

# DAY 7 SCHEDULE: FRI, JUNE 26

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International  
**FESTIVAL**  
OF YOGA



Time (CST)	Time (IST) 6/26-27	Session
6:00 AM	4:30 PM	Yoga for Body, Mind and Soul
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	<b>Psychosomatic Disorders Accupuncture Talk by Dr. Asmita Adsul</b>
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	Youth Yoga Haven (Ages: Teens plus)
2:00 PM	12:30 AM	Yoga in the Path of Devotion: Prem Yog Workshop by Devi
4:30 PM	3:00 AM	Interactive/Yoga Q&A/Feedback Circle
6:00 PM	4:30 AM	Subtle Body Relaxation - Journey to the Heart
6:30 PM	5:00 AM	Meditation
7:00 PM	5:30 AM	Soulful LIVE Kirtan
8:00 PM	6:30 AM	<b>Speech by Swami Mukundananda</b>

