

IYF Schedule (15 - 21 March 2024)

IYF Schedule (15 - 21 March 2024)

		15 Mar 2024	16 Mar 2024	17 Mar 2024	18 Mar 2024	19 Mar 2024	20 Mar 2024	21 Mar 2024
6:30 AM - 8:30 AM								
8:30 AM - 9:15 AM	 Meditation Sessions	Meditation by Art Of Living	Meditation by Art Of Living	Meditation by Isha Foundation	Meditation by Isha Foundation	Meditation by Heartfulness	Meditation by Kapil Sanghi	Meditation by Kapil Sanghi
9:15 AM - 10:00 AM	 Laughter Yoga & Healing (Audi sessions)		Cosmic Healing by Dr. Urmila Pande	Pranic Nindra by Dr. Urmila Pande	Laughter Yoga by Dr. Manoj Rangarh	Laughter Yoga by Dr. Manoj Rangarh	Laughter Yoga by Dr. Manoj Rangarh	Laughter Yoga by Dr. Manoj Rangarh
10:00 AM - 11:00 AM	 Divine Speakers	 Swami Sukhabodhananda Motivational Speaker		 Anshuka Parwani , Celebrity Yoga Trainer	 Douglas Atmanand Rexford , Global Transcendental Meditation Organization	 Dr. Hester O Connor , Heartfulness	 S Sridharan , KYM	 Swami Ajay Rana , Manav Dharam
11:00 AM - 12:00 Noon	 Panel Discussion		Music Therapy: Discussion with Demonstration	Pragya Yoga: Discussion with Demonstration		Relevance of Marm Chikitsa: Panel Discussion with Live Demonstration		Yoga and Strishakti
12:00 Noon - 5:00 PM	BREAK							
5:00 PM - 6:30 PM	 Kirtan	5:00 PM - 6:00 PM Opening Ceremony	Kirtan Session by Art Of Living	Kirtan Session by Art Of Living	Kirtan Session by Art Of Living	Kirtan Session	Kirtan Session	5:00 PM - 6:00 PM Closing Ceremony
6:30 PM - 7:00 PM	 Ganga Aarti	6:00 PM - 6:40 PM Dance Ballet by Anuj Mishra (Shivoham)	Ganga Aarti	Ganga Aarti	Ganga Aarti	Ganga Aarti	Ganga Aarti	6:30 PM - 6:50 PM Ganga Aarti
7:15 PM Onwards	 Cultural Program	6:40 PM - 7:00 PM Ganga Aarti	7:00 PM - 8:30 PM Live Band Kabir Cafe	Live Performance Priyanka Meher	Sargun Nirgun Bhakti Dhara - Sujeet Ojha Musical Story telling by Indira Naik	Live Performance Swaraag Band	Live Musical Play Jo Dooba So Par	8:30 PM - 9:30 PM Barsane ki Holi