20:30-21:30	Evening Ganga Kirtan	Acharya Parmarth Kishor	Yoga Hall Ground Floor

MARCH 14TH

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

– HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
6:00 - 7:30	Hatha Yoga	Durgesh Amoli	Yoga Hall Ground Floor
	From Shakti to Stillness	Kia Miller	Yoga Hall Middle Floor
	Surya Aradhana: 108 Sun Salutations with Sacred Chanting	Mayank Bhatt	Yoga Hall Top Floor
	Pranayama	Dr. N. Ganesh Rao	Yoga Hall 4
	Balancing Panch Koshas and Mind Relaxation	Dr. Radhika Nagrath	Saraswati Garden
	T'ai Chi Circles	Sensei Sandeep Desai	Yoga Ghat
6:30-7:30	Sunrise Chanting	Sudhanshu Sharma	Aarti Ghat
7:00-8:00	<i>Tea/Coffee/Light Snacks</i>		Garden
7:30-8:00	Parmarth Niketan Sacred Morning Fire Ceremony (Yagna/Havan) with Pujya Swamiji and Pujya Sadhviji		Yagna/Havan Courtyard
8:00-9:30	The Bliss Pill	Tommy Rosen	Yoga Hall Middle Floor
	Hatha Vinyasa	Aadhya	Yoga Hall Top Floor
	How to Be Grateful for Any and Each Happening in Our Lives	Jai Hari Singh	Gomti Hall
	Durga Flow - Dynamic Core Practice with Myth, Mantra, Mudra	Sianna Sherman	Saraswati Garden
	Science-Based Explanation of Which Yoga Styles Change the Brain Fastest	Dr. Nishi Bhatt	Satsang Hall
	Working with Grief – A Restorative Raja Yoga Practice	Dr. Yogrishi Vishvketu	Yoga Ghat
	Throat Chakra - Naad Sadhana Workshop	Gurnimit Singh	Yoga Hall Ground Floor
	Change Your Mind, Change Your Life Meditation	Swami Sevananda Saraswati	Yoga Hall 4

TIME	CLASS	PRESENTER	LOCATION
9:30-10:45	<i>Brunch</i>		Garden
11:00-12:30	Wisdom Talks: Spiritual Plenary Series <i>Bharat: The Eternal Land of Yoga – Protecting Lineage, Preserving Legacy</i> with Dr. H.R. Nagendra, Dr. Ananda Balayogi Bhavanani, Dr. Ganesh Rao, Dr. Christopher Key Chapple, Dr. Ruchi Gulati, moderated by Ganga Nandini		Yoga Ghat
12:45-14:15	AGNI: The Spark That Transforms Body and Mind	María Alejandra Avcharian	Yoga Hall Middle Floor
	Untwist the Twist	H.S. Arun	Yoga Hall Top Floor
	Achieve Longevity Without Medication and Money	Dr. Padma Nayani Gadhiraju	Gomti Hall
	NOISY YOGA: Release into Transcendental Deep Meditation	Erica Kaufman	Saraswati Garden
	Amazing Live Demonstration Of Marma for Pain	Dr. Krushna Pankaj Naram	Satsang Hall
	Tonic Sonic - Tuning for Holistic Resonance through Sound & Movement	Sanj Hall & Friends	Yoga Hall Ground Floor
	Kirtan - Into the Heart	Simon Glöde & Friends	Yoga Hall 4
14:30-15:30	<i>Lunch</i>		Garden
15:45-17:00	SANNIDHI Yoga Nidraa	Dr. Ananda Balayogi Bhavanani & Anandhi Mary Cecil	Yoga Hall Middle Floor
	The Rhythm Within	Paula Tapia	Yoga Hall Top Floor
	Yoga and Hypnotherapy - Hips, Hypnosis and Healing Energy	Sianna Sherman	Gomti Hall
	SATSANG — Satyam Shivam Sundaram	Anand Mehrotra	Saraswati Garden
	Yoga from the Upanisads to the Yogavasistha	Dr. Christopher Key Chapple	Satsang Hall
	From Tradition to Innovation: YoGGarBa	Anish Rangrej	Yoga Ghat
	Sound Bath Restorative Journey	Joseph Schmidlin & Friends	Yoga Hall Ground Floor
	Indian Ragas for Colorful Kirtan	Sanae Yamamoto	Yoga Hall 4
17:00 - 17:30	<i>Tea & Snacks</i>		Garden
17:30 - 20:00	Concluding Ceremony of IYF 2026		Aarti Ghat
20:00-21:00	<i>Dinner</i>		Garden
20:30-21:30	Evening Kirtan Ceremony for Ancestral Healing	Gurnimit Singh	Yoga Hall Ground Floor

MARCH 15TH

"Yoga is not what you do; it is who you ARE."
- HH Pujya Swami Chidanand Saraswatiji

TIME	CLASS	PRESENTER	LOCATION
6:30 - 7:30	<i>Special International Day of Yoga Curtain Raiser</i> Marking the beginning of the 100-day journey toward International Day of Yoga on June 21st, join together at the Ganga Aarti Ghat to offer this Curtain Raiser as a collective prayer in motion. By practising the Common Yoga Protocol, we reaffirm our commitment to making Yoga a daily practice for individual and global well-being.		Aarti Ghat
7:00-8:00	<i>Tea/Coffee/Light Snacks</i>		Garden
7:30-8:00	Parmarth Niketan Sacred Morning Fire Ceremony (Yagna/Havan) with Pujya Swamiji and Pujya Sadhviji		Yagna/Havan Courtyard
8:00-9:30	Healing Power of Mudra - Mantra, Tantra & Breath Alchemy	Sianna Sherman	Yoga Hall Middle Floor
	Yogāsana and Satsang	Stewart Gilchrist	Yoga Hall Top Floor
	Yoga Therapy	Durgesh Amoli	Gomti Hall
	SANNIDHI Ashtanga Yoga Sadhana	Dr. Ananda Balayogi Bhavanani & Anandhi Mary Cecil	Saraswati Garden
	Elemental Meditation	Dr. Christopher Key Chapple	Satsang Hall
	Pranayama, Mudras and Relaxation	Dr. Radhika Nagrath	Yoga Ghat
	Sonic Homeostasis: How to Use Sound for Self Care for Balance in Daily Life	Sanj Hall & Friends	Yoga Hall Ground Floor
	Mantra Meditation (Japa) & Gentle Morning Kirtan	Stine Dulong & Friends	Yoga Hall 4
9:30-10:45	<i>Brunch</i>		Garden
11:00-12:30	<i>Wisdom Talks: Spiritual Plenary Series</i> <i>The Yoga of Love: Opening the Heart as a Path of Awakening</i> with Sri Prem Baba, H.H. Pujya Swami Chidanand Saraswatiji, Sadhvi Bhagawati Saraswatiji		Yoga Ghat
12:45-14:15	Pranayama for Building Self-Confidence	Dr. Yogrishi Vishvketu	Yoga Hall Middle Floor
	Surrender to the Sublime	H.S. Arun	Yoga Hall Top Floor
	Flow with Intention - Vinyasa Exploration	Dasa Das	Saraswati Garden
	The Luminous Mind: Bridging Ancient Meditation with Modern Infrared Light Science	Dr. Sanjay Manchanda	Satsang Hall
	Ganga Yoga	Ganga Nandini	Yoga Ghat

TIME	CLASS	PRESENTER	LOCATION
12:45-14:15 (continued)	Sound Bath: Sounds And Music For Integration and Peace	Stine Dulong & Friends	Yoga Hall Ground Floor
	Finding Yourself Through Your Voice	Sudhanshu Sharma	Yoga Hall 4
14:30-15:30	<i>Lunch</i>		Garden
15:45-17:00	Unconditional Love as the Path to Full Liberation	Jai Hari Singh	Yoga Hall Middle Floor
	Yoga Nidra	Aadhya	Yoga Hall Top Floor
	The Path of Sadhana	Gayatri Yogacharya	Gomti Hall
	Secret Of The Seasons: How To Prevent Diseases Safe and Side Effect-Free	Dr. Krushna Pankaj Naram	Satsang Hall
	Throat Chakra - Kriya For Nervous System Regulation	Gurnimit Singh	Yoga Hall Ground Floor
	Reservoir of Pleasure - Connecting with Krishna	James Cassidy & Friends	Yoga Hall 4
17:00 - 17:30	<i>Tea & Snacks</i>		Garden
17:30 - 18:00	Ganga Yagna/Havan		Aarti Ghat
18:00 - 19:00	Sacred Ganga Aarti		Aarti Ghat
20:00-21:00	<i>Dinner</i>		Garden
20:30-21:30	Cacao Ceremony, Elemental Dance & Sounds	Sandra Barnes & Friends	Yoga Hall Ground Floor



Join us after the festival!

MARCH 17TH

Seva Utsav: Living the Practice

Join us for an immersive visit to the Divine Shakti Foundation's Parmarth Vidya Mandir School in Rishikesh, a chance to connect with the children and community we serve.

*Meet at Reception
post-breakfast at 9am.*



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

– HH Pujya Swami Chidanand Saraswati



PARMARTH NIKETAN
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