

DAY 3 SCHEDULE: MON, JUNE 22

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International
FESTIVAL
OF YOGA

Time (CST)	Time (IST) 6/22-23	Session
6:00 AM	4:30 PM	Yoga for All
7:00 AM	5:30 PM	Recharge Session
8:00 AM	6:30 PM	Patanjali Yog Sutra
9:00 AM	7:30 PM	Quick & Easy: Healthy Vegetarian Cooking
9:30 AM	8:00 PM	Diet & Active Lifestyle by Vasundhara Agrawal
11:00 AM	9:30 PM	Bhagavad Gita Recitation
12:00 PM	10:30 PM	Lunch Time Office Yoga by Dr. Shroff
1:00 PM	11:30 PM	Yoga - Kids & Youth
2:00 PM	12:30 AM	Tending to Your Inner Fires Yoga Workshop by Marika Torok
4:30 PM	3:00 AM	Deep Practice of Asanas & Pranayam
5:30 PM	4:00 AM	Yoga Nidra by Garth Hewitt
6:30 PM	5:00 AM	Yoga Class by Master Teacher David Romero
7:30 PM	6:00 AM	Meditation
8:00 PM	6:30 AM	Happiness Challenge

