



INTERNATIONAL YOGA FESTIVAL

March 8-14, 2023

Parmarth Niketan Ashram Rishikesh (Himalayas), India











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Contents

- 13 ABOUT PARMARTH NIKETAN
- 14 PUJYA SWAMIJI & SADHVI BHAGAWATIJI'S BLESSINGS
- 16 ABOUT INTERNATIONAL YOGA FESTIVAL
- 22 IYF 2023 WELCOMES YOGA LOVERS From Nearly 90 Nations
- 24 CELEBRATING THE COLORS OF YOGA
- 26 OFFICIAL INAUGURATION of IYF 2023
- 28 HEALING & TRANSFORMATION
- 32 YOGA & THE EARTH
- 36 HUMANITY, HEALTH & HARMONY
- 40 UNITED IN YOGA
- 44 PEACE & UNITY
- 48 IYF 2023 CONCLUDES with Great Synergy & Energy
- 52 SEVA CELEBRATIONS
- 54 TESTIMONIALS: Uplifting Connections
- 56 MEDIA COVERAGE
- 57 SOCIAL MEDIA HIGHLIGHTS
- 58 YOGA OFF THE MAT



HH PUJYA SWAMI
SHUKDEVANAND
SARASWATIJI

Founder of
Swami Shukdevanand Trust



H.H. PUJYA
MM SWAMI
ASANGANANDJI

Managing Trustee of
Swami Shukdevanand Trust



HH PUJYA SWAMI
CHIDANAND
SARASWATIJI

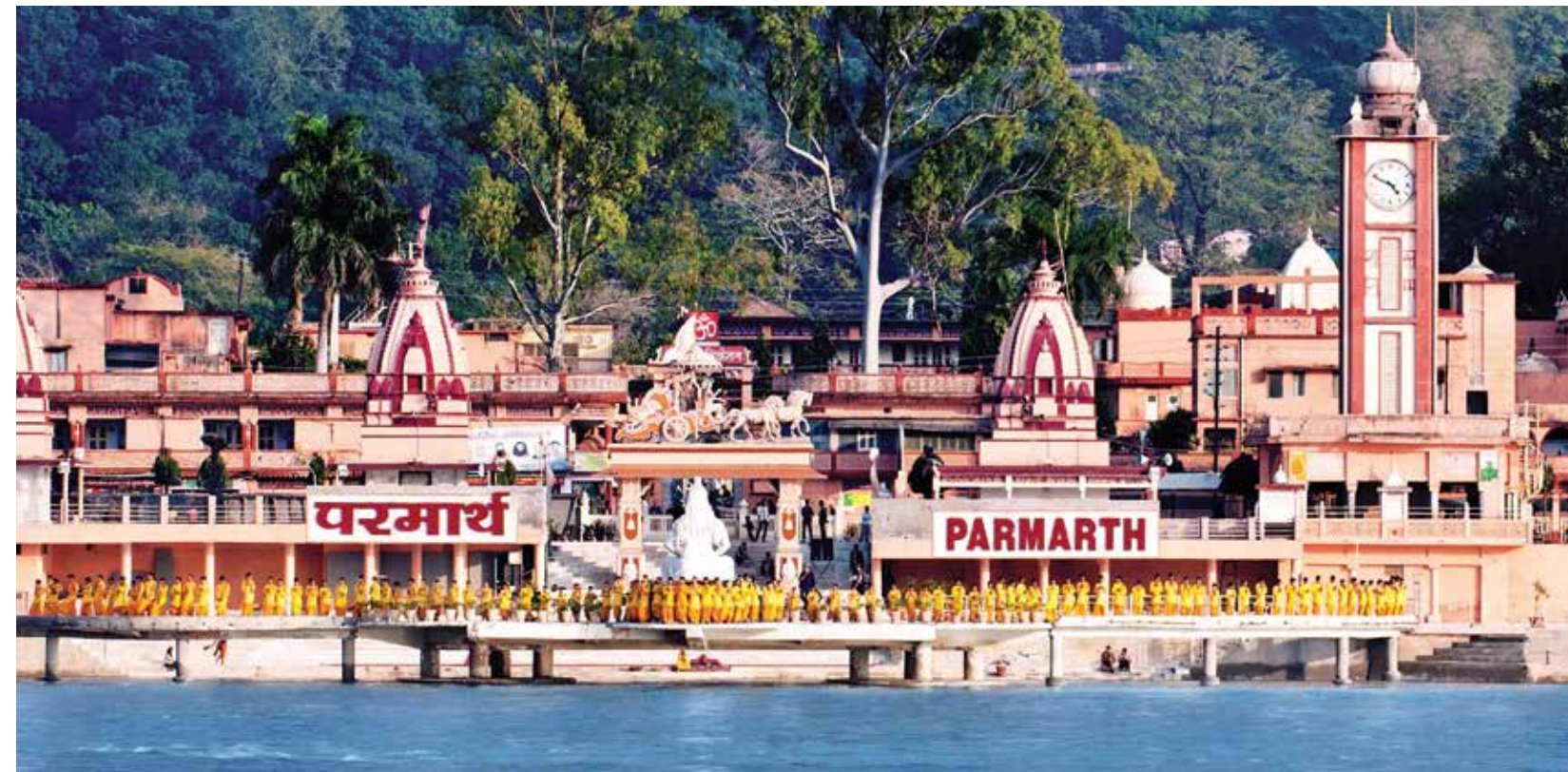
President of
Parmarth Niketan



To learn more: www.parmarth.org

About Parmarth Niketan

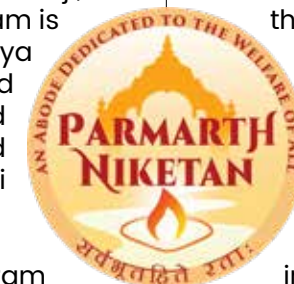
HOME TO THE WORLD RENOWNED, ANNUAL INTERNATIONAL YOGA FESTIVAL



Yoga is practiced by some 300 million people worldwide, making Parmarth Niketan's International Yoga Festival a tremendous draw for individuals from around the world.

Parmarth Niketan Ashram was founded by HH Pujya Swami Shukdevanand Saraswati Ji, in the early 1940's. The ashram is currently blessed by HH Pujya MM Swami Asanganand Saraswati Ji and guided by the leadership and vision of HH Pujya Swami Chidanand Saraswati Ji.

feel your soul bathing in the peace of sacred energies, including those that emanate from nature and those that linger from the timeless healing powers of saints, sages and enlightened masters.



Parmarth Niketan Ashram offers comfort, inspiration and upliftment for your body, mind and spirit as well as a deeper connection with the Divine. As you experience the serenity of the Ashram you will

Parmarth Niketan is also one of India's largest interfaith, yoga and spiritual institutions. Parmarth Niketan Ashram literally means an "Abode Dedicated to the Welfare of All" and is a true spiritual haven, lying on the holy banks of Mother Ganga, in the lap of the lush green Himalayas.

Blessings

H.H. Pujya Swami Chidanand Saraswatiji
President and Spiritual Head of Parmarth Niketan



Pujya Swamiji, one of India’s most renowned leaders, is President of Parmarth Niketan, the largest ashram in Rishikesh and one of the largest spiritual institutions in India. He is a world renowned spiritual leader, visionary and divine guide. He is the Founder of numerous organizations dedicated to protection, preservation and upliftment of society as well as interfaith harmony, including: Global Interfaith WASH Alliance, Ganga Action Parivar, Divine Shakti Foundation, Interfaith Humanitarian Network & India Heritage Research Foundation (see inside back cover for details). Pujya Swamiji has received innumerable awards, both in India and abroad for his extraordinary leadership. His religion is Unity, and he is a frequent leader at international interfaith conferences and summits such as the UN, World Economic Forum, Parliament of World Religions, etc. He travels the world, bringing people of every religion and culture closer to the Divine.

To learn more please visit:

pujyaswamiji.org
@pujyaswamiji
youtube.com/parmarthniketan

Dear Divine Souls,

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

The last few years have been a time of turmoil, turbulence and tragedy. I believe that Coronavirus came as an ambassador of Mother Earth to wake us and shake us into remembering that we are ONE, interlinked and interlocked together. I believe it came as a reminder that we need to move from a “Greed Culture” to a “Green Culture.” Now, it is up to us to take the message from Corona to Karuna (compassion). Let us journey together from the Illness of Corona to the Wellness of Karuna. 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

Sadhvi Bhagawati Saraswatiji,
Director of International Yoga Festival



Sadhvi Bhagawati Saraswati is a spiritual leader, motivational speaker and social activist, based at Parmarth Niketan, Rishikesh, India. She is the Secretary-General of Global Interfaith WASH Alliance, President of Divine Shakti Foundation, Director of the International Yoga Festival, Co-President of Religions for Peace as well as author of #1 bestselling memoir, Hollywood to the Himalayas: A Journey of Healing and Transformation. Originally from Los Angeles, California and a graduate of Stanford University, Sadhviji has lived at Parmarth Niketan for more than 26 years.

To learn more please visit:

sadhviji.org
youtube.com/sadhviji
@sadhviji
@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.

It is a special joy to be able to come back together, in-person, after the last years of pandemic. I’ve never felt so deeply grateful to be able to give a hug, to sit together closely unmasked, to meditate together and celebrate together! It is truly a time for gratitude.

But, we must also remember, deeply, and honor the lessons that Covid taught us. We do not live in a vacuum. Each one of our actions has a powerful ripple impact upon the planet. That which was being sold and eaten at a meat market in central China rippled out into every single corner, every home, every office, every school across the globe! It was the most powerful example of what our spiritual traditions have been telling us for thousands of years: We are connected! None of us can be truly safe unless we are all safe. None of us can be truly healthy unless we are all healthy. Unless we want to stay locked into the four walls of our own homes, we NEED our communities and our world to be healthy and safe. And working together to make the dream of a healthy, sustainable planet into a reality is yoga!

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 Ukraine and Russia to Turkey and Syria to countless others.... As we come together this week in joy and 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 Saraswat



RISHIKESH THE YOGA CAPITAL OF THE WORLD

On the Holy banks of Mother Ganga

AT PARMARTH NIKETAN

In the Lap of The Himalayas

OFFERING YOGIS FROM
AROUND THE WORLD

THE TEACHING, TOUCH
& TRANSFORMATION
OF YOGA

IYF 2023

IYF has taken place in Rishikesh since 1989, first organized by the Government of Uttar Pradesh, and then by the Government of Uttarakhand since 2001.

Parmarth Niketan has been hosting this event, since 1999. In this time, the IYF has grown to international acclaim and continues to increase in attendance yearly. 🙏



OVER 2000
PARTICIPANTS

From 90
countries



OVER 175
CLASSES

More than
50 diverse class
offerings



MORE THAN 70
PRESENTERS

From
20 countries

90 Countries Participate in the International Yoga Festival 2023

 Afghanistan  Albania  Argentina  Australia  Austria

 Bangladesh  Belgium  Bhutan  Bosnia & Herzegovina  Botswana

 Brazil  Bulgaria  Canada  Colombia  Czech Republic  Denmark

 Estonia  Falkland Islands  Finland  France  Germany  Georgia  Ghana  Greece

 Hungary  Iceland  Ireland

 Israel  Italy  Japan  Kuwait

 Lithuania  Malawi  Malaysia

 Mauritius  Mexico  Morocco

 Mozambique  Namibia

 Nepal  Netherlands

 New Zealand  Nigeria

 Norway  Oman

 Panama  Peru

 Portugal  Russia

 Saudi Arabia

 Singapore

 Slovenia  South Korea

 Spain  Sri Lanka

 Sweden  Switzerland

 Tajikistan  Ukraine

 United Arab Emirates

 United Kingdom

 United States of America

 Uganda  Uruguay

 Venezuela

 Zimbabwe  Zambia

 India



INTERNATIONAL
YOGA FESTIVAL
PARMARTH NIKETAN, RISHIKESH



आयुष्य विभाग
MINISTRY OF
AYUSH

अतुल्य भारत
Incredible India



G20
भारत 2023 INDIA



पर्यटन विभाग
MINISTRY OF
TOURISM



संस्कृति विभाग
MINISTRY OF
CULTURE

75
Azadi Ka
Amrit Mahotsav



PARMARTH
NIKETAN

INTERNATIONAL YOGA FESTIVAL

AT PARMARTH NIKETAN (RISHIKESH)

8-14 March, 2023



सुस्वागतम्

YF 2023 Revered Saints, Spiritual Masters & Yogacharyas



Welcome Home

YF 2023 Revered Saints, Spiritual Masters & Yogacharyas














































Artists & Musicians
























www.InternationalYogaFestival.org

InternationalYogaFestival

#IYFParmarth

#IYF2023

IntlYogaFest

Download IYF App

ParmarthNiketan

“Parmarth’s IYF illustrates that the time has come for yogis and yoga practitioners to take yoga off the mat and into the world, becoming the solution to the challenges that ail our planet and all of humanity. From the banks of Ganga, the message is: Become the rivers of conscious action, thinking not merely of ‘what for me’ but ‘what through me’. Becoming soldiers and stewards of peace is what Yoga is all about.”

– H.H. Pujya Swami Chidanand Saraswatiji

“In this sacred land, where the saints, sages and rishis have come for thousands of years, the participants of International Yoga Festival at Parmarth Niketan receive the highest excellence in teachings. But along with teachings from yoga experts from across the world, the participants also receive the divine touch and transformation of Mother Ganga and the Himalayas, and this energy of awakening in the Birthplace of Yoga. It is that confluence of teachings, touch and transformation that is so special and draws people here from every corner of the globe.”

– Sadhvi Bhagawati Saraswatiji –

35th International Yoga Festival Welcomes Yoga Lovers from Nearly 90 Nations

Special Holika Dahan Ceremony on eve of IYF with sacred fire ceremony

On the eve of the International Yoga Festival at Parmarth Niketan, teachers, presenters and participants from across the world poured in for one of the most highly anticipated Yoga Festivals of the year, after nearly three years of pandemic. A sacred Holika Dahan ceremony and beautiful Ganga Aarti led by HH Pujya Swami Chidanand Saraswatiji, President of Parmarth Niketan, and Pujya Sadhvi Bhagawati Saraswatiji, Director of International Yoga

Festival, welcomed the delegates. This was followed by a sacred Swaha fire ceremony, a sacred Holi meditation on the vanquishing of darkness by light, with prayers that, through yoga, we may become as pure and devoted as Prahlad. The ceremonial burning of Holika fire ceremony was followed by ecstatic drumming by the world famous percussionist Sivamani while all of the participants danced around the sacred fire. 🙏



Celebrating the Colors of Yoga

Day 1: Global World Family Joins Together to Celebrate Eco-Friendly Holi

Drum beats vibrated through the sacred Yoga Gardens as Sivamani and soulful Sufi singer Runa Rizvi sang Holi songs as delegates from more than 90 nations danced in ecstasy. Pujya Swamiji and Pujya Sadhviji applied pure sandalwood paste (chandan) as blessed tilak on the foreheads of all the participants, showering flowers of love and peace during the opening day of the 35th annual International Yoga Festival at Parmarth Niketan, being organised with the support of Incredible India, Ministry of Tourism, in association with the Ministry of Culture and Ministry of AYUSH, Government of India.

Holi was celebrated in an ecofriendly, green and natural way with natural, organic colours and flowers showered in the Yoga Gardens of Parmarth Niketan in a very special and one-of-a-kind divine and sacred Holi. Thereafter participants joined Pujya Swamiji, Pujya Sadhviji and Sivamani in rallying down to the holy banks of Mother Ganga for an incredibly special and deeply refreshing Maa Ganga Snan.

The morning asana class began at the break of dawn with Kundalini Sadhana led by Gurushabd Singh

Khalsa from California, USA, followed by pre-breakfast classes including: "Yoga Vrksa (The Yoga Tree)" by Stewart Gilchrist, founder of East London School of Yoga; "Therapeutic Yoga Flow" with Paula Tapia, international Yoga, mindfulness and wellness expert; and traditional Hatha Yogasana by Dr. Indu Sharma, a dedicated teacher and 20 years; as well as a special Naad Yoga chanting and meditation led by Ganga Nandini, also a senior Parmarth Yogacharya.

After a light breakfast, participants dove into intensive asana classes, which included the powerful Kundalini Yoga class "Open Our Hearts To The Light Within", led by the founder of Golden Bridge Yoga Centre in California and world renowned Kundalini yoga teacher, Gurmukh Kaur Khalsa. Kia Miller, founder of Radiant Body Yoga, led the wonderful workshop "Radiant Inner Light - Healing Breath Sequence". and Katie B. Happy led "Power Vinyasa - Sweat Meets Depth - Move Your Asanas to Influence Inspiration in Your World". The workshop on Lila Sun Salutations with live music by Erica Kaufman showed how the sun symbolises willpower, vitality, and courage in life.

Following lunch, a talk on Veda and Vedanta was conducted by Swami Svatmanandaji. To shed light on the fundamentals of Ayurveda, Maria Alejandra Avcharian, a leading name in the field of Ayurveda and Yoga, delivered inspirational information on the subject. Dance and Yoga go hand-in-hand as they link self-expression and body awareness, and a traditional Gujarati folk dance workshop - Morli Vala Re - was demonstrated by Nrityavali, dazzling the participants and teaching them to combine fluid moments of dance with yoga. Dr. Eden Goldman, Director of the Yoga and Healing Sciences Program at Loyola Marymount University in Los Angeles, CA, demonstrated the art of yoga assists and how touch is the universal human language, helping students practice surrender and move beyond self-imposed boundaries. Rishikesh native and founder of Sattva Yoga Academy Anand Mehrotra guided students on how to embody the cosmic self and "Access Prana". In addition, Tommy Rosen, Founder of Recovery 2.0, offered students an opportunity to tune into the frequency of the divine and become one with the higher power. 🌸



[Click here to watch the celebration!](#)



[Click here to watch the inauguration!](#)



Official Inauguration of the 35th International Yoga Festival

The participants gathered on the banks of Ganga at the Parmarth Niketan ghat for the official inauguration of International Yoga Festival 2023 graced by the Hon'ble Governor of Uttarakhand Lt Gen (Retd) Gurmit Singh, Pujya Swamiji, Pujya Sadhviji, and renowned yogacharyas from across the world.

Speaking during the inauguration, Hon'ble Governor of Uttarakhand Lt Gen (Retd) Gurmit Singh said, "This moment, this location, this environment is a very special and exclusive moment of bliss, ecstasy and sacredness. Holi is all about colours and love, and that's what we are celebrating today. The aim of G20 is integration and harmony, and that's what yoga is all about. Looking at each of you, you've come here together to celebrate that uniqueness of shakti, of wisdom. Every lesson, every word will transform us in totality."

A historic release ceremony of our publication "Bringing Faiths Together for Gender Equality - Faith Based Advocacy & Intervention Toolkit on Gender Inequality, Gender Based Violence and Child Marriage" by the Global Interfaith WASH Alliance and the Divine Shakti Foundation also took place during the inauguration ceremony. The launch of the toolkit beautifully aligned with the themes for India's presidency of the G20: 'Vasudhaiva Kutumbakam' and 'One Earth. One Family. One Future,' inspiring participants to share the messages of equality more powerfully to the world. We would like to thank UNFPA for its technical inputs and support throughout the consultations that led to development of this toolkit.

Ecstatic Drumming & Mystic Music Concert with Sivamani & Runa Rizvi



After the Aarti, an incredibly ecstatic drumming and mystic music session with Sivamani and Runa Rizvi had participants dancing in joy late into the night on the banks of Maa Ganga.

[Click here to watch the concert!](#)





[Click here to watch the satsang!](#)

Healing & Transformation

Day 2: Special Satsang with Pujya Swamiji and Sadhvi Bhagawatiji Encourages Participants to Dive Deep into the Truth

Padmashri Kailash Kher Gives Special Sufic Musical Performance and Concert

Special Uttarakhand Rangostav Gives Himalayan Welcome to IYF Delegate



After a vibrant first day, Day 2 of the International Yoga Festival began with equal vigor and enthusiasm. Participants gathered early in the morning for Kundalini Sadhana with Gurushabd Singh Khalsa, followed by classes “Dark Goddess Flow” by Rohini Manohar, founder of Chennai Yoga Studio; “Chikitsa Vinayasa Therapeutic Flow Yoga” by Dr. Eden Goldman; “Mastery of Pranayama” with Mohan Bhandari, co-founder and director of Yogic Yoga (China); and Sensei Sandeep Desai’s hugely-popular Chen Style T’ai Chi at the Yoga Ghat as well as Naad Yoga with Ganga Nandini.

Following breakfast in Parmarth Niketan’s beautiful gardens, participants experienced a wide variety of intensive asana classes including “Heart Lotus” by Kia Miller. On the Yoga Ghat, while the sun began to shine on the waters of Mother Ganga, Gurmukh Kaur Khalsa took participants through a class on “The Beaming Power of Thunder Love!” which was a fusion of power, grace, energy, and celebration. Anand Mehrotra’s class “Enlivening Shakti for Full Value Living” taught participants how meditation can help us get in touch with the universal life force. “Power Vinayasa–I Find Power In My Roots: Chakra 1 & 7 Balancing” by Katie B. Happy and “Lila Yoga Vinayasa: Uniting with Calm Clarity” by Erica Kaufman rounded out the morning classes.

The Spiritual Plenary Series was a special satsang by Pujya Swamiji and Pujya Sadhviji. Beginning with the chanting of a devotional stuti and song to Mother Ganga, sacred Vedic mantras, and a meditation led by Pujya Sadhviji, Pujya Swamiji and Sadhviji answered questions from the participants on topics ranging from managing our emotional life to staying fit in our bodies to the deeper aspects of yoga. The resounding theme of the questions were participants expressing their love

and connection to Rishikesh and asking about how they can really take the touch and the divine feeling back with them.

Pujya Sadhviji led a beautiful guided meditation inspiring people to let go and to go deep within, encouraging them to allow the sacredness of the Himalayas and Maa Ganga within themselves, so that when they go back they are changed and different.

Lunch was followed by a series of talks and discourses on inclusive, integrative health and wellness along with mesmerizing folk dances. During the session “Escape from Modern Illnesses: Solutions from Ayurveda & Yoga”, Dr. Raghavan Ramankutty, world-renowned and eminent Ayurvedacharya and founder of Dathathreya Ayurveda, and Mrs. Sharada Raghavan, talked about how Ayurveda is a healing system that combines physical, psychological, and spiritual health. Acharya Ashish Gilhotra, founder of Pressure Yoga and seasoned Naturopathic Acharya, highlighted how natural therapies can help overcome fat loss and back pain. Traditional folk dances are a beautiful expression of India’s historic art and culture, and Nrityavali’s demonstration of “Marwadi Nritya” showcased Rajasthani dance forms. Dr. Nishi Bhatt, one of the leading healers in the emerging field of holistic & neurological treatments, dived deep into the subject of NAADIYOGA as an alternative healing method the enhances the body’s capabilities and does not rely on medicine for treatment. Za Rah Kumara, a Zero-Point Healer and Sacred Music artist, along with Shanti Manpreet of Germany, a Sacred sound and Healing artist, conducted a session titled “Crystal Sounding Heart” to help connect people with the divine through sound at the Sacred Sound Stage. Dr. Smita Pankaj Naram, Co-Founder of Ayushakti, which has helped



more than 1.5 million people across the world and transformed their lives, shared how to unlock “3 Secrets to Vibrant Health and Blissful Happiness.”

In the afternoon asana sessions, Sri H.S Arun, internationally renowned Senior Iyengar Yoga teacher from Bangalore, taught numerous twists enabling one to live in the present in “Untwist the Twist”. Swami Svatananda returned with a session on “Vedanta: The Ultimate Pursuit of Man”, explaining how Vedanta is the pursuit of knowledge into the Brahman and the Ātman. Participants had the unique opportunity to understand how one can awaken their consciousness through practice in a session by Jai Hari Singh, Chairman and CEO of the Yogasomostodos Foundation. The session on “Heart Chakra Balancing” was conducted by the world-renowned Yogrishi Vishvketu, founder of Anand Prakash Yoga Ashram. The final session of the afternoon called “Voicing the Sounds of Your Chakra” was conducted in the Sacred Sound Stage

by Gumi and Hiroko of Japan.

After tea and snacks, at sunset, participants headed to Parmarth Niketan’s Ganga Aarti Ghat to attend the sacred Ganga Havan. In the evening, the Sacred Ganga Aarti was followed by a Special Performance of Uttarakhand Rangostav, organized in partnership with the Ministry of Culture, Government of India. It was a demonstration of the traditional, artistic and cultural values of Uttarakhand folk.

Following dinner, a Kirtan Family Hour with Za Rah Kumara & Shanti Manpreet allowed participants to chant their hearts open with sacred music practitioners. Finally, to conclude the proceedings of Day 2 of the International Yoga Festival 2023, a special Sufi music performance by Padmashri Kailash Kher, captivated the participants and guests with divine music. 🌸



[Click here to watch the performance!](#)

Yoga & the Earth

Day 3: Special Plenary Session on Yoga and Mother Earth

Participants Join in Full Schedule of Beautiful & Elevating Classes

Hon'ble Union Minister of AYUSH Joins IYF 2023

At the break of dawn, participants geared up for day 3 of the International Yoga Festival with a packed schedule of meditation, yoga and divine music. Morning classes included "Yoga Raaga" on the famous Parmarth Yoga Ghat with Ira Trivedi, celebrated author, Yoga Acharya, and founder of Yog Love and Namami Yoga; "Dance of Prana" by Rohini Manohar; Kundalini Sadhana with Gurushabd Singh Khalsa; "Yoga Vrksa – The Roots of Yama" with Stewart Gilchrist, which described how the yamas (one of the eight limbs of Yoga) are primarily concerned with the world around us and our interaction with it; and a much-requested session on Pranayama & Mudra Yoga with Dr. Indu Sharma.

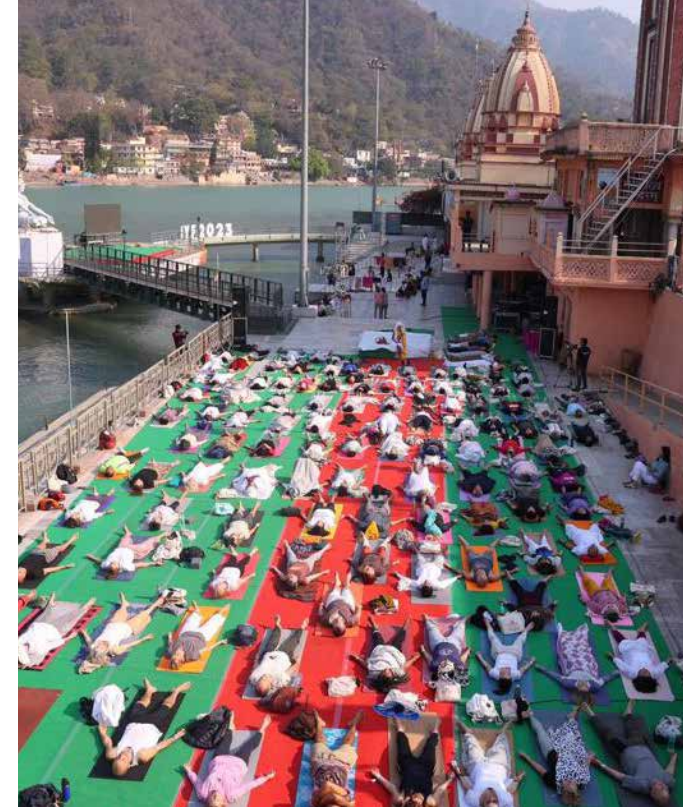
After a light and nutritious breakfast, Sri H.S Arun conducted the masterclass "Unfold the Fold", which explored how folding in yoga stimulates the liver and kidneys while enhancing digestion and calming the mind. Kal Prakashini & Yogrishi Vishvketu of the Akhanda Yoga Institute explained in "Ancient Tools of Yoga" how weaving ancient practices of yoga and ayurveda with modern day yoga offerings can improve one's technique. Next, the session "Access the Flow State" was taken up by Anand Mehrotra, and Tommy Rosen taught a "Full Body Tune up" session. A powerful Kundalini Yoga class with the theme of "TRUTH Shall Set You Free" was led by Gurmukh Kaur Khalsa. Dipika Delmenico, founder of The Radiant Woman wellness programs, Anthroposophic Naturopathic Practitioner, and Nada Yoga expert, demonstrated how nutrition and health play a vital role in Ayurveda through the session "Metabolic Bliss: The Sound of Ayurveda".

The special Spiritual Plenary Session "Yoga and

Mother Earth: Our Precious Home" was held by Pujya Sadhviji; Rev. Michel Beckwith, author, founder and spiritual director of the Agape International Spiritual Center in Beverly Hills, California; Abuelo Antonio Oxté, indigenous elder and Shaman; Saul David Raye, spiritual activist; and moderator Kia Miller, founder of Radiant Body Yoga. Together the panelists spoke on Karma Yoga and the need for conscious action to live in harmony with Mother Nature.

Following lunch, a demonstration of the unique traditions and culture of tribes, Nrityavali's workshop on "Timli Dance" from Panchmahal, Gujarat shed light on the rich and varied art forms of the tribal folk in Gujarat. Swami Svatmanandaji talked in his session "Vedic Astrology: Significance of Vedic Cosmic Clock in Our Lives" about how a person's karma is directly related to the position of the planets and stars and how Vedic astrology is rooted in India's ancient system of knowledge. María Alejandra Avcharian shed light on how meditation is a wonderful, evidence-based tool for healing anxiety. Dr. Andréa Paige, an expert of lifestyle medicine and founder of the Holistic Health Coach Training Program, led "Embodied Nonduality: The Nervous System as the Gateway to Self-Mastery" in which she explained how nonduality refers to the nature of existence consisting of one interconnected whole, rather than many separate things cobbled together. Participants had the opportunity to interact with Indigenous leader and Shaman Abuelo Antonio Oxté of Mexico, who is Cultural President of the Unión Hispanomunial de Escritores y Poetas (UHE), in his session "Awareness" at the Yoga Ghat.

Gumi & Hiroko enchanted participants with their





[Click here to watch the performance!](#)



divine and mesmerizing music performance and linked music with yoga at the session called “Krsna’s Flute: Indian Rāga Sound Healing Meditation”. Dr. Smita Naram led a beautiful healing session called “Ancient Marma Secrets to Heal Childhood Trauma and Chronic Pain Instantly”, which was followed by Andrea Carrani’s session on “Learn How to Love Yourself Unconditionally”. Jai Hari Singh led the second session on “Wake Up Your Consciousness II” and Krishnapriya, a certified sacred sound, nada yoga teacher, intuitive, channel and Reiki master, led a beautiful Maha Mrtyunjaya Mantra workshop.

Before sunset, Pujya Swamiji and Pujya Sadhviiji warmly welcomed the Hon’ble Union Minister of AYUSH, Shri Sarbananda Sonowalji for the divine and sacred Ganga Aarti on the ghats of Parmarth Niketan Ashram.

Hon’ble Union Minister of AYUSH Sarbananda Sonowal shared: “Yoga is not merely an exercise; it is a way of life to attain physical, mental and spiritual well being. The whole world is embracing

yoga and transitioning to a more holistic way of life. Yoga is a unique soft power of India and it is our responsibility to spread this science to every corner of the globe.”

The Hon’ble Minister performed the world renowned Ganga Aarti with Pujya Swamiji and Pujya Sadhviiji, which was then followed by special Yoga demonstrations of Mallakhamba, a traditional yogic sport originating from India in which a gymnast performs aerial yoga or gymnastic postures and wrestling grips in concert with a vertical stationary or hanging wooden pole, cane, or rope. In addition, a very special Yoga demonstration was given by the Parmarth Gurukul Rishikumars performing group Yoga Asanas on the sacred Ganesh Vandana.

After the Aarti the Hon’ble Minister of AYUSH was blessed with a Sacred Rudraksha Sapling and there was a special pledge to have yogis and yoga practitioners unite to protect the Earth, and to lead by their actions towards lifestyles in tune with the environment. 🌱





[Click here to watch the satsang!](#)

Humanity, Health & Harmony

Day 4: Transformation Beyond the Physical

International Music of Peace by Gil Ron Shama & Group

At the break of dawn, the participants geared up for Day 4 of the International Yoga Festival with a packed schedule of meditation, yoga, and divine music. The morning classes included “Sowing Your Ashtanga Yoga Seeds Mindfully” by Sandeep Desai; “Full Mind/Body/Energy Activation” by Kia Miller; Kundalini Sadhana by Gurushabd Singh Khalsa; “Easing Into Body Awareness” by Ganga Nandini; and Sunrise Nāda Yoga led by Gumi and Arindam.

A special Spiritual Plenary Session on “Spiritual Healing – Transformation Beyond the Physical” was conducted by Pujya Sadhviji, Rev. Michael Beckwith, Gurmukh Kaur Khalsa, Dr. Raghavan Ramankutty, Abuelo Antonio Oxté, Dr. Smita Naram, and moderator Ira Trivedi.

Rohini Manohar conducted a flow Sangha class to weave movement and living in the moment effortlessly together, creating the perfect space for students to discover themselves. Erica Kaufman led a Lila Yoga Vinyasa class entitled “Awakening Love to Share & Feel”, to celebrate the expansive sensation of joy and ease and help participants open up to mindful living with positive energy and the power of love. Stewart Gilchrist conducted the “Yoga Vrksa – The Trunk of Niyama” based on the teachings of BKS Iyengar and the incorporation of philosophy of Patanjali’s Classical yoga and Vinyasa System of T.Krishnamacharya of Mysore. The peaceful “Kriya, Prana, Meditation: The Keys to the Kingdom” by Tommy Rosen taught the participants that the breath, body and mind are interconnected by practicing a powerful breath-based Kriya and bringing the mind into the state of full presence. “Calibre of Life” was led by Gurumukh Kaur Khalsa to help remove fear of the future by conquering imagined disabilities and experiencing a calm and open heart through laughing, sweating, dancing, chanting, and meditating.

Visvambhar Sheth, internationally recognized Kirtan Singer, taught the participants “The Art of Kirtan: Leadership Techniques” on the Sacred Sound Stage.

After lunch, the wonderful Dr. Raghavan Ramankutty and Mrs. Sarada Raghavan conducted “Right & Wrong Food Combination” to help the participants understand modern day diseases caused by wrong combination of food and to help impart knowledge of healthy food in Ayurveda to make meals rejuvenating.

A yoga therapy on scoliosis to help alleviate spine issues, lower back pain, slipped disk and sciatica was led by Mohan Bhandari. María Alejandra Avcharian explored the role of diet, impressions, mantra, meditation, yoga, and the five elements of the mind to support and cultivate vibrant mental and emotional health. Andrea Carrani taught a meditation class to let go of all that no longer serves by surrendering to the power of soul followed by an interactive question-and-answers session. Swami Svatmananda discussed the harmonic balance necessary for humans and the environment to remain healthy during “Ayurveda: Harmonic Balance Between Humans & Environment”, and Joseph Schmidlin, a classical osteopath physician and sound practitioner, led a therapeutic sound bath. “Detox & Renew – Secrets to Anti-Ageing” by Dr. Smita Naram taught the powerful principles of detox, and Dr. Andrea Paige conducted the workshop “Hack Flexibility and Master Physical Posture, Regardless of Current Flexibility.”

The afternoon session was concluded with “Gurbani Kirtan Ceremony: Celebrating Diversity & Inclusion” by third-generation lineage holder Kirtan singer, Gurnimit Singh, a Coach and Kundalini Yoga Teacher from Vancouver Canada.

After a short tea and Snacks break the participants headed to the attend the sacred Ganga Aarti.

Gil Ron Shama, an artist of Middle Eastern descent and Artistic Director of an international cultural and peace-seeking project from Israel, gave a beautiful performance of international music of peace, captivating the participants at IYF and marking the end of Day 4. 🌸







United in Yoga

Day 5: Special Spiritual Plenary Session
on Rediscovering the Union (Yoga) in our
Communities and Nations

Parmarth Niketan Collaborates with Mata
Amritanandmayi Devi to Create Policy
Suggestion for India's G20 Presidency

The fifth day of the world-renowned International Yoga Festival was overflowing with diverse offerings in yoga, meditation, lectures and talks throughout the day.

The early morning classes included Vedic chanting with Sadhvi Abha Saraswatiji, Therapeutic Ashtanga Yoga with Sandeep Desai, and Sunrise Nada yoga with Gumi & Arindam.

After a Sattvik breakfast, the participants participated in sessions for the day which including: Chair Yoga with Paula Tapia to improve flexibility and strength while boosting mood and energy; Hatha Yoga with Ira Trivedi, inspired by Sivananda Yoga to enhance strength, flexibility and balance; "Power Vinyasa - Align Up with Your Highest Self Workshop: Clarity in Your Calling" with Katie B. Happy; Hatha Vinyasa Flow & Healing Meditation with Ambika Juliana, an Indian classical dancer who loves fusing yoga, Indian classical dance, and contemporary dance, and Nitai Krishna, a yogi born and raised in the Bhakti Yoga community in Ghana.

The Spiritual Plenary Session focused on the theme of "United We Stand: Rediscovering the Union (Yoga) in Our Communities and Nations," with Pujya Sadhviji, Rev. Michael Beckwith, and Abuelo Antonio Oxte, and moderated by Tommy Rosen. Together they discussed the importance of fulfilling our own dharma, and the importance of love and forgiveness when dealing with others, whether in

our personal relationships or in our communities.

Tommy Rosen led "Kundalini and The Infinite Pharmacy Within"; Joseph Schmidlin led "The Harmonic Spine: Music as Medicine"; Dr. Nishi Bhatt led the very informative "Practical Implications of Naadi Yoga"; and Mansi Gulati led "Face Yoga for Glowing Skin". A masterclass on the practicals of fat loss and back pain was given by Acharya Ashish Gilhotra, and Dr. Andrea Paige led the very enlightening "Applied Epigenetics: How Do Your Daily Choices Control Gene Expression?" class. Restorative Raja Yoga & Meditation for releasing stress and trauma was given by Yogrishi Vishvketu, author and founder of Akhanda Yoga.

As the participants immersed in the wealth of knowledge, a special class by Arindam Chakravarty "Tablā Beats for Beginners: A Journey into Indian Rhythm" helped inspire many to learn more about this musical instrument.

After a short tea and snack break to recharge the body, the participants and presenters gathered from all across the world at golden hour with their hearts and souls full of love for beautiful Ecstatic Devotional Chanting and Kirtan with Vishvambhar, an internationally recognized kirtan-singer and inspirational speaker, and to perform the divine Yagna ceremony and sacred Ganga Aarti on the banks of Mother Ganga. 🌸



[Click here to watch the performance!](#)



Yoga & Meditation Teachers Impact Global Public and Health Policy

Eminent global presenters had the great opportunity to impact global public and health policy through Parmarth Niketan's collaboration with Mata Amritanandmayi Devi (Amma), appointed chair of Civil 20 (C20) to coordinate the efforts to engage yoga and meditation teachers in different verticals to come up with a set of policy suggestions which the G20 will include in their policy pack 2023.

Under the divine guidance and blessing of Pujya Swamiji and Pujya Sadhviji, with the support of Incredible India, Ministry of Tourism, in association with Ministry of Culture and Ministry of AYUSH, IYF has been uniquely integrated with the G20 theme of "One Family, One Earth and One Future".

C20 is one of the largest engagement groups of G20. It provides a platform for Civil Society of Organizations (CSOs) around the world to bring forth a non-government and non-business voice to G20.

The presenters shared their success stories, projects, data, experience and policy recommendations. By highlighting the selected projects, and positive outcomes, the C20 will create opportunities to multiply their effects, inspiring others and showing the way to replicate similar practices on a worldwide scale, hence having an international ripple effect.



[Click here to watch the session!](#)



Peace & Unity

Day 6: Special Visit to the Maharishi Mahesh Yogi Ashram

Beautiful Bharat Darshan celebrating traditional dance of India organized by Ministry of Culture

A very special meditation and visit took place with International Yoga Festival participants and presenters from across the globe to the Maharishi Mahesh Yogi Ashram, popularly known as the Beatles Ashram. The participants immersed themselves in the historic ashram's sacred energy, where the great saint Maharishi Mahesh Yogi once lived, practiced and taught Transcendental Meditation, and was also home for sometime to the world famous Beatles.

During the visit the participants were blessed by Pujya Swamiji's divine chanting and singing and Pujya Sadhvi's beautiful guided meditation, and a pledge for environmental preservation and climate action. Following this, two Rudrakash trees were planted by the global IYF Family while Gil Ron Shama and his group from Israel and Yemen sang songs and played instruments to celebrate the divine gathering.

The day began at 6am with "Hatha Yoga – Chakra Alignment" with Dr. Indu Sharma, "Lila Yoga Sun Salutations with 5 Morning Mantras" with Erica Kaufman, and "Dynamic Heart Centered Meditation" with Saul David Raye, a renowned evolutionary teacher, healer, and spiritual activist. Dr. Andréa Paige gave "To Be Human: White Tantra & Nada Yoga" to expand one's energy as positive vibrations. Gumi & Arindam concluded the first part of the day's activities with the Sunrise Nāda Yoga on the beautiful Aarti Ghat as the sun shone on the participants.

After a satvik breakfast, participants geared up for much-awaited sessions on chakras, bhakti and Yoga conducted by world-class yoga instructors and gurus. Mohan Bhandari explained how yoga is helpful for Immunity enhancement, while Katie B. Happy assisted participants to find their true calling in her workshop "I am Infinitely Possible: A Journal Workshop on Finding Your Purpose".

Anand Mehrotra conducted "Aligning to Shiva – Unified field of Silence", in which he talked about how Shiva is Supreme Consciousness and how Vedic recitations are the eternal sounds of the Unified Field of all the Laws of Nature. Kirtanias, an energetic and talented band of five members, took a session on "Bhakti, Yoga and Tantra 101." Kia Miller explained how the chakras are a source of power and energy in her session "Harmonize Your Chakras". At the Sacred Sound Stage, Sattyananda's "Divine Dance of Shakti Meditation" mesmerized the participants and immersed them in the beautiful vibration and energy of sacred sound.

Following lunch, a session by Dr. Raghavan Ramankutty & Mrs. Sarada Raghavan was given on "Healing LongCOVID Symptoms: Ayurvedic Clinical Potentiality". Sadhvi Abha Saraswatiji explained the importance of Yoga Nidra, and how it allows one to scan the body and tap into a state of relaxed consciousness as the mind settles in a place



[Click here to watch!](#)

[Click here to watch the performance!](#)

between wakefulness and sleep. Mansi Gulati shed light on “Face Yoga for Anti-Ageing”, which included massage and exercises that stimulate the muscles, skin, and lymphatic system. Kal Prakashini conducted “Yoga Nidra for Ancestral Healing and Self Forgiveness”, in which participants were asked to access “that space within” to self-heal and forgive. María Alejandra Avcharian talked about “Doshas: Vata, Pitta and Kapha”, the basis of Naturopathy and Yoga. At the Sacred Sound Stage, a Therapeutic Sound Bath provided the participants with a unique opportunity to learn about sonic vibrational medicine from Joseph Schmidlin.

Swami Svatmananda's session “Taking Yoga beyond Asanas!” was followed by Ira Trivedi's much-awaited “Dream Awake: Yin Yoga + Sound Healing with Vision Quest”. Stewart Gilchrist led “Yoga Vrksa – The Branches of Asana” in which participants learned about the different branches/types of yogas. Ganga Nandini conducted “Karma Yoga: From Swarth to Parmarth”, explaining the importance of good deeds to uplift and help others in need. At the Yoga Ghat, Tommy Rosen started an enriching conversation on “The Sacred Space of Santosha – A Life Beyond Craving (Vinyasa and Kundalini Yoga)”, talking about the importance of self satisfaction and acknowledging the blessings one has. At the Sacred Sound Stage, Dipika Delmenico conducted “Regulate your Nervous System with Sound & Mantra” and demonstrated

how mantra meditation and practice helps reduce symptoms of anxiety and depression.

After a small break, participants headed to the Aarti Ghat for the “Bharat Darshan” organized in partnership with the North Central Zone Culture Centre, Ministry of Culture, Government of India. Performers showcased the dance “Brij ki Holi” to celebrate the eternal and divine love of the gods Radha and Krishna; “Charkula,” a dance performed in the Braj region of Uttar Pradesh; “Chakri,” one of the most popular folk dances of the Kanjar tribe of Kota and Baran districts of Rajasthan; and “Ghoomar,” a traditional folk dance of Rajasthan. Sri Mayaram Dhuve from Madhya Pradesh played a special musical instrument called the Gudumb Baja, and Sri Manoj Jale presented a special performance based on the vibrant folk culture of Haryana. These wonderful performances were followed by the sacred Yagna and divine Ganga Aarti.

The Hon'ble Deputy Chief Minister & Cabinet Minister of Legislative, Justice, and Rural Engineering service in the Uttar Pradesh Government, Shri Brajesh Pathak joined for the Sacred Ganga Aarti and was honored with the Natraj Award and a sacred Rudraksha Sapling.

Thus ended the second to the last day of IYF, with everyone's hearts full of love, gratitude, and devotion. 🌸



IYF 2023 Concludes with Great Synergy & Energy

Day 7: Special Synchronised Surya
Namaskar to Honor the 100 Day
Countdown to the International Day of
Yoga

Pujya Sadhviji's 52th Birthday Celebrated

Valedictory Session Concludes IYF 2023

[Click here to watch!](#)



The final day of IYF 2023 began with honoring the beginning of the 100-day countdown to the International Day of Yoga, celebrated on 21st June each year, with a special synchronized sun salutation offered at the feet of Lord Shiva on the banks of Mother Ganga, in the divine presence of Pujya Swamiji and Pujya Sadhviji.

Pujya Sadhvi Bhagawati Saraswatiji's birthday was also celebrated during the last morning with prayers and sacred yagya as yoga teachers and participants from around the world honored her life, her journey, her presence, and her impact in their lives.

The last day began with an enriching session on Vedic Chanting by Sadhvi Abha Saraswatiji, "Silence! Lila Yoga Sun Salutations in Precious Nada" by Erica Kaufman, and "Hatha Yoga – Chakra Alignment" with Dr. Indu Sharma, in which she covered topics on flow, balancing and unblocking the seven chakras using Hatha Yoga asanas. Sensei Sandeep Desai led Tai Chi Dance, a form of dance derived from a blend of Tai Chi sword, Kung Fu and other martial arts. Stewart Gilchrist led "Yoga Vrksa – The Pranic Leaves, the Bark and Sap", and Gumi and Arindam led Sunrise Nāda Yoga on the Ghat.

After a nutritious breakfast, the programs for the rest of the day began with a melodious Kirtan Workshop and Mantra Alchemy by Kirtanias. Dr. Radhika Nagrath, a Government certified RPL-level 5 Yoga who has been associated with Patanjali Yogpeeth for the past 25 years, took an essential session on Mind-Body Balance through Yoga. Yogrishi Vishvketu took the participants on a journey to learn about the history and practice of Classical Sun Salutations, tracing the origin to Vedic times over 3500 years ago. Anand Mehrotra led "Tuning into a Grateful Heart" which focused on the value of

humility and satisfaction in one's life. At the Sacred Sound Stage, Dr. Katy Jane, a Vedic astrologer, Sanskrit & world religions scholar, conducted a much-awaited masterclass on Sanskrit and the power of mantra chanting in "Mantra as Medicine: How Chanting Sanskrit Heals the Mind".

In the final Spiritual Plenary Session, Ken Honda of Japan, who is a best-selling author of self development books including his most popular Happy Money, was joined by Swami Svatanandaji and Gurushabd Singh Khalsa, for a panel on "The Yoga of Abundance: The Dharma of Prosperity," moderated by Ganga Nandini. The theme and the talks spoke to establishing a healthy relationship with money and wealth and utilising it with dharma and balance. They spoke about earning and being successful but most importantly being happy, healthy and content within, emphasizing that more money doesn't necessarily mean more happiness. They shared tips and techniques to welcome more abundance and prosperity into our lives.

The second half of the day started with an informative session by Maria Alejandra Avcharian on Agni and digestion. Dr. Devaki Madhav, a well known personality in Mysuru who has taken the practice of pranayama to an international level, conducted a masterclass on the art of breathing and pranayama. Dr. Urmila Pande of Haridwar, founder of Niramaya Yoga, talked about Pranic Nidra and cosmic healing in which participants learned to sense, awaken, distribute and withdraw prana consciously for healing themselves and others. Dr. Indu Sharma conducted a class on the five stages of Yoga Nidra and its 5 stages, and Rohini Manohar led YinYasa, a hybrid of active and yoga. Astrid Slegten, a sound therapist and yoga facilitator from Belgium, conducted a riveting session on the correlation between sound and healing in yoga. Participants learned about



"Gratitude and the Spiritual Perspective on Abundance" with Ken Honda, while Paula Tapia led restorative yoga. "An Introduction to Classical Tools of Sound Medicine for Self Healing" helped participants to understand the fundamentals of sound as a means to selfhealing through Kal Prakashini's class; Saul David Raye shed light on "Soul + Soma" and awakening the inner body through somatic work, intuition & rejuvenation in yoga in "Soul + Soma"; Dr. Raghavan Ramankutty & Mrs. Sarada Raghavan led "Ayurvedic Clinical Potentialities"; and Joseph Schmidlin led "Homeopathy of Sound: Neural Network Wellness" by Joseph Schmidlin.

The final valedictory session took place in the evening with Hon'ble Shri Ashwini Kumar Choubey, Minister of State for Consumer Affairs, Food and Public Distribution and Environment, Forest and Climate Change; Pujya Acharya Mahamandaleshwar Swami Avdheshanand Giriji of the Juna Akhara; Dr HR Nagendraji, Chancellor of SVASYA and Member of Indian Yoga Association; Raja Lewis, eminent leader of the Maharishi Mahesh Yogiji's Transcendental Meditation movement; alongside Pujya Swamiji, Pujya Sadhviji, and IYF teachers, presenters and participants from across the world.

Pujya Sadhviji's birthday was also celebrated during the Ganga Aarti, with the respected leaders and dignitaries showering her with flower petals and garlands. They spoke about the great work she is doing across the world and how she is a source of inspiration for us all.

To mark the end of IYF 2023 the final Ecstatic Devotional Chanting and Kirtan with Kirtanias left the participants with hearts filled with devotion, love and a deep connection to Mother India and Mother Ganga! 🌸

[Click here to watch the session!](#)



[Click here to watch!](#)





On the day after IYF 2023, the spirit of Yoga continued with a beautiful Seva Celebration planned as an extension of Pujya Sadhvi Bhagawatiji's birthday celebrations, allowing participants to experience karma yoga - yoga off the mat in service of the Divine in all of creation.

The special celebrations began at the Divine Shakti Foundation's Centre of Excellence - Parmarth Vidya Mandir with Pujya Swamiji, Pujya Sadhviji, Rev. Michael Beckwith, Shri Vinod Bagrodai of the Mahavir Seva Sadan, Dr. Nishi Bhatt, and Dr Ashish Gilhotra, and presenters and participants from IYF. Together they experienced first-hand the centre, which provides free education and skills training. Many of them had been to the DSF Stall at the IYF Exhibition and were very impressed by the work of the women and young girls, and so were even more excited to see the daily activities and offerings of the centre. Principal Ashaji and Centre Supervisor Upasana joined teachers and students in welcoming everyone to their campus.

After beautiful dances and performances by the school children, the participants rallied down to the banks of Maa Ganga to Mayakund where they joined an ongoing medical camp and community bhandara, with the kind donation of Vikram Bhai Shah. Dr. Rajiv, Community Health Center Yamkeshwar, District Pauri Garhwal and Dr. Himanshu Aeran, Seema Dental College, Rishikesh and their team provided selfless seva in the camp with the coordination of DSF's Seva Team headed by Dr Priya. The special Seva Celebrations were curated by Ganga Nandini with the support of the DSF and GIWA seva team.

Many participants were so deeply inspired by these activities that they pledged to come back to serve as well as donate to these services.

The camp benefited around 300 patients who were treated and provided with much needed medicine. The camp was followed by a special bhandara which was served by the Yoga Festival participants! 🌸



Seva Celebrations

The Spirit of Yoga continued after the IYF, with a beautiful Seva Celebration joined by IYF presenters & participants



Testimonials: Uplifting Connections

“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.”

– Jonathan, UK, Participant

“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!”

– Tommy Rosen, Presenter

“I love coming to Parmarth and Rishikesh but for the IYF, this is my first time. And I am glad that I came. This has been so transforming, I attended Kundalini and Vinyasa yoga classes and they were majestic. One place, all at once, unified, total... It’s totally enlightening for my soul. Dhanyavad.”

– Sonia, India, Participant

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

– Katie B. Happy, Presenter

“I am a student and I came to participate in International Yoga Festival 2023 and it’s been so nice. This is my first experience in IYF and I’ve learnt a lot. I like Indian culture and I made a lot of friends. The food is good and the staff are good and the room is so nice too. I had a nice time so I am happy and I am thankful. Thank you.”

– Emily, Malawi, Participant

“For me this is the fifth year I’ve attended, and in just one day I have made so many connections. It’s like the three year gap from covid has made people more open to ask and to tell how they are.”

– Sandra, Argentina, Participant



[illegible]

[Click here to watch more on IYF's Instagram!](#)

The collage consists of several overlapping social media posts and photographs. At the top left, a post from Shivamani (@shivamani) dated March 8 at 7:21 AM says "Performing today with Runaa Rizvi Shivamani at the #Internationalyogafestival at Rishikesh". Below it, a post from Kailash Kher (@KailashKher) dated March 10, 2023, says "दिया तु जो खुले गाय से, रंगी ली चार, कविकेत दिया बर, विदेह से अकर भारत की संसृति में गीर्ण आध्यात्मिक मन, @internationalyoga @IntYogaFest @ParmarthNiketan @PujyaSwamiji @ekangangamdc". To the right, a post from Shivamani (@shivamani) dated March 10, 2023, says "An evening to revel in the divine joy of Maa Ganga Aarti as part of the International Yoga Festival at @ParmarthNiketan in Rishikesh. Gratitude to HH Pujya Swami Chidanand Saraswati for his blessings and guidance. @PujyaSwamiji". At the bottom left, a post from Shivamani (@shivamani) dated March 10, 2023, says "The 10th anniversary of the International Yoga Festival in Rishikesh has begun to draw participants from over 100 countries for workshops, lectures, discourses, interactive sessions, Agyas, meditation & more". To the right, a post from Shivamani (@shivamani) dated March 10, 2023, says "Participated as Chief Guest at International Yoga Festival, 10th Anniversary. This year is extra special as we also celebrate National Women's Day as well as the Festival of Maa. May this 10th Anniversary be a year of peace, happiness & abundance. @ParmarthNiketan". At the bottom right, a post from Shivamani (@shivamani) dated March 10, 2023, says "Honored to be Chief Guest at International Yoga Festival, 10th Anniversary. This year is extra special as we also celebrate National Women's Day as well as the Festival of Maa. May this 10th Anniversary be a year of peace, happiness & abundance. @ParmarthNiketan". The photographs show various scenes from the festival, including a woman in a black sari performing yoga, a large group of people in orange robes sitting on the ground, and a man in an orange robe performing a ritual.

Yoga off the Mat

“Yoga is not just what you DO but it’s who you ARE.
Hence, your Yoga must continue 24 hrs, especially when
you get off the mat and into the world.”

- HH Pujya Swami Chidanand Saraswatiji -



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