



FIRST-EVER ONLINE

**INTERNATIONAL
YOGA FESTIVAL**

**MARCH 7-13, 2021
SCHEDULE**

Join renowned international yogacharayas, spiritual masters, and musicians this year for the first-ever ONLINE International Yoga Festival 2021, bringing the depth, connection, and bliss of the IYF directly to your homes around the world!

www.InternationalYogaFestival.org



MARCH 7TH

TIME	PRESENTER	CLASS
7:00-8:30am EST	Live Ganga Aarti from Parmarth Niketan & IYF Welcome and Inaugural Messages	
8:30-10:00am EST	Gurmukh Kaur Khalsa	A Gathering
	Gabriela Bozic	Reconnect to Your Inner Light, Freedom & Joy
10:00-11:30am EST	Ana Forrest & Jose Calarco	Embody
	Shiva Rea	Global Mala
	Anandra George	Mental First Aid Kit: A Daily Mantra Practice for Subtle Body Digestion
11:30am - 1:00pm EST SACRED LECTURE SERIES	Rev. Michael Beckwith Your Life's Purpose: Unity Consciousness & Spiritual Growth	
2:30-4:00pm EST	Katie B. Happyy	Broken Lotus Power Yoga Flow
	Dr. Eden Goldman	Back to Basics
	Erica Kaufman	Lila Yoga Sun Salutations - Beginner/Intermediate
4:00-5:30pm EST	Paula Tapia	Restorative Yoga
	Dr. Indu Sharma	Traditional Hatha Yoga
	Punnu Wasu	Soulful Sound Healing
5:30-7:00pm EST	Divine Memories of Yoga Festival Ganga Aarti Highlights	
7:00-8:30pm EST	Divine Concert with Jai Uttal	

After the initial “premiere”, all classes are available for restreaming at any time, for 3 months following the festival!



MARCH 8TH

TIME	PRESENTER	CLASS
7:00-8:30am EST	Live Ganga Aarti from Parmarth Niketan	
8:30-10:00am EST	H.S. Arun	Atma Nirbhar
	Deepika Mehta	Shakti Backbending
10:00-11:30am EST	Laura Plumb & Jeffrey Armstrong	On Dharma
	Karen Neumann	Ukulele Bhajan
11:30am - 1:00pm EST SACRED LECTURE SERIES	Spirituality & Science: Navigating Adversity with Wisdom, Grace and Love - A Conversation with Dr. Bruce Lipton and Sadhvi Bhagawati Saraswati, moderated by Tommy Rosen	
1:00-2:30pm EST	Ganga Nandini	Hatha Yoga Flow
2:30-4:00pm EST	Katie B. Happyy	Surrender & Flow with Ganga Power Vinyasa
	Dr. Smita Naram	Three Proven Pillars of Vibrant Long-Lasting Health
	Punnu Wasu	Xtatic Kirtan
5:30-7:00pm EST	Divine Memories of Yoga Festival Ganga Aarti Highlights	
7:00-8:30pm EST	SoulSongs Kirtan with Daphne Tse & The Vibrance Collective	

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MARCH 9TH

TIME	PRESENTER	CLASS
7:00-8:30am EST	Live Ganga Aarti from Parmarth Niketan	
8:30-10:00am EST	Jai Hari Singh	How to Connect to the Deep Stillness of Your SELF
	Ana Forrest & Jose Calarco	Rainbow
10:00-11:30am EST	Gabriela Bozic	A Practice to Strengthen & Nurture Yourself
	Erica Kaufman	Lila Yoga Sun Salutations: A Morning Practice Devoted to Nature and Prana
	Anandra George	Vocal Bliss: Increase Pleasure & Decrease Stress (for EVERY Body!)
11:30am - 1:00pm EST SACRED LECTURE SERIES	Jack Kornfield "Quiet Mind, Steady Heart" Meditation, followed by "Courage in Our Difficult Time" Dharma Talk	
1:00-2:30pm EST	Beth Shaw	Mood Balancing
	Stewart Gilchrist	An Introduction to Modern Postural Yoga Part 1
	Gumi	Nada Yoga - Singing Sun Rise Raga by Improvisation Experience
2:30-4:00pm EST	Anand Mehrotra	Attuning to the Cosmic Self
	Paula Tapia	Therapeutic Flow
	Sudhanshu Sharma	Making Friends with Each Note: the Magic of Rāga Yaman
5:30-7:00pm EST	Divine Memories of Yoga Festival Ganga Aarti Highlights	
7:00-8:30pm EST	Divine Concert with Deva Premal & Miten	

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MARCH 10TH

TIME	PRESENTER	CLASS
7:00-8:30am EST	Live Ganga Aarti from Parmarth Niketan	
8:30-10:00am EST	Gurmukh Kaur Khalsa	A Split Second - The Awakening Call
	Laura Plumb	Secret Codes
10:00-11:30am EST	Anand Mehrotra	Claiming the Sacred
	Ganga Nandini	Finding Ganga Within - Hatha Yoga & Guided Meditation
	Anandra George	Sacred Sanskrit Sounds: A Tantrik Experience of Mantra
11:30am - 1:00pm EST SACRED LECTURE SERIES	<u>Dr. Bruce Lipton</u> Mind Over Matter - The Power of Yoga	
1:00-2:30pm EST SACRED LECTURE SERIES	<u>Sadhvi Bhagawati Saraswati</u> Meditation & Satsang: Finding Inner Grounding & Wholeness During a Time of Instability and Isolation followed by special talk from Prince Ea	
2:30-4:00pm EST	Ana Forrest & Jose Calarco	Under One Sky
	Stewart Gilchrist	Introduction to Modern Postural Yoga Part 2
	Janet Attwood	The Passion Test
4:00-5:30pm EST	Dr. Eden Goldman	Therapeutic Flow
	Shiva Rea	Prana Flow Yoga as Movement Meditation
	Yusuke Hoshi	Sound of Music Meditation: Japanese Inzai Bamboo Shrine Didgeridoo
5:30-7:00pm EST	Divine Memories of Yoga Festival Ganga Aarti Highlights	
7:00-8:30pm EST	Divine Concert with Kailash Kher	

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MARCH 11TH

TIME	PRESENTER	CLASS
7:00-8:30am EST	Live Ganga Aarti from Parmarth Niketan & Special Mahashivratri Meditation	
8:30-10:00am EST	H.S. Arun	Swadhyaya
	Kia Miller	Radiant Body Yoga
10:00-11:30am EST	Paula Tapia	Yoga en Espagnol
	Katie B. Happy	Inversion Power Flow Abundance Anti-Anxiety Class
	Sheela Bringi & Brent Kuecker	Luminous Voice - Meditations on Śiva
11:30am - 1:00pm EST SACRED LECTURE SERIES	H.H. Sri Mooji Vanish Inside Your Own Silence	
2:30-4:00pm EST	Beth Shaw	Healing Trauma with Yoga
	Dr. Smita Naram	Detox & Renew - Secrets to Anti-Aging
	Ganga Nandini	Yoga for All: Sukshma Yoga Practice
4:00-5:30pm EST	Dr. Katy Jane	Vedas: The Source of Yoga
	Dr. Indu Sharma	Traditional Hatha Yoga
5:30-7:00pm EST	Divine Memories of Yoga Festival Ganga Aarti Highlights	
7:00-8:30pm EST	Shivratri Concert with Sivamani & Runa Rizvi	

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MARCH 12TH

TIME	PRESENTER	CLASS
7:00-8:30am EST	Live Ganga Aarti from Parmarth Niketan	
8:30-10:00am EST	Anand Mehrotra	Wisdom of the Heart
	Aleah Gandharvika & Christopher Hareesh Wallis	Yoga Nidrā and Mantra Lullabies
10:00-11:30am EST	Daphne Tse, Ashley Johnson & Ellen Watson	VIBRANCE: A Full Spectrum Practice to Start Your Day!
	Rujuta Diwekar	Yogic Food Wisdom
	Erica Kaufman	Lila Yoga Dynamic Meditation into Stillness
11:30am - 1:00pm EST SACRED LECTURE SERIES	<u>Trudy Goodman</u> Bless This Body with Love	
2:30-4:00pm EST	Beth Shaw	Yoga for Longevity
	Seane Corn	Revolution Within
	Acharyar Sennimalai Kalimuthu & Gopi Murugan	Lemurian Yoga
4:00-5:30pm EST	Jai Hari Singh	Autohypnosis to Dissolve Frustration
	Dr. Katy Jane	Vedic Astrology
5:30-7:00pm EST	Divine Memories of Yoga Festival Ganga Aarti Highlights	
7:00-8:30pm EST	Divine Kirtan with ĀKĀŚA · Alchemy of Sound	

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MARCH 13TH

TIME	PRESENTER	CLASS
7:00-8:30am EST	Live Ganga Aarti from Parmarth Niketan & Concluding Ceremony	
8:30-10:00am EST	Gurmukh Kaur Khalsa	All the Answers Are Within You
	Stewart Gilchrist	Introduction to Modern Vinyasa Krama
10:00-11:30am EST	Dr. Eden Goldman	Soothe Your Insides
	Erica Kaufman	Lila Yoga Vinyasa: Uniting with Prana to Transcend Perceived Limitation
	Punnu Wasu	Active Consciousness Meditation
11:30am - 1:00pm EST SACRED LECTURE SERIES	Divine Satsang with H.H. Pujya Radhanath Swamiji	
1:00-2:30pm EST SACRED LECTURE SERIES	Jack Kornfield “Wonder, Mystery, Awe, Gratitude” Meditation	
2:30-4:00pm EST	Saul David Raye	Love + Wisdom - Flowing with Ganga
	Nubia Teixeira	Hatha & Bhakti Yoga Sadhana
	Tommy Rosen	The Path to Love
4:00-5:30pm EST	H.S. Arun	Eshwara Pranidana
	Gina Salā	Rsi Mountain Om into Chants across the Sea
5:30-7:00pm EST	Divine Memories of Yoga Festival Ganga Aarti Highlights	
7:00-8:30pm EST	Mantras for Peace - Chanting for Resonant Resolution with Anandra George	

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