

DAY 1 SCHEDULE: SAT, JUNE 20

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International
FESTIVAL
OF YOGA



Time (CST)	Time (IST) 6/20-21	Session
6:00 AM	4:30 PM	Yoga for all
7:00 AM	5:30 PM	Mixed Level Yoga For Body, Mind & Soul
8:00 AM	6:30 PM	Patanjali Yog Sutra
9:00 AM	7:30 PM	Introduction to Meditation
9:30 AM	8:00 PM	Grand Official Kick-off and Keynote by Swami Mukundananda
11:00 AM	9:30 PM	Mind-Body Connection by Dr. Madhukhar Trivedi
1:00 PM	11:30 PM	Breathe, Relax, and Heal by Dr. Nick Shroff
2:00 PM	12:30 AM	Sun Salutation Workshop by Thomas Taubman
4:00 PM	2:30 AM	Meditation
4:30 PM	3:00 AM	Joint Pain, Orthopedic & Sports Medicine Surgery by Dr. Kushal Patel
5:30 PM	4:00 AM	Hip opening Yoga Workshop by Garth Hewitt
7:00 PM	5:30 AM	Soulful LIVE Kirtan
8:00 PM	6:30 AM	Happiness Challenge

