

DAY 6 SCHEDULE: THU, JUNE 25

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International
FESTIVAL
OF YOGA



Time (CST)	Time (IST) 6/25-26	Session
6:00 AM	4:30 PM	Yoga for a Healthy Back
7:00 AM	5:30 PM	Bhagavad Gita - Karma Yoga for Everyday
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	Constitutional Prescription, CAM, Homeopathy by Dr. Asmita Adsul
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	Soar Like An Eagle with Yoga Kids session (Ages 7 -12)
2:00 PM	12:30 AM	The impact of chronic stress on the body" by Crissy Luna
4:30 PM	3:00 AM	Yoga
5:30 PM	4:00 AM	Pranayam
6:00 PM	4:30 AM	Subtle Body Relaxation
6:30 PM	5:00 AM	Mindful, Trauma-informed Yoga Class by Crissy Luna
7:30 PM	6:00 AM	Meditation
8:00 PM	6:30 AM	Happiness Challenge

