

DAY 4 SCHEDULE: TUE, JUNE 23

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International
FESTIVAL
OF YOGA



| Time (CST) | Time (IST) 6/23-24 | Session |
|------------|--------------------|--|
| 6:00 AM | 4:30 PM | Yin Yoga by Master Teacher Sasy Cacace |
| 7:00 AM | 5:30 PM | Satsang |
| 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 | Claim your Right to Health Ayurveda Talk by Dr. Smita Naram |
| 11:00 AM | 9:30 PM | Bhagavad Gita Recitation |
| 12:00 PM | 10:30 PM | Office Yoga - Decompress Express |
| 1:00 PM | 11:30 PM | Yoga - Kids & Youth |
| 2:00 PM | 12:30 AM | Sampoorna Yoga Workshop by Patrick Guite |
| 4:30 PM | 3:00 AM | Yoga for Your Immune System |
| 5:30 PM | 4:00 AM | Pranayam for Immunity/Good Health |
| 6:00 PM | 4:30 AM | Subtle Body Relaxation |
| 6:30 PM | 5:00 AM | Vinyasa Yoga by Andrew Oliver |
| 7:30 PM | 6:00 AM | Meditation |
| 8:00 PM | 6:30 AM | Happiness Challenge |

