

DAY 2 SCHEDULE: SUN, JUNE 21



Time (CST)	Time (IST) 6/21-22	Session
6:00 AM	4:30 PM	108 Surya Namaskar
8:00 AM	6:30 PM	Patanjali Yog Sutra
9:00 AM	7:30 PM	Introduction to Meditation
9:30 AM	8:00 PM	COVID 19 Infection Control by Dr. Mamata Jain
11:00 AM	9:30 PM	Health through Eating Naturopathy Talk by Smita Sundararaman
1:00 PM	11:30 PM	Diabetes Talk by Dr. Sumana Gangi
2:00 PM	12:30 AM	Yin Yoga by Master Teacher Sasy Cacace
3:00 PM	1:30 AM	"Yoga as a Subjective Science" Yoga Talk
4:00 PM	2:30 AM	Guided Meditation
4:30 PM	3:00 AM	Heart & Cardiovascular Talk by Dr. Bhupender Singh
5:30 PM	4:00 AM	Shiva Vinyasa Flow Yoga with Q&A by Garth Hewitt
7:00 PM	5:30 AM	Soulful LIVE Kirtan
8:00 PM	6:30 AM	Happiness Challenge

