

DAY 5 SCHEDULE: WED, JUNE 24

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International
FESTIVAL
OF YOGA



Time (CST)	Time (IST) 6/24-25	Session
6:00 AM	4:30 PM	Finding Your Flow in Yoga
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	Topic: Hope Cometh: Overcoming the Fear of Breast Cancer by Dr. Funmi Apantaku-Onayemi
11:00 AM	9:30 PM	Bhagavad Gita - Karma Yoga for Everyday
12:00 PM	10:30 PM	Lunch Time Office Yoga
1:00 PM	11:30 PM	Yoga - Kids & Youth
2:00 PM	12:30 AM	Vibration & Sound Bath by Master Teacher David Romero
4:30 PM	3:00 AM	Deep Practice of Asanas & Pranayam
6:00 PM	4:30 AM	Subtle Body Relaxation: Find Your Flow
6:30 PM	5:00 AM	Hatha Yog
7:30 PM	6:00 AM	Meditation
8:00 PM	6:30 AM	Happiness Challenge

