



MARCH 1-7

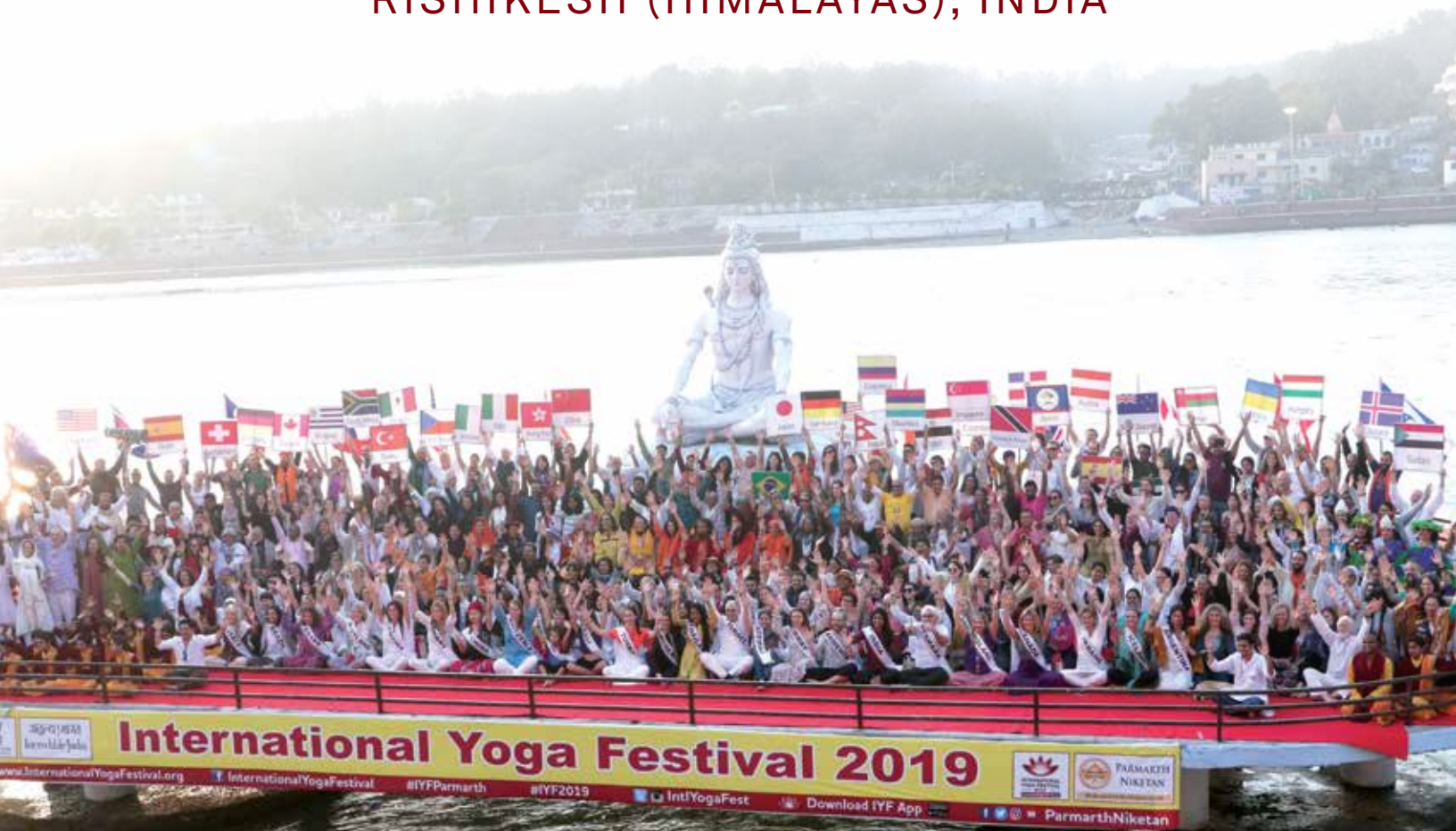
2019

30<sup>th</sup> Anniversary

# INTERNATIONAL YOGA FESTIVAL

The Birthplace of Yoga

PARMARTH NIKETAN ASHRAM  
RISHIKESH (HIMALAYAS), INDIA



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# Contents

- 08 ABOUT PARMARTH NIKETAN
- 10 PUJYA SWAMIJI & SADHVI BHAGAWATIJI'S BLESSINGS
- 12 ABOUT INTERNATIONAL YOGA FESTIVAL
- 18 DAY 1: Global World Family Unites Together
- 22 OFFICIAL INAUGURATION of the 30th International Yoga Festival
- 26 DAY 2: Pledge for a Cleaner & Greener Planet & Holi Celebrations
- 28 DAY 3: Power of Women & Divine Shakti Takes Center Stage
- 32 DAY 4: Divine Maha Shivaratri Celebrations
- 38 DAY 5: Insight into Heart, Soul & Lifestyle of Yoga
- 42 DAY 6: Climate & Future - Commitment to Yoga's role in Earth Activism
- 46 DAY 7: Special Meditation at Maharishi Mahesh Yogiji Ashram
- 50 CONCLUDING CEREMONY: IYF Concludes with Over 2000 Participants from 81 Countries
- 54 TESTIMONIALS: Uplifting Connections
- 56 MEDIA COVERAGE
- 60 YOGA OFF THE MAT

# About Parmarth Niketan

Home to the World Renowned, Annual International Yoga Festival



**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 (Rishikesh)



To learn more: [www.parmarth.org](http://www.parmarth.org)

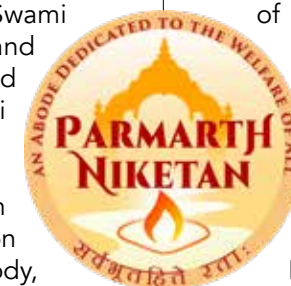
Yoga is practiced by some 300 million people worldwide, making Parmarth Niketan's International Yoga Festival a tremendous draw for individuals from around the world.

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.

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 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 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 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 Ganga Action Parivar, India Heritage Research Foundation (IHRF), and Divine Shakti Foundation, and co-founder of the Global Interfaith WASH Alliance, organizations working for education, healthcare, women's empowerment, disaster relief, environmental protection, water, sanitation and hygiene (see back cover for details). Pujya Swamiji has received innumerable awards, for example the Mahatma Gandhi Humanitarian Award and the "Surya Ratna" (Jewel of the Sun Award). 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)

[@pujyaswamiji](https://www.facebook.com/pujyaswamiji)

[youtube.com/parmarthniketan](https://www.youtube.com/parmarthniketan)

Dear Divine Souls,

I am so glad to have welcomed 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.

It is not a coincidence that you were here in such a holy place. You were truly the chosen ones to be here, to be able to imbibe the ancient and timeless nectar of yoga. The International Yoga Festival 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 came together as one family, connecting to the Divine within themselves and to the Divine within others. It was 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. Yoga is not only for health of the body; rather it also brings health, balance and stability to the mind, heart and your entire being.

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. You came, sat by the banks of Mother Ganga, and absorbed the divine energy of saints, sages and rishis who have meditated and performed yoga here for centuries. You were touched and transformed by the divine, sacred energy of this holy place. You surrendered, surrendered your grudges, pains, difficulties and obstacles into the flowing waters of Mother Ganga. You let go, and let Ganga wash away the barrier between you and the peace, joy and light your life is meant to embody.

I extend great thanks to all our dedicated teachers who travelled from every corner of the globe to come and offer their experience, enthusiasm and expertise to the Festival. I also offer great appreciation and gratitude to the Ministry of AYUSH and Incredible India, Ministry of Tourism for their great commitment and dedication to the propagation and dissemination of the science and art of yoga.

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



*Jai Gange!*

It was such a great joy and blessing to welcome you all to the holy banks of the Mother Ganga river, to the lap of the Himalayas, to the birthplace of yoga, a place where for thousands of years saints, sages and rishis have performed their meditation, their yoga and attained enlightenment. It was a great honor and joy to have organized this festival in cooperation with the Ministry of AYUSH and Incredible India, Ministry of Tourism.

The International Yoga Festival is a beautiful time of seeing the world come together in the name of yoga, or union. We had a union of countries, cultures, colors and creeds, a union of different lineages of yoga, a union of saints, yogacharyas and seekers.

This week as our world International Yoga Festival family gathered together, we united with our inner selves, with the Divine and with the Divine embodied in and reflected by ourselves and each other.

During this transformative and sacred week, we learned asana, pranayama, meditation, philosophy and so much more from world renowned yogacharyas. We delved into hatha yoga, ashtanga yoga, raja yoga, kundalini yoga, so many other forms of yoga and also of course the triveni sangam of bhakti yoga (devotion), gyan yoga (wisdom) and karma yoga (taking yoga off the mat and into service of the world).

During the week you were here, you imbibed not only the teachings but also the divine touch and transformation of this sacred place. You let the waters of Mother Ganga wash over you, and let the blessed atmosphere transform your whole being, filling you with joy, love, peace and the true union or "yoga" of body, mind and spirit.

With love and peace from the holy banks of Mother Ganga,

In His seva,

Sadhvi Bhagawati Saraswati



[Click Here to watch the IYF gorgeous video!](#)

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 2019

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. 🌸

|   |  |  |
|---|--|--|
|  <p><b>OVER 2000 PARTICIPANTS</b></p> <p>From 81 countries</p> |  <p><b>OVER 150 CLASSES</b></p> <p>More than 50 diverse class offerings</p> |  <p><b>MORE THAN 50 PRESENTERS</b></p> <p>From 17 countries</p> |
|---|--|--|



# 81 Countries Participate in the International Yoga Festival 2019







अतुल्य! भारत  
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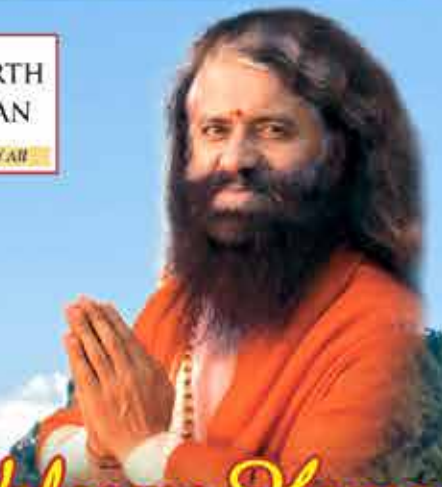
30th Anniversary



# International Yoga Festival

at Parmarth Niketan (Rishikesh)  
March 1-7, 2019

Welcome Home



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**ParmarthNiketan**

“Yoga is not only what we do but it is truly who we are. The saints whom we are honouring today, their lives reflected this truth.”  
- Pujya Swamiji -

“There are so many world-class yoga studios across the world but there is no place like the banks of Mother Ganga, no place like Rishikesh, and no place like at the feet of our Yoga Masters and Revered Saints.”  
- Sadhvi Bhagawatiji -

# Day 1

## Being Yoga & Living Yoga: Global World Family Unites Together in Peace on the holy banks of Mother Ganga

The 30th annual, world-famous annual International Yoga Festival began March 1st, 2019 at Parmarth Niketan. The festival opened at 5 am with a special temescal (sweat lodge) ceremony by indigenous elders from South America, Central America and North America in the yoga village.

During this one-week Festival, attendees had the opportunity to participate in over 150 classes from world-class Yoga masters of multiple styles of Yoga including Kundalini Yoga, Power Vinyasa Yoga, Iyengar Yoga, Hatha Yoga, Pranayama, Meditation, Reiki, as well as lectures on Yoga, Vedanta, ancient Indian philosophy and Ayurveda. Additionally, we had a Sacred Sound Stage and offered fantastic cultural song and dance performances, giving a wonderful flavour of the culture of India.

The morning asana classes began with a Traditional Hatha Yogasana class led by Dr. Indu Sharma, a dedicated teacher and practitioner at Parmarth for over 10 years, followed by pre-breakfast classes. Sensei Sandeep Desai offered his students a unique mix of yoga and martial arts in his Chen T'ai Chi class, Deepika Mehta led the Ashtanga Primary Series, and the bright day was formally greeted by Anandra George, in her Sunrise Nāda Yoga Musical Meditation class.

After a light breakfast, participants dove into our intensive asana classes, which included Chikitsa Vinyasa Therapeutic Flow with Dr. Eden Goldman; "Leading Lives of Purpose, Passion, and Power" with world-renowned Jivamukti teacher Gabriela Bozic; and "Magic Takes Guts" with Dana Flynn, founder of Lotus NYC/BK, which focused on physicalizing the body and physicalizing gratitude. In our yoga tent, Rishikesh-native and founder of Sattva Yoga Academy Anand Mehrotra offered students two energetic hours of "Awaken Shiva". Vedic Chanting was led with grace by Sadhvi Abha Saraswati, who has been teaching, chanting and infusing Parmarth with her love for many years.

At 11am, the Spiritual Lecture Series commenced with highly-motivational addresses: "The Yoga of Love" with HH Pujya Radhanath Swamiji and "Philosophy of Yoga in Indian Spirituality" with HH Pujya Sri Shankaracharya Swami Divyanand Teerthji. Sri Shankaracharyaji beautifully articulated the depth of Indian philosophy in Yoga and explained how yoga is truly about union with the divine. He said: "Love is present in every being of this world. 'Yoga Chitta vritti nirodaha'—stillness of the mind. Yoga takes us to super-consciousness and so different paths—action, devotion, knowledge. Outwardly, they look different.

Inwardly, the paths are interlinked." He wove in examples from the seers and sages of the yogic tradition to inspire the audience to integrate their practice into daily life, infusing love and devotion into their thoughts, words, and actions.

In a similar spirit, through his presence and words, HH Pujya Radhanath Swamiji filled the yoga ghat with the joy of bhakti, devotion, because his life reflects union with the divine. He said: "The purpose of yoga, the purpose of religion, the purpose of life is to awaken our true potential. Each one of us is a divine being, each one of us, in whatever capacity, has an opportunity to do something wonderful in our life."

After lunch, prior to the inauguration the afternoon continued with classes such as Therapeutic Yoga Flow with Paula Tapia, Yin Yoga with Yujia, H.H. Pujya Radhanath Swamiji's "My Experience with the Himalayan Masters," Tommy Rosen's "The Meditative Heart", and a Gong Bath Healing Journey led by Sanj Hall. In the later afternoon, offerings ranged from Kia Miller's "Awakening Our Spiritual Heart" to Seane Corn's "Mystics on the Mat", held right along the River Ganges. 🌸



[Click Here  
to See More](#)



[Click here to watch the satsang](#)

[Click here to watch the performance](#)



After dinner, participants returned to the Ghat for a harmonious performance of drums, music, soul, and dance by Sivamani. He entranced his audience in moments both soft and intense, and closed our first evening with an energy that mimicked the vitality of the day's events.

# Official Inauguration of the 30th International Yoga Festival

The festival was officially inaugurated in the afternoon by the Hon'ble Minister of AYUSH Shri Harak Singh Rawat and Hon'ble Minister of Tourism, Shri Satpal Maharaj. Just before 3 p.m., participants gathered in the garden and took part in a joyous procession to the banks of Ganga for the Official Inauguration of the 30th International Yoga Festival. The inauguration featured a traditional song and dance by indigenous elders of the Americas in addition to words by new and returning yogacharyas.

The inauguration concluded with a sacred water blessing using holy waters from the Sangam of Prayagraj, carrying the vibration of the Kumbh Mela to the banks of Ganga for the International Yoga Festival.



[Click here to watch](#)



"Yoga is all the way from the United Nations to the United Nations on the banks of Ganga!"

- Pujya Swami Chidanand Saraswatiji, President of Parmarth Niketan

"As we gather on the banks of the sacred Ganga, we remember that yoga is not only postures on a mat but yoga is who we are. Yoga is love, yoga is peace, yoga is togetherness. This is what the world needs today. Yoga is the answer to all that ails us from terrorism and war to environmental destruction to internal depression. Through our yoga may we become vehicles of peace, love and union for the world."

- Sadhvi Bhagawati Saraswatiji, Director of the International Yoga Festival

"Yoga brings healing to not just the body, but it brings peace to the mind and the heart, and that is why, in the face of the turmoil of the world today, so many people are turning towards Indian culture and Indian tradition, toward Yoga, for those teachings and touch that bring true peace in our lives."

- Hon'ble Shri Harak Singh Rawat, Minister of AYUSH

"Welcome to Rishikesh, the world capital of Yoga, and welcome to Uttarakhand. Through yoga, we learn that we breathe because we live; we live because we breathe. We call God by so many names but that energy is everywhere, all around us, like WiFi. And Yoga is the password to access that energy. We have come to this place with open hearts, in the hope that the power of Yoga will relieve tension and spread peace."

- Hon'ble Shri Satpal Maharaj, Minister of Tourism

"It is so inspiring to be a witness, and to now experience the way in which Swamiji supports inclusivity and makes space for various beliefs, cultures, practices, and religions, helping to heal the divides that separate. Swamiji has committed to making social change and he uses his platform, resources and relationships to raise awareness, support advocacy and develop leadership for the benefits of others. Now more than ever, these actions are an important model for global healing."

- Seane Corn, world famous yoga teacher from California

"The source of the International Yoga Festival's success is Pujya Swami Chidanand Saraswatiji, who constantly emanates love, just like the River Ganga. He is a living example of what sadhana can do. Let His example, and the wisdom learned at the International Yoga Festival draw all from darkness to light and from fear to love."

- Tommy Rosen, Founder of Recovery 2.0, using yoga to help people overcome addiction

"This is my 6th or 7th year teaching at the International Yoga Festival at Parmarth Niketan and the magic never ends. There is something about this festival that always excites me like a child, I feel this sense of adventure whenever I am heading here and I always feels like I've finally arrived HOME. There is something about this festival that Swamiji and Bhagawatiji are always able to blend the best of the west and stay rooted to the tradition of this age-old culture and Ashram."

- Deepika Mehta, famous yoga teacher to the stars from Mumbai



[Click here to watch the satsang](#)



The day began its second early morning in the Temescal sweat lodges. Pre-breakfast classes were kicked off by Paula Tapia, Yoga Therapist and Mindfulness Advisor at Attune Health, in her "Flow Terapéutico En Español" class. Participants also had the opportunity to attend Sacred Sound Healing with Michelle Button Vrinda Devi, President of the Institute of Music and Healing Arts for Peace; and "Soothe Your Insides: Mindfulness, Meditation, Pranayama, and Yogic Storytelling" with Dr. Eden Goldman, Yoga, Mindfulness, and Wellness lifestyle expert from Los Angeles, CA. Anandra George led "Nāda Yoga Musical Meditation" alongside a Ganga sunrise.

The two-hour asana classes began with Tommy Rosen—founder of online program Recovery 2.0, which uses the values and energy of Yoga to help those struggling with addiction—in his "River of Kriya" class. On the ghat, Seane Corn led the Yoga of Awakening, and Karen Neumann, Reiki Master, Nada Yoga teacher and medium, offered "The Great Healing Mantra: Mahā Mrtyunjaya" at the Sacred Sound Stage.

The Spiritual Lecture Series continued with the HH Pujya Sri Shankaracharya Swami Divyanand Teerthji and H.H. Pujya Radhanath Swamiji. The series was enriched by the presence and knowledge of South American spiritual leaders and healers Taita Julio Muñoz, Berito Kuwarwa, and Marceliano & Abuela Tonalmitl, in their discourse "Healing Medicines."

H.H. Pujya Radhanath Swamiji said, "What a leader does for common people that becomes the standard of what is truly valuable. The greatest need in the world is leaders, and everyone, in whatever situation, whether it affects a few people or large quantities of people, we all have the opportunity to be leaders, to live with integrity, to live with compassion. But it's only truly possible in a sustainable way when there's a deep foundation within our hearts of inner-peace, inner-satisfaction, inner-love and compassion."

HH Pujya Sri Shankaracharya Swami Divyanand Teerthji shared, "It [Yoga] does not purify just our physical body, but it also purifies us mentally, it purifies our mind, it purifies our intellect, and even, it purifies us to the extent that we can understand the secret behind our Soul."

Abuela Tonalmitl & the native elders from South America added: "We are weaving together with Mother Ganga for the preservation of the cultures. We honour all of the world's indigenous cultures- their customs and ceremonies and we recognise on the holy banks of Mother Ganga that water is the common thread that makes us one."

Special Guests Maulana Waleullah Qasmi, Principal, Madani Darul-Uloom, Deoband, Sharanpur and his son Maulana Abdul Hanan Qasmi were warmly welcomed to the International Yoga Festival during the Spiritual Lecture series with Parmarth's traditional and sacred Rudraksha sapling.

Indigenous and Interfaith leaders present during the lecture series joined together in a collective pledge in Yoga as a union of religions and a celebration of unity amidst diversity. The pledge symbolized their commitment to work together for the protection of the environment, conservation of our sacred rivers and fresh water bodies. Sivamani also joined the interfaith and indigenous leaders along the banks of the flowing River Ganga to pledge for this noble cause.

Deeply touched by the visit Maulana Waleullah Qasmiji said, "Pujya Swamiji is a real beacon of oneness and brotherhood. Under his leadership and vision it's so wonderful to see so many large-scale and multi-faceted events happening in Rishikesh, across India and the world that spread and create greater peace, oneness and love. We look forward to continuing to serving together, hand in hand and heart in heart, for a cleaner, greener and more harmonious world for all of humanity." 🌸

# Day 2

**Interfaith & Indigenous Leaders Pledge for a Cleaner & Greener Planet**

**Colours of Oneness & Love in Special, Eco-Friendly Holi Celebrations with World Famous Percussionist Sivamani**



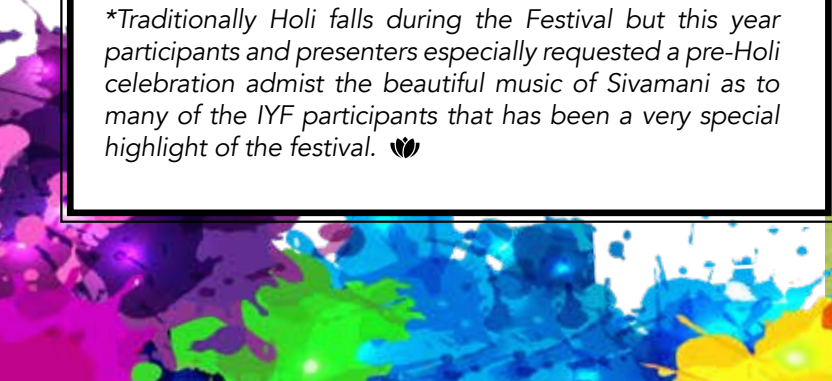
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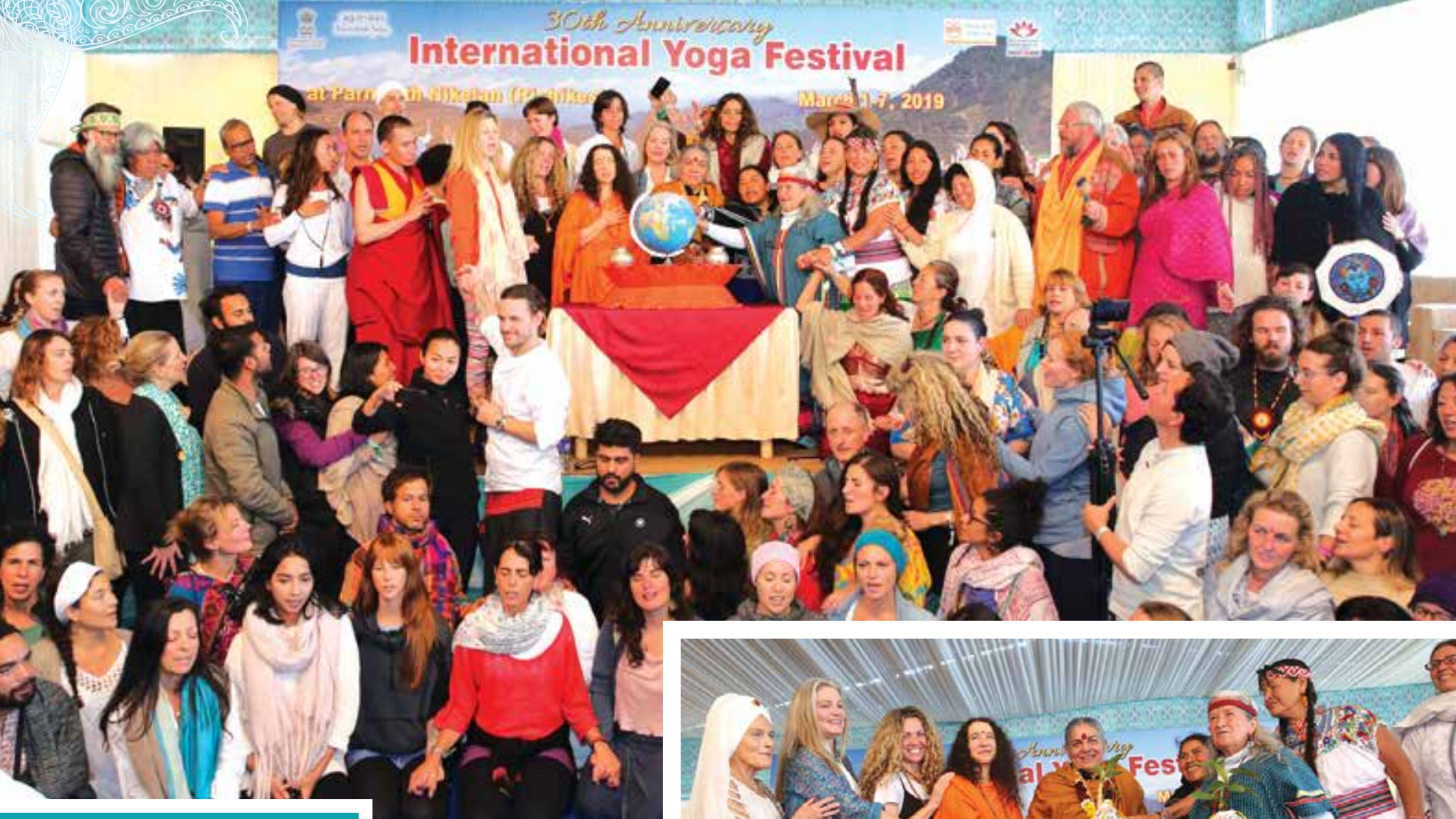
Back due to popular demand, a special curtain-raiser Eco-Friendly Holi\* Celebration gave participants a glimpse of the rich Indian cultural traditions and holidays. Vibrant dance celebration was led by the incredible drumming of Sivamani in the Yoga Garden as colours of oneness and peace flew through the air. From our lawn at Parmarth, in the lap of the Himalayas, a release of love, peace and positive energy was sent out to the corners of the world most in need.

In the afternoon, participants had the exciting opportunity to experience Kundalini Yoga in Spanish—or English!—with Jai Hari Singh, teacher and healer from Mexico City. “How to Look Younger than Your Age with Health Tips” was offered by Dr. G.S. Gupta; “Vedic Mythology & The Four Devis of Awakening” with Laura Plumb; and Nrityavali Dance of Gujarat offered a workshop on Classical Indian Dance. At the Sacred Sound Stage, The Love Keys led a beautiful devotional session of Soothing Mantra Śavāsana and Joseph Schmidlin taught a class on Music As Medicine.

The evening featured divine Ganga Aarti, with Nrityavali adding the flavour of Indian culture and heritage to the Aarti, and then to the hearts of all gathered through their energetic performance. The day ended with Ganga flowing through the mind, heart, breath, and body, of all Yogis sharing the experience of the International Yoga Festival.

*\*Traditionally Holi falls during the Festival but this year participants and presenters especially requested a pre-Holi celebration amidst the beautiful music of Sivamani as to many of the IYF participants that has been a very special highlight of the festival. 🌸*





[Click here to watch the panel](#)

# Day 3

## The Power of Women and Divine Shakti Takes Center Stage at Day 3 of the International Yoga Festival



A beautiful panel took place during the Spiritual Lecture Series time entitled "Shakti, Power of the Divine Feminine in A Yogic Life" on the third day of IYF 2019. Participants heard from this inspiring panel of women leaders, who shared their take on the power of Shakti, their challenges as women in the Yogic world, and how women can use their gifts as tools to embody and channel the uniquely feminine energy or Shakti.

Sadhvi Bhagawati Saraswatiiji, Director of the International Yoga Festival, when asked how we can empower yoga students to use Shakti in their daily lives, said: "The challenge isn't the external pressure to be all. It's the internal pressure to be enough, to be whole, to be complete. The energy of the divine feminine, which is Shakti, is the energy of expansion and connection...both men and women can embody that energy, it is there for both. Mother Ganga invites us to flow from our authentic source, letting go of the false identities and letting in the divine grace that says: I am Shakti."

Gurmukh Kaur Khalsa, renowned Kundalini Yoga Master from USA said: "As a woman, you are the first teacher on this earth for your children. Think about how you become that presence that can change the energy of any situation with the Shakti within you. Meditate to find that Shakti- that energy. Once you roll up your mat and put it in the corner, ask, "How can I serve today?"

Seane Corn, Founder, Off the Mat Into the World when asked about her story in relation to Shakti, shared a

personal anecdote: "The first time I was ever photographed for something related to Yoga, when I saw the photograph, I thought 'Oh my god, I look remarkable!' and the reason was because it wasn't my neck, it wasn't my breasts, and it wasn't my thighs and it wasn't my butt. I had been so airbrushed that I was not recognizable as myself. I thought, this is how it's done, to disempower women, this is how it's done to continually divide and make us feel like we're never enough. I'm in this photograph and I can't even identify myself. I made a point going forward, that if any organization ever wanted to work with me, I could never be airbrushed. That they could never take away any part of my body and that I had to be able to age as I am publically. My challenges were internal, how can I benefit from and support this? And use my platform in a way that could incite change."

Dr. Vandana Shiva, Founder of Navdanya, shared, "We must stop the roots of violence. I see all violence rooted in the deep fear of anything that is alive and free. I think the roots of violence is not intrinsic to a male culture but to a militarised patriarchy and that is what we need to stop so that we may unleash the divine feminine – the Shakti that connects all of us men and women."

She added, "Mahatma Gandhi said a daily prayer, 'make me more feminine'- in terms of cultivating the caring, the sharing, the giving and the loving that the feminine embodies. The enlargement of potential is the divine feminine and to me is most visible in the seed. There are

no things in the world there is only potential and expression of this oneness, this potential, is diversity."

Laura then welcomed Cheryl Angel, an indigenous Sioux Dakota leader, to speak on this Shakti energy. Cheryl Angel shared: "My intent when I meet someone is to look directly at them, to let them know that I see them. I love everyone and I know that unity is the answer. I know that forgiveness is part of the journey to peace. I choose happiness and so can each and every one of you. I have come from a place where the history is bloody, but I choose peace."

She continued: "Men, you carry the seed of life. Women, in your bodies, we nurture that seed within our womb, so how can there be any separation between us?"

Finally, Martina Mamani spoke: "First of all I come to represent the community from Peru, from the Quechuas. In our tradition, to take care of our territory, which is our body, first we need to feel the vibration of Mother Earth to connect with her and to feel her. If we don't know how to concentrate, then we don't know how to feel".

Vibrating with the power of Shakti, the series ended with words from Abuela Tonalmitl, a 91-year old Elder from a tribe in Mexico, who said: "To wake up as warriors of Mother Earth, we should never be separated. We must feel the love and procreate, and work together". With a voice of pure energy that erupted from her body, Abuela led the audience in a unifying song about the strength of women. 🌸



[Click Here to See More](#)

[Click here to watch the cultural programs!](#)

Cleansed from another early morning sweat in the Temescal sweat lodges, participants of the International greeted the third day of the International Yoga Festival.

At 5:30 am, teacher and practitioner Paramaguru Sharath Jois of Shri K. Pattabhi Jois Ashtanga Yoga Institute in Mysore led a traditional Ashtanga class on the Yoga Ghat. Participants were also welcomed to try Taoist Yoga with Yujia of China, Traditional Hatha Yogasana with Sadhvi Abha Saraswati, or "SUNNIAI Deep Listening" with renowned yogi Kia Miller—all before breakfast!

An array of exciting classes followed breakfast: "Art of Asana Alignment" with Mohan Bhandari, co-founder of China's leading yoga center, Tommy Rosen's motivational talk "The Three Jewels."

Dana Flynn of New York gave an awe-inspiring and energetic class entitled "Soul Sweat," and Seane Corn led a profound and deeply touching Anahata Flow class along the flowing banks of Maa Ganga.

After-lunch classes were comprised of three different types of yoga: Inbound Yoga with Srila B.A. Paramadvaii, Restorative Yoga and Mediation with Paula Tapia, and Cosmic Intelligence Mediation with Maa Gyaan Suveera.

A highlight of the afternoon was "Ancient Wisdom of the Original Nations as an Offering to the United Nations of the Spirit", a discourse for which over five of the festival's world-renowned teachers collaborated. The day proceeded with classes ranging from Anand Mehrota's "Awakening Kudalini" to Mert Güler's "Rumi Love Meditation" and Anandra George's "Tantric Sanskrit: Embody the Primal Sounds".

In the evening, participants returned to the ghat by the River Ganges for Divine Aarti, where singing and chanting reached its full capacity as we said goodbye to the sun for another night. After dinner ended, the Indigenous Elders graced us with music that instilled peace, harmony, and an inviting look into their culture. 🌸





# Day 4

Divine Maha Shivaratri Celebrations through yoga, reflection, song, dance, chanting, prayers, and meditation

On day four, participants gathered on the ghat in the evening to celebrate Maha Shivaratri, "the Great Night of Shiva", as an opportunity to go within, with an intention of overcoming darkness and ignorance in one's own life and the world. With Pujya Swamiji, Sadhvi Bhagawati, Sadhvi Abhaji and the Parmarth Rishikumars, participants offered that part of themselves that has not allowed them to be present with the truth of who they are. In the spirit of light and rebirth, they threw seeds into the fire and let the smoke wash over them and across Mother Ganga.

Sadhvi Bhagawati Saraswatiiji said that on Maha Shivaratri, we ask ourselves: "What is it in me that's not allowing me to be present with the truth of who I am? And not allowing me to be present with the joy, the peace, the love of every moment? What is it in me that's not allowing me to be in union, in Yoga, with myself, connected to the Divine, connected to the creator and all of creation?"

Participants performed along with Pujya Swamiji, Sadhvi Bhagawati, Sadhvi Abhaji, and the Parmarth

Rishikumars, sacred Shivabhishek and Vedic chantings. The ecstatic vibration of Shiva resonated into an All-Night Maha Shivaratri Chant. Musicians from the IYF's Sacred Sound Stage led the all-night celebration vigil, leading meditation, kirtan, and japa until the dawn. This included an open-mic for participants to showcase their talents along with the continuous chanting and music. Shiva kirtan carried us graciously from Day 4 into Day 5 of the International Yoga Festival.



[Click here to watch the sacred celebrations](#)



With hundreds of people pouring into the Yoga Ghat, we welcomed HH Pujya Mooji back to the International Yoga Festival at Parmarth Niketan, where the revered spiritual teacher engaged those gathered in a thought-provoking and insightful dialogue.

HH Pujya Mooji said: “Sages are sages because they are not caught in the mental traffic of personhood. By observation, without judgement and attachment, we can move from a state of personhood into just presence. In this presence there is nothing that you have to change, fix or do but you can immediately experience your beingness... What value is it to study something that you cannot experience? By experiencing and seeing with the intelligence of being it becomes irreversible truth and knowing. Today I hope we have planted the seed of knowing and recognition so that you may continue this practice until it becomes very innate and natural to your very existence.”

In closing Sadhvi Bhagwati Saraswatiji, Director of the International Yoga Festival, shared: “There are two ways you can get into Ganga: one way in which just our body and our clothes get wet. A

wetness that after a few minutes of sunshine quickly dries and remains just a beautiful memory. But the other way is in which the wetness touches a core part of our being such that it never quite dries. This is the wetness of Truth, the inner bath we experienced today. With the sacred Satsang with Mooji on the most auspicious occasion of Maha Shivratri and the incredible Shivratri celebrations this evening at the feet of Lord Shiva, the universe is conspiring for you to wash away the darkness and that which is holding you back to live in the light and the true presence, the wetness of your Self.”

Pujya Swami Chidanand Saraswatiji, President of Parmarth Niketan, stated: “There cannot be a greater gift, a greater blessing that can be taken away from the International Yoga Festival then to deeply inspire us to live every moment in Yoga, in awareness, such that our entire life becomes a celebration, a divine festival, and our actions become an expression of this joy and we become nothing but vessels and instruments of this joy, peace and love. Let this Mahashivratri inspire us to be like Adiyogi - dissolving the poison, the suffering, the ignorance and allowing the nectar to emerge for all of humanity.” 🙏



[Click Here to See More](#)

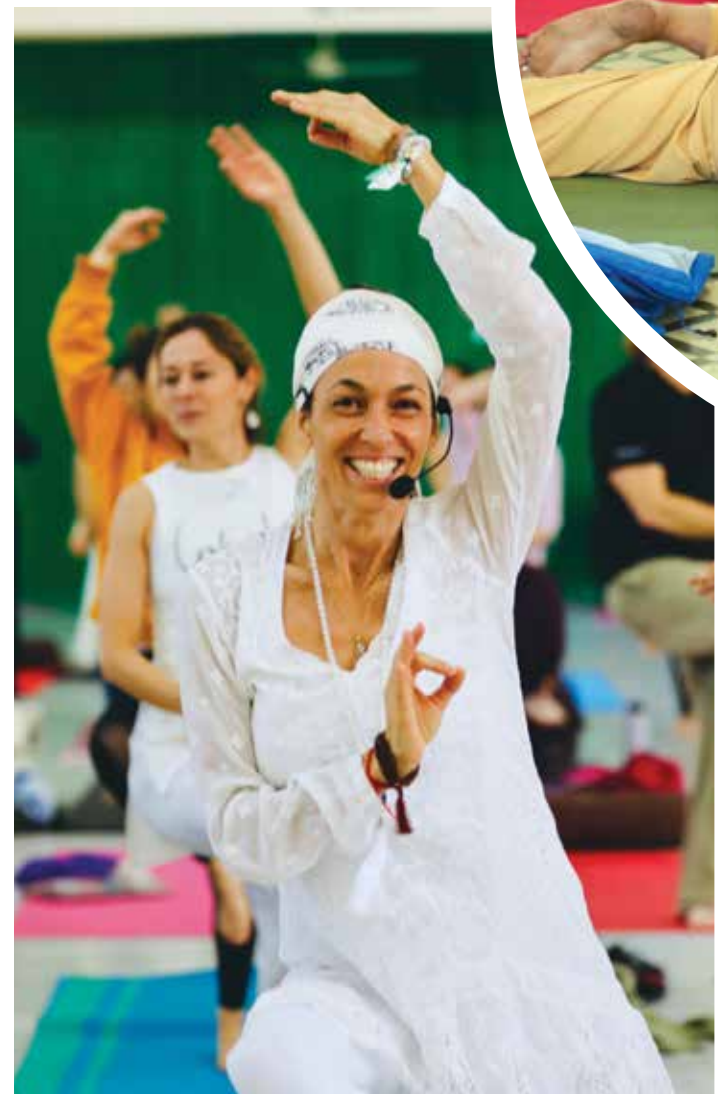


For early risers, the fourth day of the festival began with an energizing 4 a.m. Kundalini Sadhana class led by Gurushabd Singh Khalsa, Kundalini master and founder of Golden Bridge Yoga. Paramaguru Sharath Jois followed, along with "Ashtanga – The Standing Postures in Detail" led by Sandeep Desai, "Ganga Yoga: Soma Flow" with Laura Plumb, Sufi Mediation with Mert Güler, and "Bhakti: The Power of Love" with Gabriela Bozic.

In the afternoon, Jai Hari Singh held yet another yoga class in both Spanish and English, a second "Rebirthing – Renacimiento" class. An initiation to Reiki healing class also took place with Maa Gyaa Suveera, teacher-healer, life coach and mentor in the Healing Arts, in addition to more sound healing, yoga, and mediation classes. A wonderful opportunity to enjoy a sound healing was offered in Tilak Vishwas' "Krsna's Flute: Rāga Sound Healing Experience", and an Oida Therapy class was led by Srila BA Paramadvaiti.

The morning then moved into courses ranging from "Accessing your Radiant Body" with Kia Miller, to "A Split Second: The Awakening Call" hosted by Gurmukh Kaur Khalsa, to "Give It Up: How to Give Up What Holds You Heavy" with Katie B. Happy. At the Sacred Sound Stage, Sanj Hall led a beautiful Sound Healing ceremony.

Innovative classes took place in the afternoon session, including Mohan Bhandari's "Yoga Therapy for Scoliosis" and another of the popular Classical Indian Dance Workshops with the Nrityavali Group. 🌸





[Click here to watch the satsang](#)

# Day 5

## Insight into Heart, Soul & Lifestyle of Yoga on Fifth Day of International Yoga Festival



IYF welcomed Bollywood actress Shilpa Shetty for the Spiritual Lecture Series on day five of the festival. Opening the series were skits and dances performed by various attendees of the festival conveying a message and plea for clean water and a clean world.

In opening the day's Spiritual Lecture Series, Sadhvi Bhagawati Saraswati made a distinction between conditional love, which causes us to contract, and unconditional love, which allows us to expand, to open our breath and our hearts in our practice and our relationships.

Sadhvi Bhagawati Saraswati said: "Expanding in love means through loving you, I have turned on my internal love manufacturing machine. Yoga is living in divine love—such that through loving, we deeply connect with love and truth in ourselves. Only in the connection with our spirit and essence can we truly love the spirit and essence of others. The goal of life, love and yoga is to expand to know we are the ocean, such that when rocks, stresses, etc fall into it, we are not shaken but stay grounded and centred in Self."

Sadhvi then turned to special guest Shilpa Shetty, asking: "In the world of celebrity, of movies and TV, flying across the world, shooting from morning to night, how do you find time to practice Yoga?"

Shilpa Shetty replied: "Yoga is a lifestyle for me, not just a fitness regime. I didn't find Yoga but Yoga found me. I feel I have become a famous actress to propagate and spread Yoga and Wellness."

Speaking about the role of women and young girls in Indian society, Shilpa said: "When you start

doing yoga, it will make you realize that you must respect and love yourself first, in order to love the other person in front of you. When we say Om Namah Shivaya, we are actually 'I love myself' and realising that in loving ourselves we are loving the Creator."

Sadhvi also asked Shilpa to share the thinking behind her new phone app "Simple Soulful", currently in development, and how it will serve and support those who are turning to yoga. Shilpa explained: "Women who feel that it is difficult, and most people do feel this general myth that you must be flexible in order to practice Yoga. I want that myth to be dispelled. Schools need to embed yoga in children's education, to make it more accessible across the world, not just in India. I take the blessings from here for its success in touching and inspiring people to live a life of Yoga."

Pujya Swami Chidanand Saraswati shared on the occasion, "Shilpa is such a beautiful and powerful example of being like the lotus amidst the muddy pond, of being grounded and centred in our smile amidst all trials and turbulences. She shines and provides great inspiration to so many young people, women and people to keep discovering and uncovering their infinite potential. For celebrities to be proponents of yoga helps us understand that yoga is truly for all. So: Learn Yoga, Love Yoga, Do Yoga and Be Yoga."

Pujya Swamiji and Sadhvi Bhagawati offered Shilpa Shetty a beautiful, green Rudraksha Sapling, so that the tree of Yoga may continue to grow in her life giving shade and life to all. They also blessed her with the sacred waters of the Sangam as blessings from the Kumbh Mela. 🌸

Our fifth day on the Mother Ganges began with Gurushabd Singh Khalsa for a Kundalini Sadhana course alongside a vibrant sunrise. As with each morning, participants had the opportunity to purify in the Temescal sweat lodges.

Before breakfast, yogis could attend Katie B. Happy's "Align Up with Your Highest Self Workshop: Clarity in Your Calling", Traditional Hatha Yoga with Parmarth seva and Yoga & meditation teacher Dr. Indu Sharma, or "Sunrise Nāda Yoga Musical Meditation", led by Anandra George.

Later in the morning, Deepika Mehta led the "Dance of Prana", while Sandeep Desai exposed participants to Mysore-style Ashtanga Yoga. "Soul and Soma: Awakening the Power of Inner Flow, Rejuvenation, and Intuition in Yova" was led by Saul David Raye.

The morning classes also included "Sounds of India - a Musical Journey Story" led by Keren Popat Snapir. In "Becoming Sensory Human Beings", Gurmukh Kaur Khalsa encouraged her students to "be in the light" by leading dances and bowing exercises which allowed them to let go of the things deeply holding them back.

After lunch, many of the courses focused on Earth preservation and how yoga and natural remedies can help craft a better future for our planet and ourselves. Dr. G.S. Gupta spoke about "Natural Remedies for Beauty and Hair" and "The Yoga of Mother Earth" was led by Srila B.A. Paramadvaiti, founder of VRINDA, the Vrindavan Institute for Vaishnava Culture and Studies.

Mid-afternoon kicked off with "Simple Soulful Yoga" led by Shilpa Shetty in

the Yoga Garden, drawing participants from around the festival to practice in the light and grounding energy of Shilpa. Reoccurring courses such as "Rumi Love Meditation" with Mert Güler and the Indian Classical Dance Workshop were offered, this time with the Uttar Classical Dancers of West Bengal. Waka held an Indian Rhythm Tala Workshop that reverberated across Parmarth Niketan.

After chanting and singing through another divine sunset, the evening continued with Kirtan Family Hour, where international musicians delved deeper into song. The day concluded with a "Cultural Union of the World", a series of spectacular performances, including Parmarth's own Rishikumars, a Sufi dance with Mert Güler, and a showcase of talents from IYF participants.



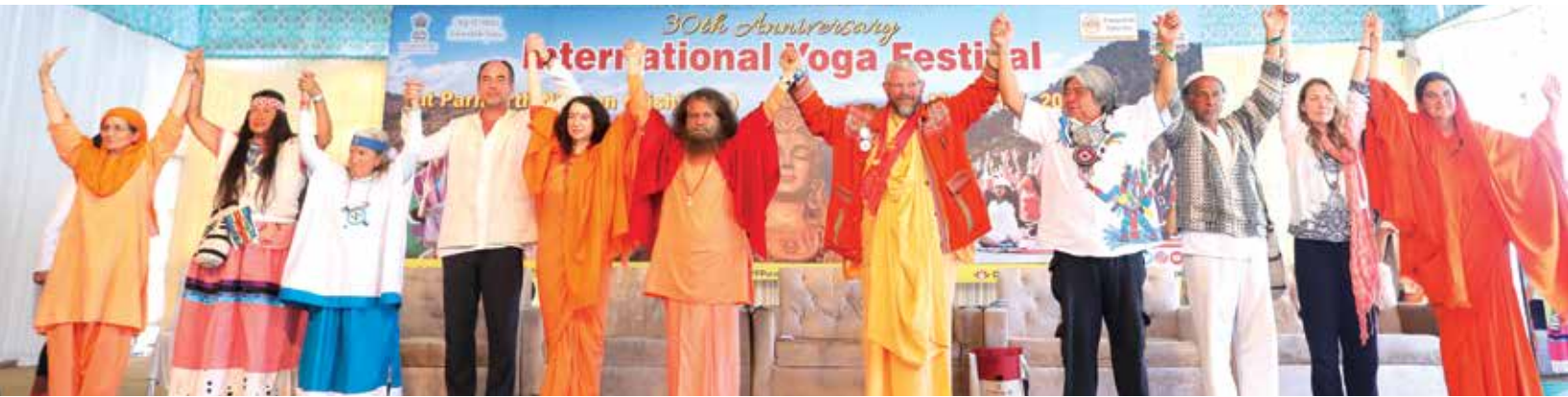
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[Click here to watch the performance!](#)

# Day 6

## Our Climate and Our Future: IYF Participants, Ambassadors, and Leaders Make Commitment to Yoga's role in Earth Activism



[Click here to watch the panel](#)

On day six International Yoga Festival opened to a dialogue about the urgency of climate action, and how Yogis can spread a message of unity and peace to combat waste, pollution, and violence towards Mother Earth.

In offering possibilities for impactful and immediate action, Sadhviji explained: "It's not that we have a global land and global water shortage but rather we have a global consciousness shortage. Our choices in every minute and every moment is the power that we all have. As Yogis we must be conscious of the impact of our actions on our planet and inspire others to also be in that awareness."

Gorila, Guardián de Teotihuacán comunidad Tolteca en Mexico, played a beautiful piece on his medicine flute, then presented his flute to Pujya Swamiji and Sadhviji in the hopes that it will represent a continued dialogue of loyalty, peace, and truth at Parmarth Niketan and across the world.

Pujya Swamiji led all those gathered for the Spiritual Lecture Series in a pledge to take action: "A lot has been said. Now time has come for action. We need not only the teaching but the touch. Touch can come when you lead as the example. Only you can draw the line between greed and need. As yogis you can touch people and they can transmit these values".

A Declaration for the Rights of the Rivers was signed and endorsed on the occasion as a call by Indigenous Leaders from the KIVA Kumbh Mela and the International Yoga Festival during their historic visit to India as a pledge to work together to protect all forms of water across the world. Parmarth Rishikumar also shared a special dance on India's Beat Plastic Pollution UN Environment Day anthem, entitled Tik Tik, that they had prepared on the occasion to emphasize the need to end plastic pollution in our rivers and oceans before the menace of plastic becomes an exploding bomb contaminating all our air, water and soil. 🌱

*"Whether you look at terrorism, war, crime, any type of violence, what's happening to our world, climate change, depletion of water, pollution... all of those problems would be fixed, if we simply adopted the first three yamas: Non-violence, truthfulness, and non-stealing. For those of us who are Yogis, it's critical for us to realize that it's not just what I do on the mat...it's about true union."*

*- Sadhvi Bhagawati Saraswatiji*

*"The real change will only come about in a person through a spiritual connection, through a duty to each other. Through Yoga, we have a duty to the world, to give. What is our share in all of this? How will we take what we have learned outside of this festival and into the world? We must join in that spirit!"*

*- Srila B.A. Paramadvaiti*

*"In Yoga, we talk about connecting with our soul. Well, I believe that Soul and soil should work together. If the soil is contaminated, then our bodies are contaminated, our moods are contaminated and our food is contaminated. Let us join hands together, to take a pledge that we will take care of this planet. We must remember that we are merely the custodians and the guardians of this Earth."*

*- Pujya Swami Chidanand Saraswatiji*

*"I want to be a part of the solution. I want you to understand that YOU are the solution. I encourage you to look at yourself with love, look at yourself in a forgiving manner, and accept the truth of how you are living today. Be encouraged to not only love yourself, but to forgive yourself, and make a pact to live in harmony with the Earth"*

*- Cheryl Angel, indigenous Sioux Dakota leader*

*"Today we are here to speak about something that is close to all of our hearts, it's entwined with the food that we eat, with our present and our future. We are the children of the mother, we are born on this Earth, and she is so intimately connected to our hearts. If we were in our hearts, we would never poison our rivers nor pollute the food that we eat."*

*- Saul David Raye*

*"Water is the blood of the earth, and the earth needs her to nourish and produce food. She loves us a lot, we are her children. But if we do not take care of her, one day she will not be able to provide for us."*

*- Abuela Tonalmitl, indigenous elder from Mexico*

*"Be here, feel the connection to Earth, that energy, that Shakti. The more we can listen to these wild places within us, nourish this balance between our cycles and feel the vibrations from the Earth, the more we can create spaciousness and coexist."*

*- Amber Brovelli, Arizona Elephants Now and World Elephant Alliance*

*"If Yoga is union with God, all of the communities around the world have their own unique expression of Yoga. All of the communities from the North, Center, and South have their own way to approach this divine union. That's what we came to exchange here in India: our ancient ways of Yoga."*

*- Hate Ignacio Suaie, an elder from the Muisca Community in Colombia*



Gurushabd Singh Khalsa welcomed Day Six with another Kundalini Sadhana course on the Yoga Ghat for sunrise, while across Parmarth, the sweat lodges held sacred chanting and purification. The third installment of Jai Hari Singh's "Rebirthing – Renacimiento" in Spanish and English commenced at 6:30. Other early morning classes included "Ashtanga Yoga - Mysore Style" with Sandeep Desai and "Secret of Energy" with Mohan Bhandari.

Participants enjoyed a light breakfast in the garden before engaging in various yoga methods: "Conscious Breath in Asana Practice" led by

HS Arun and Kundalini Yoga - Surya Namaskar with Kia Miller. Gurmukh Kaur Khalsa led a colourful class about connecting with others through eye contact, physical touch, and by learning to hold space through Kundalini mantra. Gurmukhji told students: "The best way to be able to heal is to give and to give to yourself". Swāmi Uttamānada led the "Inner Meaning of Om Namah Śivāya" at the Sacred Sound Stage.

After lunch, the second Reiki Healing class was led by Maa Gyaan Suveera. In the afternoon, participants explored many different platforms for yoga including reversing health

problems and disease through food with Dr. G.S. Gupta. Many enjoyed the Hindustani Classical Rāga Concert conducted by peaceful vibration santoor disciple Setsuo Miyashita.

At 4:15, participants chatted over tea and snacks, then joined in a group photo and water blessing ceremony on the Aarti Ghat. After dinner, Uttaran Dance of West Bengal closed the day with a classical Indian dance that everyone enjoyed together, uniting the power and grace of the day's events into one traditional, energetic performance. 🌸



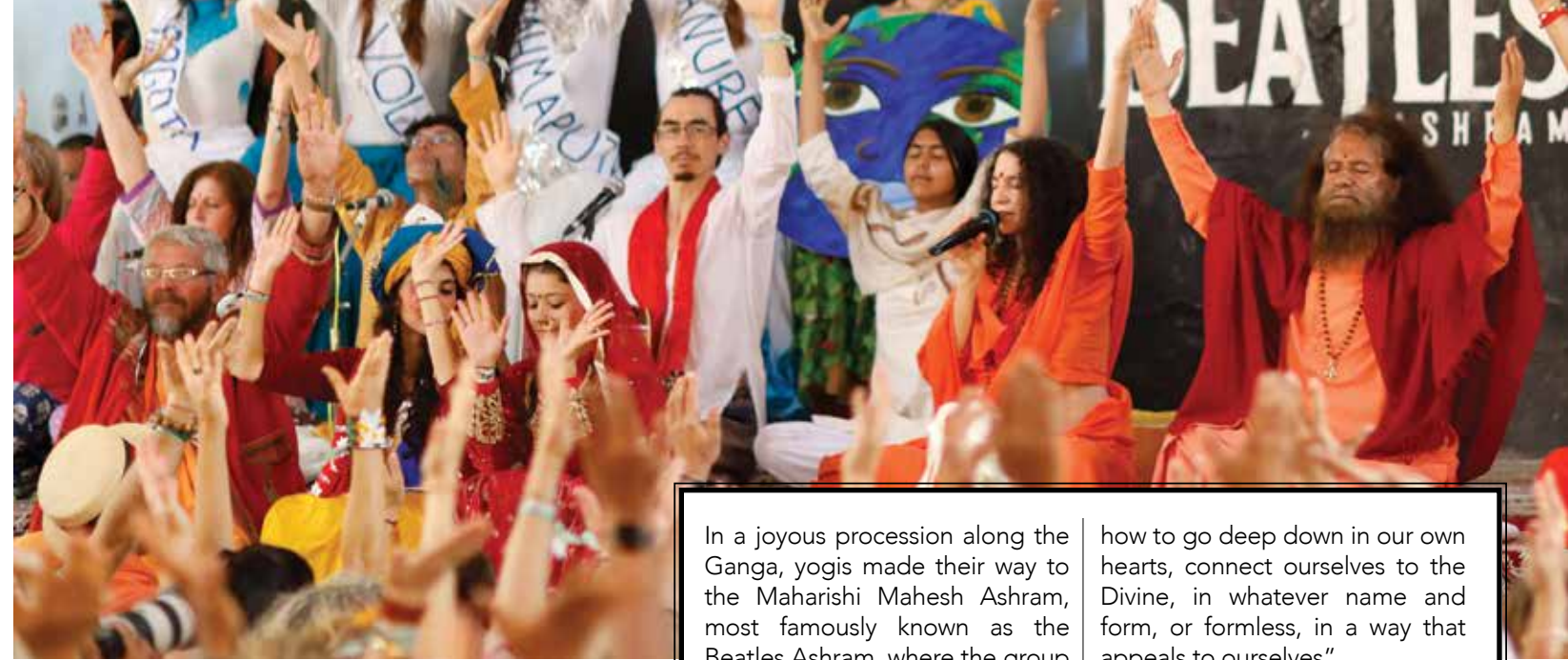
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# Day 7

**SPREAD YOUR LOVE becomes Anthem & Message of IYF 2019**

**Special Meditation at Maharishi Mahesh Yogiji Ashram**

**IYF Concludes with Hon'ble Governor of Uttarakhand**



In a joyous procession along the Ganga, yogis made their way to the Maharishi Mahesh Ashram, most famously known as the Beatles Ashram, where the group lived and wrote many songs. In the magical ruins of the ashram, filled with sunlight and an abundance of overgrown nature, hundreds of participants laid out their yoga mats for a group meditation introduced by Pujya Swami Chidanand Saraswatiji, President of Parmarth Niketan, and led by Sadhvi Bhagawati Saraswatiji, Director of the International Yoga Festival.

Pujya Swamiji, before chanting beautiful mantras, said: "This is the place where Maharishi Mahesh Yogiji, one of the leading saints, in the 1960s, brought transcendental meditation to the world. And this is the place, where the Beatles, when they were depressed and going through hard times in their lives—and everyone goes through hard times—came looking for peace, for connection, and followed a divine desire to come to Rishikesh. They came here and they found not only meditation, not only connection, but being here, they wrote 48 beautiful, divine songs. Not only did they write the songs, but the experience of the life was so beautiful, the power of meditation, the power of connection was so beautiful, that when they went back to their country, they felt different. When we are here today, after 7 days of yoga, we are now one step further in experiencing

how to go deep down in our own hearts, connect ourselves to the Divine, in whatever name and form, or formless, in a way that appeals to ourselves".

Sadhvi Bhagawati Saraswatiji encouraged the audience to close their eyes and become vessels for divine energy, saying: "The Beatles came here as musicians, but as they surrendered and let go out that identity, they became vehicles and vessels and channels of the Himalayas, of the light and of the truth of the Himalayas. The music that was written THROUGH them, not by them but through them, touched and awakened entire generations. Allow yourself to let go of your identity and become the vehicle for that light, that truth, that universal Shakti."

When participants opened their eyes, filled with new energy, they were led in song by Karen Neumann, David Ma, and Gumi. David Ma then debuted his song "Spread Your Love, We've Been Waiting Long Enough", which Sadhviji declared as the official anthem of the International Yoga Festival. Before sharing his song, David told the audience: "From up here on stage, you guys are the wonderful ocean of love that I've always dreamt of. This song has a message of peace, of love, and it's call-and-response, so sing with open hearts and open minds." Dance, song, and joyous love were spread across the room as yogis embraced and joined hands in harmony and peace. 🌸

[Click here to watch!](#)





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The final day of the 2019 International Yoga Festival began the same as the first day, with an early morning sweat among participants and friends in the Temescal Sweat Lodges.

In the pre-breakfast classes, participants could attend their last Hatha Yogasana class with Dr. Indu Sharma, or experience "Balancing Five Elements Through Yoga" with Dr. Radhika Nagrath. Some who had not yet had the chance to try "The Sound of Silence" were able to meditate and reflect in the Sacred Sound Stage for an hour. The sun greeted Day 7 participants in Anandra George's Nāda Yoga Musical Meditation class along the Ganges.

A diverse schedule followed breakfast, with an offering of Shintou and Ibuki

Kokyu yoga practices from teacher Hika-ru Hashimoto, a dedicated champion of yoga across Japan. Jai Hari Singh led "Death & Me – La Muerte y Yo", adding to the library of bilingual classes at IYF this year.

Following lunch, a relaxing Yoga Nidra class was led by Sadhvi Abha Saraswati, while spiritual guide Maa Gyaan Suveera led the third installment of Reiki Healing Initiation. HS Arun unpacked the body-mind connection so sacred to our practice in "Untwist the Twist to Unwind the Mind". On the Yoga Ghat, Saul David Raye led "Prana Shakti: Soul Sadhana", while those at the Sacred Sound Stage learned from Joseph Schmidlin about "The Homeopaths of Sound".

The Aarti Ghat held participants for an emotional last Sacred Havan and Divine Ganga Aarti. After spending the week jumping from class to course, discussion to meditation, participants have been bonded by the healing power of yoga and chanted and swayed in unison while facing the rush of the Ganga. A final meal was shared in the garden, under the stars and silhouette of the Himalayas.

The evening concluded with a special Ecstatic Kirtan with The Love Keys on the banks of Ganga. Though the duo played for participants throughout the festival, their electric mantra energy blessed all present with the strength and love to say farewell to the 2019 International Yoga Festival.



# Concluding Ceremony

The 30th Anniversary International Yoga Festival Concludes on Banks of Ganga, United All in the Spirit & Love of Yoga



On Day 7, the International Yoga Festival celebrated its final day on and off the mat. At 5:30 pm, the closing ceremony was graced by Hon'ble Governor of Uttarakhand, Smt. Baby Rani Maurya and Dr. HR Nagendra, PhD, chancellor of SVYASA Yoga University.

The ceremony featured inspiring words from Hon'ble Governor: "The worldwide renowned International Yoga Festival celebrated in Rishikesh at Parmarth Niketan on banks of Mother Ganga every year is attended by yogis from all around the world. Yoga is the only answer for our well-being and solution to modern day life, where we need to connect with everyone and also connect to our soul." 🙏



[Click here to watch!](#)



# Testimonials: Uplifting Connections



*"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. [IYF] is the perfect time to recommit to developing a compassionate heart, to working for peace within and without so that the light may prevail."*  
- Gabriela Bozic, Presenter

*"I am very happy and grateful for the time I shared with you. I am very happy in each festival. Thanks to all the organization for making these days a beautiful shared present. Great companions, great organizers and great teachers. Many thanks. My heart is again full of happiness."*  
- Erica Di Cione, Participant

*"Thank you, to Pujya Swami Chidanand Saraswatiji Maharaj, Sadhvi Bhagawati Saraswati, the talented students, volunteers, spiritual leaders, dignitaries, yoga masters, sacred music masters, and all the participants from all over the world. The International Yoga Festival creates a beautiful spiritual space to be, discover, and feel the power of universe."*

- Marie Lorenzo, Participant



*"The honor of sharing the sacred practices of Sanskrit mantra and nāda yoga with an international student body has forced my teaching delivery to become clearer, more concise, and more focused largely on their direct experience and skill enhancement. My go-to cultural references, assumptions of shared knowledge, and many unconscious biases are being steadily rooted out in my effort to reach people with the pure power of the practices. Teaching at IYF has been an incredible learning experience for me!"*

- Anandra George, Presenter

*"It was indeed a life-changing experience with all the beautiful souls. I made some extraordinary friends for life and also met some guiding angels. I will see you all again next year for sure! Tat twam asi!! Aham brahmasmi!!"*  
- Anika Agrawal, Participant

*"It was so lovely to meet you all, such a beautiful festival with so much love and positive energy. It was very hard to leave but I am looking forward to come back next year!"*  
- Nadine Anne, Participant



*"On average, 60,000 thoughts flood through your head in a day. Researchers say, 59,000 are repeated from the day before. The running playlist of same/same anxiety and worries plagues the mind of the average person daily. IYF gives us the opportunity to create a new thought pattern. We come from over 100 countries all over the world to change the habitual thoughts and dive into something new. I've been bringing groups for 6 years, over 80 people have been astronomically changed by the powerful inspiration from India & IYF."*  
- Katie B. Happy, Presenter

*"Such a beautiful experience being surrounded by such loving souls."*  
- Vikki Narayan, Participant

*"I want to thank all of you for such a beautiful experience. The love and kindness shown this week is uplifting and connective. I've never vibrated at such a high frequency and I had the time of my life. Thank you thank you thank you x a million thank you."*  
- Victoria Storr, Participant



*"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."*  
- Tommy Rosen, Presenter

# Media Coverage



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A very special thank you to all of our IYF Sevaks, who came from all over the world and without whom this festival would not have been possible.



[Click Here to See More](#)

# 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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is the world’s first initiative to bring together the faiths as allies in ensuring everyone, everywhere has access to safe, life-giving Water, Sanitation and Hygiene (WASH).

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is dedicated to the holistic well being of women, their children, and orphaned/abandoned children, and to all of Mother Nature.

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## GANGA ACTION PARIVAR

is a global family dedicated to the preservation of the River Ganga and Her tributaries in their free-flowing and pristine state.

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## INTERNATIONAL YOGA FESTIVAL

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